The Kettermann “What color is your Temperament?”
A Screening Inventory for Self-Discovery ©1997 All Rights reserved.
By D. Kettermann, Ph.D., Licensed Educational Psychologist

Name________________________ Date________________

Directions: Read each sentence below. Choose the number from the key below that best describes how you naturally are, i.e. your innate nature, NOT how you think or feel someone else wants you to be. Select the number from 0-5 that best describes you and write it on the line to the right of each statement. Do not think of yourself in a particular role when you complete this. There are no right or wrong answers. The goal is to discover your natural preferences so you can use this information to experience more success in all areas of your life. If you’ve done this training before please answer the questions candidly, without predisposition to your former “color”.

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1. I am naturally organized. I create order and structure in my life. ____
2. I need to do fun and exciting things in my life. ____
3. I value gaining knowledge. I want to spend my time learning more about what interests me. ____
4. I like it when everyone around me gets along and does not argue or fight because I need and value harmony. ____
5. I need others to show that they really care about me. ____
6. I am curious. I like to ask questions and want to know why. ____
7. I need change and excitement in my life, or I become bored. ____
8. I like to plan ahead. I need to be prepared ahead of time. ____
9. I like to think deeply about subjects that interest me. ____
10. I am naturally impulsive. I often do things without thinking first. ____
11. I naturally care about people and need them to care about me. ____
12. I naturally do what is right and like to follow the rules. ____
13. I like to take risks and that sometimes gets me in trouble. ____
14. I need to be treated so I feel special and important to others. ____
15. I live a cautious life. I need to be safe and avoid danger. ____
16. I like to tell others what I know and have learned in my life. ____
17. I like to make lists and follow them to accomplish many things. ____
18. I really want to be friendly and get along with everyone I know. ____
19. I hate to make mistakes. I need to have the right answer. ____
20. I go all out to win. I like activities that are physical and competitive. ____
21. I learn and work best when by myself rather than in a group. ____
22. I need freedom and flexibility. I hate following other people’s rules. ____
23. I like to belong to clubs and groups that do good deeds. ____
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24. I am naturally sensitive. I get my feelings hurt easily. ___________
25. I need to learn and do things by following a schedule and routine. ___________
26. I want to make the world a better place for others because I care. ___________
27. I am naturally playful and have a good sense of humor. ___________
28. I like to spend time alone so I can think and analyze my thoughts. ___________
29. I love it when people work together and cooperate. ___________
30. I enjoy entertaining others and making people laugh. ___________
31. I need to be responsible and have others see me as responsible. ___________
32. I enjoy thinking and using my mind to solve problems. ___________
33. I like to spend time helping others to get along and feel happy. ___________
34. I am a natural problem-solver and enjoy analyzing problems. ___________
35. I desire excitement and adventure. I crave feeling a "rush". ___________
36. I need to do what is right. I have a strong sense of right and wrong. ___________
37. I have difficulty sitting still and being attentive for long periods of time. ___________
38. I am affectionate and nurturing in my relationships. ___________
39. I really value intelligence. Others see me as intelligent. ___________
40. I complete my work before I relax or play. Work comes before play. ___________

Total your answers for each of the four columns on side one and side two of this inventory. Record your column totals in the spaces provided below.

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