

Type A behaviour scale - As you read aloud the questions from the Type A Behaviour Scale, answer to yourself whether or not the behaviour is 'Like You,' and 'Not Like You.' If you find that you are answering that most of the qualities are like you, then you are probably a Type A person.

1. I explosively accentuate key words during ordinary speech.
2. I utter the last few words of a sentence more rapidly than the opening words.
3. I always move, walk, and eat rapidly.
4. I feel an impatience with the rate at which more events take place.
5. I hurry the speech of others by saying, 'Uh huh' or 'Yes, Yes,' or by finishing their sentences for them.
6. I become enraged when a car ahead of me runs at a pace I consider too slow.
7. I find it anguishing to wait in line.
8. I find it intolerable to watch others perform tasks I know I can do faster.
9. I find myself hurrying my reading or attempting to obtain condensations or summaries of truly interesting and worthwhile literature.
10. I frequently strive to think about or do two or more things simultaneously.
11. I find it always difficult to refrain from talking about or bringing the theme of any conversation around to those subjects which especially interest me.
12. I always feel vaguely guilty when I relax or do nothing for several hours to several days.
13. I no longer observe the more important, interesting, or lovely objects I encounter.
14. I don't have any time to spare to become the things worth being because I am so preoccupied with getting the things worth having.
15. I attempt to schedule more and more in less and less time.
16. I am always rushed.
17. When meeting another aggressive, competitive person I feel a need to challenge that person.
18. In conversations, I frequently clench my fist, or bang on the table, or pound one fist into the palm of another for emphasis.
19. I habitually clench my jaw, grind my teeth, or jerk back the corners of my mouth exposing my teeth.
20. I believe that whatever success I enjoy is due in good part to my ability to get things done faster than others.
21. I find myself increasingly committed to translating and evaluating not only my own but also the activities of others in terms of 'numbers.' (Friedman & Rosenman. 1974)