

Form 6 - "Who am I?" Questionnaire

WHAT DO YOU WANT AND WHY?

Here's how to create your own individual desire profile by determining how important each of the 16 desires is to you. Once you know which desires are most and least important, you can tailor your work, home life, relationships, and recreational activities to fulfill or avoid those desires. As you answer each question below, record your response on the chart below.

Rate your desire for the particular attribute as "V" - very important to you if the statements are generally true. Rate yourself as "L" - less important to you if either of the statements are true, or rate your desire for this particular attribute as "A" - of average importance to you, if you have not rated it as "V", very important, or "L", less important for you.

POWER

Rate your desire for power as "V" - very important to you if any of the following statements are generally true:

1. You are highly ambitious compared with other people your age.
2. You usually seek leadership roles.
3. You usually dominate in social situations with people your own age.

Rate your desire for power as "L" - less important to you if either of the following statements are generally true:

1. You are noticeably less ambitious than other people your own age.
2. Generally, you prefer being submissive in social situations.

Rate your desire for power as of "A" - average importance if you have not rated it as very important or less important.

INDEPENDENCE

Rate your desire for independence as "V" if these are generally true:

1. You usually resist advice and guidance from others.
2. Self-reliance is essential to your happiness.

Rate your desire for independence as "L" if either are true:

1. Compared to other people your own age, you are noticeably more devoted to your spouse or partner.
2. You dislike being on your own.

Rate your desire for independence as "A" if it is not "V" or "L".

CURIOSITY

Rate your curiosity as "V" if these are generally true:

1. You have a thirst for knowledge.
2. Compared to your peers, you ask a lot of questions.
3. You think a lot about what is true.

Rate your curiosity as "L" if either are true:

1. You dislike intellectual activities.
2. You rarely ask questions.

Rate your curiosity as "A" if it is not "V" or "L".

ACCEPTANCE

Rate your desire for acceptance as "V" if these are generally true:

1. You usually set easy goals for yourself.
2. You are a quitter.
3. You have great difficulty coping with criticism.

Rate your desire for acceptance as "L" if either are true:

1. You have a lot of self-confidence.
2. You handle criticism noticeably better than most people—that is, you do not become unduly upset.

Rate your desire for acceptance as "A" if it is not "V" or "L".

ORDER

Rate your desire for order as "V" if these are generally true:

1. You are noticeably more organized than most people.
2. You have many rules and try to follow them religiously.
3. You enjoy cleaning up.

Rate your desire for order as "L" if either are true:

1. Your office/workplace is usually a mess.
2. You hate planning.

Rate your desire for order as "A" if it is not "V" or "L".

SAVING

Rate your desire for saving as "V" if these are generally true:

1. You are a collector.
2. You are a miser.
3. You are noticeably more tight with your money than other people are with their money.

Rate your desire for saving as "L" if either are true:

1. You are a free spender.
2. You rarely save anything at all.

Rate your desire for saving as "A" if it is not "V" or "L".

HONOR

Rate your desire for honor as "V" if these are generally true:

1. You are known as a highly principled person.
2. You are known as a very loyal person.

Rate your desire for honor as "L" if either are true:

1. You believe that everyone is out for him- or herself.
2. You do not care much about morality.

Rate your desire for honor as "A" if it is not "V" or "L".

IDEALISM

Rate your desire for idealism as "V" if these are generally true:

1. You make personal sacrifices for a social or humanitarian cause.
2. You have repeatedly volunteered time to community-service organizations.
3. You have repeatedly made generous contributions to the needy.

Rate your desire for idealism as "L" if either are true:

1. You pay little attention to what is going on in society at large.
2. You do not believe in charity.

Rate your desire for idealism as "A" if it is not "V" or "L".

SOCIAL CONTACT

Rate your desire for social contact as "V" if these are generally true:

1. You feel that you need to be around other people a lot to be happy.
2. You are known as a fun-loving person.

Rate your desire for social contact as "L" if either are true:

1. You are a private person.
2. You hate parties.
3. You do not care much about other people except for family and a few close friends.

Rate your desire for social contact as "A" if it is not "V" or "L".

FAMILY

Rate your desire for family as "V" if these are generally true:

1. Raising children is essential to your happiness.
2. Compared with other parents you know, you spend much more time with your children.

Rate your desire for family as "L" if either are true:

1. You find being a parent mostly burdensome.
2. You have abandoned a child.

Rate your desire for family as "A" if it is not "V" or "L".

SOCIAL STATUS

Rate your desire for social status as "V" if these are generally true:

1. You almost always want to buy only the best or most expensive things.
2. You often buy things just to impress other people.
3. You spend a great deal of time trying to join or maintain membership in prestigious clubs or organizations.

Rate your desire for social status as "L" if either are true::

1. You usually do not care what most people think of you.
2. You are significantly less impressed by wealth than most people you know.
3. You are not at all impressed by upper-class status or royalty.

Rate your desire for social status as "A" if it is not "V" or "L".

VENGEANCE

Rate your desire for vengeance as "V" if these are generally true:

1. You have trouble controlling your anger.
2. You are aggressive.
3. You love to compete.
4. You spend a lot of your time seeking revenge.

Rate your desire for vengeance as "L" if either are true:

1. You are slow to feel anger compared to most people.
2. You often "look the other way" when insulted or offended.
3. You dislike competitive situations.

Rate your desire for vengeance as "A" if it is not "V" or "L".

ROMANCE

Rate your desire for romance as "V" if these are generally true:

1. You spend an unusual amount of time, compared to other people you know who are about the same age as you, in the pursuit of romance.
2. You have a long history of sex with many partners.
3. You have trouble controlling your sexual urges.
4. Compared to most people you know, you spend much more time appreciating beauty.

Rate your desire for romance as "L" if either are true:

1. You spend little time pursuing or thinking about sex.
2. You think that sex is disgusting.

Rate your desire for romance as "A" if it is not "V" or "L".

EATING

Rate your desire for eating as “V” if these are generally true:

1. You spend an unusual amount of time, compared to other people you know who are about the same age as you, eating.
2. You spend an unusual amount of time, compared to other people you know who are about the same age as you, dieting.

Rate your desire for food as “L” if either are true:

1. You have never had a weight problem.
2. You rarely eat more than you should.

Rate your desire for food as “A” if it is not “V” or “L”.

PHYSICAL ACTIVITY

Rate your desire for physical activity as “V” if these are generally true:

1. You have exercised regularly all your life.
2. Playing a sport is an important part of your life.

Rate your desire for physical activity as “L” if either are true:

1. You have a history of being physically lazy.
2. You have a sedentary lifestyle.

Rate your desire for physical activity as “A” if it is not “V” or “L”.

TRANQUILITY

Rate your tranquility as “V” if these are generally true:

1. You strongly agree with at least two of the four ASI statements:
 - a. It scares me when I feel “shaky” (trembling).
 - b. It scares me when my heart beats rapidly.
 - c. When I notice that my heart is beating, I worry that I might have a heart attack.
 - d. It embarrasses me when my stomach growls.
2. You have a history of recurring panic attacks.
3. You are generally fearful and timid.

Rate your tranquility as “L” if either are true:

1. You are a brave person.
2. You have noticeably fewer fears than your peers.

Rate your desire for tranquility as “A” if it is not “V” or “L”.

Record your responses in the chart below in the blanks spaces alongside each of the 16 basic desire.

Very Important – V; Average Importance – A; Less Important – L

Power	_____	_____	_____	_____	_____
Independence	_____	_____	_____	_____	_____
Curiosity	_____	_____	_____	_____	_____
Acceptance	_____	_____	_____	_____	_____
Order	_____	_____	_____	_____	_____
Saving	_____	_____	_____	_____	_____
Honor	_____	_____	_____	_____	_____
Idealism	_____	_____	_____	_____	_____
Social Contact	_____	_____	_____	_____	_____
Family	_____	_____	_____	_____	_____
Status	_____	_____	_____	_____	_____
Vengeance	_____	_____	_____	_____	_____
Romance	_____	_____	_____	_____	_____
Eating	_____	_____	_____	_____	_____
Physical Activity	_____	_____	_____	_____	_____
Tranquility	_____	_____	_____	_____	_____