### 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.

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<td>1. Doesn't mind leaving things temporarily unfinished</td>
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<td>2. Calm and unhurried about appointments</td>
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<td>3. Not competitive</td>
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<td>4. Listens well; lets others finish speaking</td>
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<td>5. Never in a hurry, even when pressed</td>
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<td>6. Able to wait calmly</td>
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<td>7. Easygoing</td>
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<td>8. Takes one thing at a time</td>
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<td>9. Slow and deliberate in speech</td>
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<td>10. Concerned with satisfying him/herself, not others</td>
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<td>11. Slow doing things</td>
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<td>12. Serene</td>
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<td>13. Expresses feelings openly</td>
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<td>14. Has a large number of interests</td>
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<td>15. Satisfied with job</td>
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<td>16. Never sets own deadlines</td>
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<td>17. Feels limited responsibility</td>
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<td>18. Never judges things in terms of numbers</td>
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<td>19. Casual about work</td>
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<td>20. Not very precise</td>
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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**

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.

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