



## How Imperative Am I?

**Check the statements below that apply to you. Then, at the end of the quiz, guidelines are provided for you to evaluate how imperative you really are.**

- \_\_\_\_\_ 1. "I hate to admit my weaknesses, even if they seem obvious to others."
- \_\_\_\_\_ 2. "I get irritated when other people make mistakes."
- \_\_\_\_\_ 3. "I tend to use words like should, ought, must, can't when I'm talking to other people."
- \_\_\_\_\_ 4. "I tend to do an important job myself because someone else might not do it right."
- \_\_\_\_\_ 5. "I'm uncomfortable with ideas that are different from mine."
- \_\_\_\_\_ 6. "I am annoyed and upset more often than I'd like to be."
- \_\_\_\_\_ 7. "Once I have formulated an opinion, I don't tend to change it."
- \_\_\_\_\_ 8. "I stay away from people whose opinions are different from mine."
- \_\_\_\_\_ 9. "When I'm working on a project, I often become so focused that I get irritated when someone interrupts me, and I tend to snap at them."
- \_\_\_\_\_ 10. "I get impatient when other people can't understand what needs to be done."
- \_\_\_\_\_ 11. "I would rather let people have a false favorable impression of me rather than being open and vulnerable."
- \_\_\_\_\_ 12. "When someone tells me about a personal problem, I feel I have to provide a solution."
- \_\_\_\_\_ 13. "I use silence to punish those who disappoint or disagree with me."
- \_\_\_\_\_ 14. "Before starting a project, I dwell on it constantly to be sure I'll do it just right."
- \_\_\_\_\_ 15. "When someone else is in a foul mood, it puts me in a foul mood, too."
- \_\_\_\_\_ 16. "Critical thoughts come to my mind more often than I would like."
- \_\_\_\_\_ 17. "When someone confronts me about my opinions or beliefs, I immediately begin to search for a rebuttal."
- \_\_\_\_\_ 18. "I have a mental list of standards people should meet before I accept them."
- \_\_\_\_\_ 19. "I sometimes resent having to do so much for my family."
- \_\_\_\_\_ 20. "I am uncomfortable when other share very personal emotions with me."

**If you checked fewer than five, either you are a very composed person, or you have a need to see yourself more positively. If you checked five or six statements, you are fairly normal. But if you checked ten or more statements, you are a candidate for unnecessary emotion stress and tension. You may be too inclined toward a need for control.**