

## ARE YOU A STRESS-PRONE "TYPE A" PERSONALITY?

Type A personalities tend to be more successful and they also get 90% of all heart attacks. Are you a Type A? Here's a chance for you to test yourself. Below are two columns of contrasting behaviours. Since each of us belongs somewhere on a continuum between the two, put a check under the number where you think you belong between the two extremes.

	1	2	3	4	5	6	7	
1. Doesn't mind leaving things temporarily unfinished								Must get things finished once started
2. Calm and unhurried about appointments								Never late for appointments
3. Not competitive								Highly competitive
4. Listens well; lets others finish speaking								Anticipates others In conversation (nods, interrupts, finishes sentence for others)
5. Never in a hurry, even when pressured								Always in a hurry
6. Able to wait calmly								Uneasy when waiting
7. Easygoing								Always going full speed ahead
8. Takes one thing at a time								Tries to do more than one thing at a time; thinks about what to do next
9. Slow and deliberate in speech								Vigorous and forceful in speech (uses a lot of gestures)
10. Concerned with satisfying him/herself, not others								Wants recognition by others for a job well done
11. Slow doing things								Fast doing things (eating, walking, etc.)
12. Serene								Hard Driving
13. Expresses feelings openly								Holds feelings in
14. Has a large number of interests								Few interests outside work
15. Satisfied with job								Ambitious; wants quick advancement at job
16. Never sets own deadlines								Often sets own deadlines
17. Feels limited responsibility								Always feels responsible
18. Never judges things in terms of numbers								Often judges performance in terms of numbers (how much, how many)
19. Casual about work								Takes work very seriously (works weekends, brings home work)
20. Not very precise								Very precise (careful about detail)
Total of Columns								
Add the number of all the points and enter the TOTAL								

If you scored over **110** you are a **Type A1**

If you are in this category and especially if you are over 40 and smoke, you have a high risk of developing cardiac illness and other stress-related illnesses.

If you scored **80 – 109** you are a **Type A2**

You are also a cardiac-prone personality but your risk of heart disease is not quite as high as a Type A1

Type A personalities generally have "A STRESS PROBLEM" although most do not recognise this until extreme symptoms or serious illnesses develop. Type A behaviour is a learned personality complex which is well-rewarded in our culture. It is a desired trait in most institutions, especially at a managerial level.

If you are a Type A1 or Type A2, you would be wise to learn how to effectively manage stress in your body by neutralising the stress hormones. This may be done by activating "the relaxation response," the scientifically-defined and measurable anti-stress mechanism in your body. It will add years to your life.

If your score is **60 - 79**, you are a **Type AB**

You are a mixture of Type A and Type B patterns. This is a healthier pattern than either A1 or A2, but you have the potential for slipping into Type A behaviour and you should recognise this.

If your score is **under 59**, you are a **Type B**

30 - 50: **Type B2**                      0 – 29: **Type B1**

This personality complex is characterised by general relaxation and coping adequately with stress. You express few of the reactions associated with cardiac disease.

To get another perspective on your personality, ask your spouse or close friend to rate you on this scale. The results may be surprising.

**Test developed by Dr. Howard Glazer for the book, Executive Health**