

THE FISHER TEMPERAMENT INVENTORY

Circle your answer next to each question:

SD = Strongly disagree D = disagree A = agree SA = strongly agree

See scoring directions at end of test-- after you have filled out all four sections

SCALE 1:

- 1: I find unpredictable situations exhilarating. SD D A SA
 - 2: I do things on the spur of the moment. SD D A SA
 - 3: I get bored when I have to do the same familiar things. SD D A SA
 - 4: I have a very wide range of interests. SD D A SA
 - 5: I am more optimistic than most people. SD D A SA
 - 6: I am more creative than most people. SD D A SA
 - 7: I am always looking for new experiences. SD D A SA
 - 8: I am always doing new things. SD D A SA
 - 9: I am more enthusiastic than most people. SD D A SA
 - 10: I am willing to take risks to do what I want to do. SD D A SA
 - 11: I get restless if I have to stay home for any length of time. SD D A SA
 - 12: My friends would say I am very curious. SD D A SA
 - 13: I have more energy than most people. SD D A SA
 - 14: On my time off, I like to be free to do whatever looks fun. SD D A SA
- TOTAL_____

SCALE 2:

- 1: I think consistent routines keep life orderly and relaxing. SD D A SA
- 2: I consider (and reconsider) every option thoroughly before making a plan. SD D A SA
- 3: People should behave according to established standards of proper conduct. SD D A SA
- 4: I enjoy planning way ahead. SD D A SA
- 5: In general, I think it is important to follow rules. SD D A SA
- 6: Taking care of my possessions is a high priority for me. SD D A SA
- 7: My friends and family would say I have traditional values. SD D A SA
- 8: I tend to be meticulous in my duties. SD D A SA
- 9: I tend to be cautious, but not fearful. SD D A SA
- 10: People should behave in ways that are morally correct. SD D A SA
- 11: It is important to respect authority. SD D A SA
- 12: I would rather have loyal friends than interesting friends. SD D A SA
- 13: Long established customs need to be respected and preserved. SD D A SA
- 14: I like to work in a straightforward path toward completing the task. SD D A SA

TOTAL _____

SCALE 3:

- 1: I understand complex machines easily. SD D A SA
- 2: I enjoy competitive conversations. SD D A SA
- 3: I am intrigued by rules and patterns that govern systems. SD D A SA
- 4: I am more analytical and logical than most people. SD D A SA
- 5: I pursue intellectual topics thoroughly and regularly. SD D A SA
- 6: I am able to solve problems without letting emotion get in the way. SD D A SA
- 7: I like to figure out how things work. SD D A SA
- 8: I am tough-minded. SD D A SA
- 9: Debating is a good way to match my wits with others. SD D A SA
- 10: I have no trouble making a choice, even when several alternatives seem equally good at first.
SD D A SA
- 11: When I buy a new machine (like a camera, computer or car), I want to know all of its technical features.
SD D A SA
- 12: I like to avoid the nuances and say exactly what I mean. SD D A SA
- 13: I think it is important to be direct. SD D A SA
- 14: When making a decision, I like to stick to the facts rather than be swayed by people's feelings.
SD D A SA

TOTAL_____

SCALE 4:

- 1: I like to get to know my friends' deepest needs and feelings. SD D A SA
- 2: I highly value deep emotional intimacy in my relationships. SD D A SA
- 3: Regardless of what is logical, I generally listen to my heart when making important decisions. SD D A SA
- 4: I frequently catch myself daydreaming. SD D A SA
- 5: I can change my mind easily. SD D A SA
- 6: After watching an emotional film I often still feel moved by it several hours later. SD D A SA
- 7: I vividly imagine both wonderful and horrible things happening to me. SD D A SA
- 8: I am very sensitive to people's feelings and needs. SD D A SA
- 9: I often find myself getting lost in my thoughts during the day. SD D A SA
- 10: I feel emotions more deeply than most people. SD D A SA
- 11: I have a vivid imagination. SD D A SA
- 12: When I wake up from a vivid dream, it takes me a few seconds to return to reality. SD D A SA
- 13: When reading, I enjoy it when the writer takes a sidetrack to say something beautiful or meaningful. SD D A SA
- 14: I am very empathetic. SD D A SA
- TOTAL _____

Scoring: To Score the test, give yourself:

0 points for each answer of "strongly disagree;"

1 point for each answer of "disagree;"

2 points for each answer of "agree"

3 points for each answer of "strongly agree."

Then add up the points in *each* of the four scales; *do not* add together all points of all scales.

Scale 1 measures the degree to which you express the dopamine system. (Explorer).

Scale 2 measures the degree to which you express the serotonin system. (Builder)

Scale 3 measures the degree to which you express the testosterone system.(Director)

Scale 4 measures the degree to which you express the estrogen/oxytocin system. (Negotiator)

The scales with the two top scores are your primary and secondary temperament dimensions.

For example, if you had 32 points on Scale 1, 23 points on Scale 2, 19 points in Scale 3, and 27 points in Scale 4, you are largely expressive of the dopamine and estrogen/oxytocin systems, i.e., an Explorer/Negotiator. See book: WHY HIM? WHY HER? (Fisher, 2009) for full description of these personality dimensions.

TIE BREAKER QUESTIONS: *We are all a combination of these four trait constellations; but we express some more than others. It is not unusual to score equally on two (or sometimes three) temperament dimensions. So if you score evenly on two scales, please answer the appropriate **tie-breaker** question below:*

Explorer + Builder: Which is more like you?

I constantly seek new adventures. (Explorer)

I generally prefer to do familiar things. (Builder)

Explorer + Director: Which is more like you?

I'm interested in all kinds of different people. (Explorer)

I am interested in people who share my deepest interests. (Director)

Explorer + Negotiator: Which is more like you?

I'm not very introspective; I like to look out not in. (Explorer)

I'm very introspective; I'm interested in deeply understanding myself and others. (Negotiator)

Builder + Director: Which is more like you?

I tend to be cautious in my work and thinking. (Builder)

I tend to be daring in my work and thinking. (Director)

Builder + Negotiator: Which is more like you?

I tend to think concretely; I only trust the facts. (Builder)

I tend to be imaginative and listen to my intuition. (Negotiator)

Director + Negotiator: Which is more like you?

I tend to be tough minded. (Director)

I tend to be tender hearted. (Negotiator)