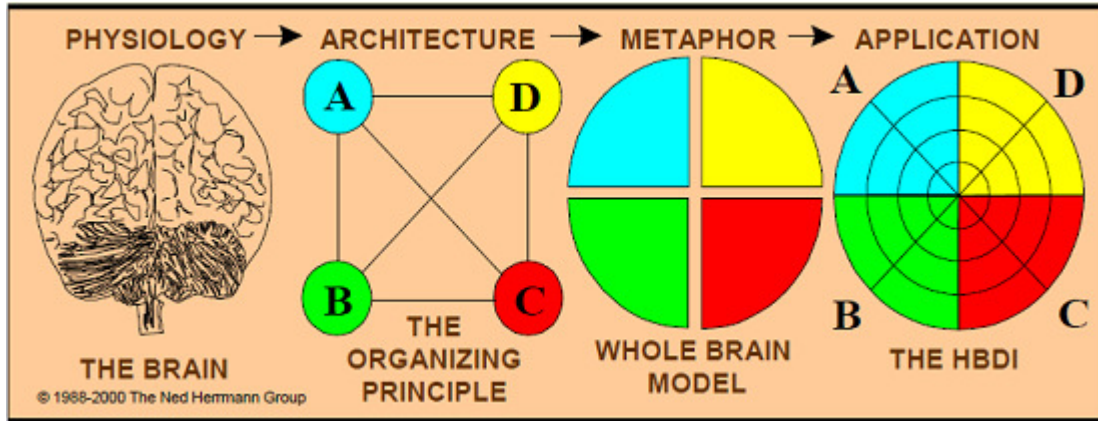
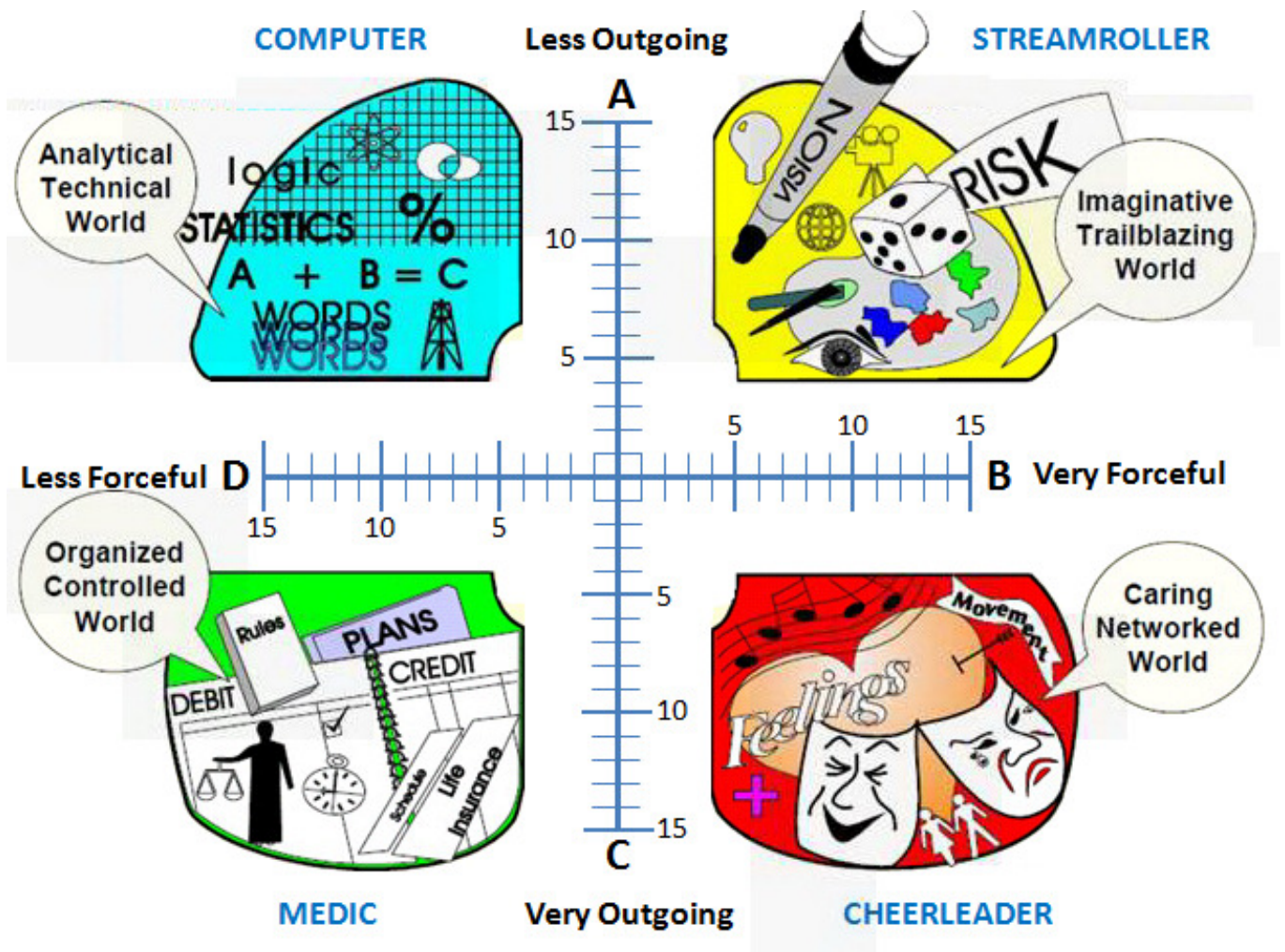


The Herrmann Brain Dominance Instrument – HBDI Personality Type Self Assessment



Directions: Below are 15 rows of words. Each row has four words or phrases on it. For each row circle the 2 out of the 4 words that best describe you. It is important to consider each row of 4 words separately. Words in other rows may seem similar; consider each row on its own. When you are done, count how many circles you have in each of the 4 columns, and write the numbers at the bottom.

	A	B	C	D
1	Serious	Aggressive	Carefree	Accommodating
2	Shy	Impatient	Social	Reasonable
3	Purposeful	Takes charge	Casual	Follows
4	Thinking	Headstrong	Feeling	Tactful
5	Factual	Outspoken	Dramatic	Holds back
6	Introvert	Controlling	Extrovert	Easygoing
7	Modest	Firm	Attention-getting	Flexible
8	Businesslike	Restless	Friendly	Relaxed
9	Low Key	Confrontational	High-energy	Agreeable
10	Concise	Direct	Chatty	Indirect
11	Likes it quiet	Daring	Likes parties	Careful
12	Controlled	Decisive	Animated	Cautious
13	Unemotional	Forward	Emotional	Reserved
14	Subdued	Questioning	Dynamic	Accepting
15	Reserved	Directing	Bubbly	Helpful
Total				



In which quadrant is the biggest part of the rectangle? This is your most comfortable style, the style you use the most.

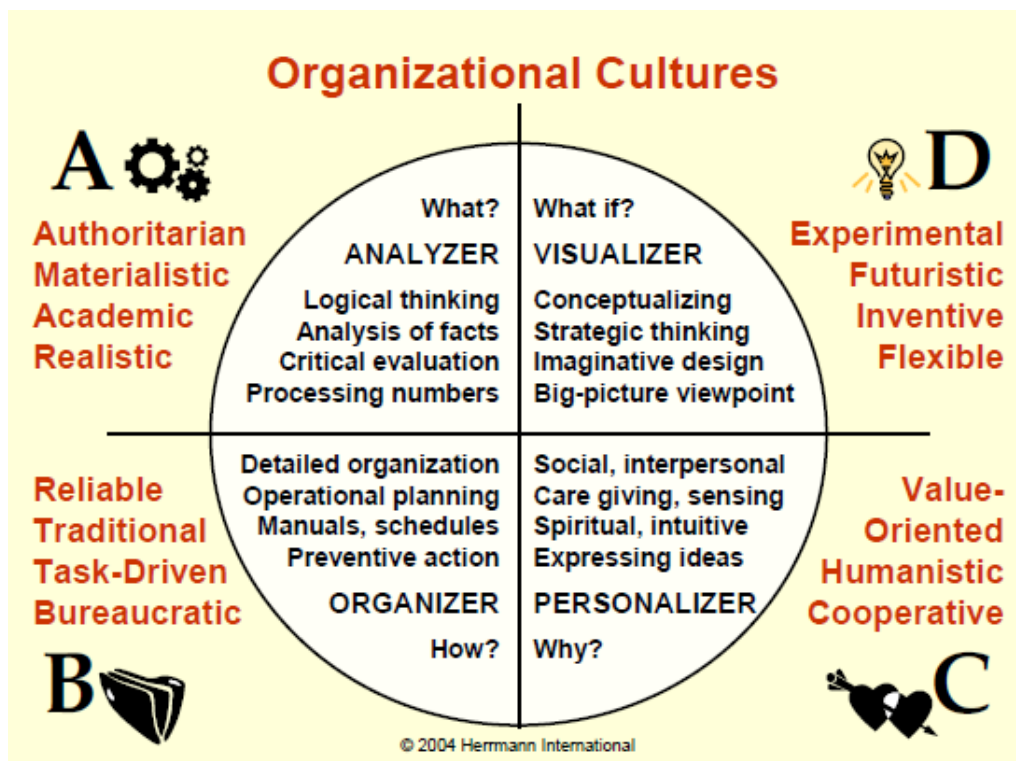
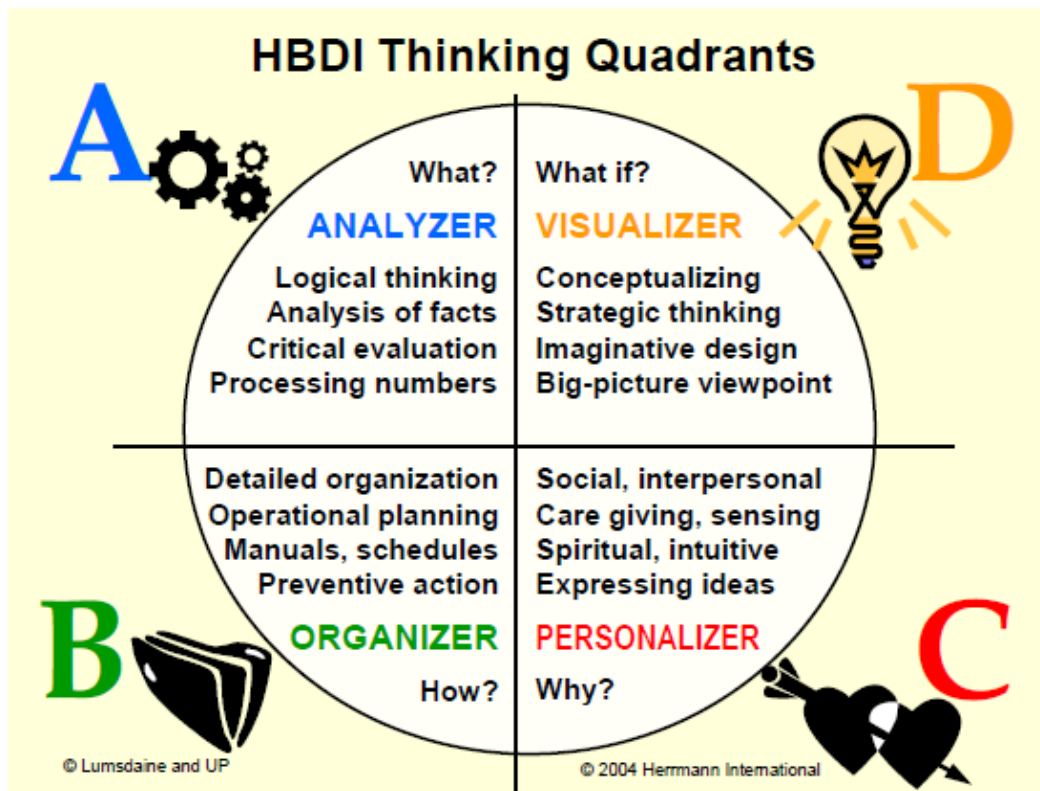
Your most comfortable style: _____

In which quadrant is the second biggest part of your rectangle? This is your next most comfortable style, your secondary or backup style.

Your next most comfortable style: _____

In which quadrant is the rectangle the smallest? This is your least comfortable style. You use this style only occasionally, and you use it the least of all four.

Your least comfortable style: _____



Sources: 2004 Herrmann International; 1988-2000 The Ned Herrmann Group; Lumsdaine and UP, Mission College class material