

The Personal Attribute Inventory

Read through this list and select exactly 30 words that seem to be typical of you as you are right now. Indicate your selection by placing an X in the appropriate space next to each word.

- | | | |
|---|--|--|
| <input type="checkbox"/> Active | <input type="checkbox"/> Healthy | <input type="checkbox"/> Resourceful |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Helpful | <input type="checkbox"/> Rude |
| <input type="checkbox"/> Alert | <input type="checkbox"/> Hostile | <input type="checkbox"/> Self-centered |
| <input type="checkbox"/> Appreciative | <input type="checkbox"/> Humorous | <input type="checkbox"/> Self-confident |
| <input type="checkbox"/> Awkward | <input type="checkbox"/> Imaginative | <input type="checkbox"/> Self-controlled |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Impatient | <input type="checkbox"/> Self-pitying |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Industrious | <input type="checkbox"/> Selfish |
| <input type="checkbox"/> Careless | <input type="checkbox"/> Initiator | <input type="checkbox"/> Shallow |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Intolerant | <input type="checkbox"/> Shiftless |
| <input type="checkbox"/> Clear-thinking | <input type="checkbox"/> Inventive | <input type="checkbox"/> Show-off |
| <input type="checkbox"/> Complaining | <input type="checkbox"/> Irresponsible | <input type="checkbox"/> Sincere |
| <input type="checkbox"/> Conceited | <input type="checkbox"/> Irritable | <input type="checkbox"/> Slipshod |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Jolly | <input type="checkbox"/> Snobbish |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Kind | <input type="checkbox"/> Spineless |
| <input type="checkbox"/> Conscientious | <input type="checkbox"/> Mannerly | <input type="checkbox"/> Stable |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Masculine | <input type="checkbox"/> Steady |
| <input type="checkbox"/> Cowardly | <input type="checkbox"/> Nagging | <input type="checkbox"/> Stingy |
| <input type="checkbox"/> Cruel | <input type="checkbox"/> Natural | <input type="checkbox"/> Strong |
| <input type="checkbox"/> Deceitful | <input type="checkbox"/> Obnoxious | <input type="checkbox"/> Sulky |
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Organized | <input type="checkbox"/> Sympathetic |
| <input type="checkbox"/> Despondent | <input type="checkbox"/> Original | <input type="checkbox"/> Tactful |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Patient | <input type="checkbox"/> Tactless |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Pleasant | <input type="checkbox"/> Thankless |
| <input type="checkbox"/> Fairminded | <input type="checkbox"/> Poised | <input type="checkbox"/> Tolerant |
| <input type="checkbox"/> Fickle | <input type="checkbox"/> Prejudiced | <input type="checkbox"/> Touchy |
| <input type="checkbox"/> Foolish | <input type="checkbox"/> Progressive | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Foresighted | <input type="checkbox"/> Quarrelsome | <input type="checkbox"/> Undependable |
| <input type="checkbox"/> Forgetful | <input type="checkbox"/> Queer | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Gloomy | <input type="checkbox"/> Quitting | <input type="checkbox"/> Unfriendly |
| <input type="checkbox"/> Good-natured | <input type="checkbox"/> Rational | <input type="checkbox"/> Unintelligent |
| <input type="checkbox"/> Greedy | <input type="checkbox"/> Rattlebrained | <input type="checkbox"/> Unkind |
| <input type="checkbox"/> Handsome | <input type="checkbox"/> Relaxed | <input type="checkbox"/> Warm Weak |
| <input type="checkbox"/> Hasty | <input type="checkbox"/> Resentful | <input type="checkbox"/> Whiny |

For more information:
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Read through this list and select exactly 30 words that would be typical of you as you would like to be ("the ideal you"). Indicate your selection by placing an X in the appropriate space next to each word.

- | | | |
|---|--|--|
| <input type="checkbox"/> Active | <input type="checkbox"/> Healthy | <input type="checkbox"/> Resourceful |
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| <input type="checkbox"/> Calm | <input type="checkbox"/> Industrious | <input type="checkbox"/> Selfish |
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| <input type="checkbox"/> Confident | <input type="checkbox"/> Jolly | <input type="checkbox"/> Snobbish |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Kind | <input type="checkbox"/> Spineless |
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| <input type="checkbox"/> Forgetful | <input type="checkbox"/> Queer | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Gloomy | <input type="checkbox"/> Quitting | <input type="checkbox"/> Unfriendly |
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| <input type="checkbox"/> Greedy | <input type="checkbox"/> Rattlebrained | <input type="checkbox"/> Unkind |
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