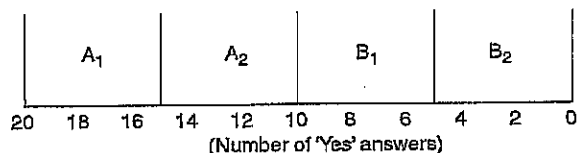


**Table 2.2: Type A and Type B personality checklist**

Questions	Yes	No
1. Do you feel compelled to do most things in a hurry?		
2. Are you usually the first one through during a meal?		
3. Is it difficult for you to relax, even for a few hours?		
4. Do you hate to wait in line at a restaurant, bank or store?		
5. Do you frequently try to do several things at the same time?		
6. Are you generally dissatisfied with what you have accomplished in life?		
7. Do you enjoy competition and feel you always have to win?		
8. When other people speak slowly, do you find yourself trying to rush them along by finishing the sentence for them?		
9. Do you become impatient when someone does the job slowly?		
10. When engaged in conversation, do you usually feel compelled to tell others about your own interests?		
11. Do you become irritated when something is not done exactly right?		
12. Do you rush through your tasks to get them done as quickly as possible?		
13. Do you feel you are constantly under more pressure to get things done?		
14. In the past few years, have you taken less than your allotted vacation time?		
15. When listening to other people, do you usually find your mind wandering to other tasks and subjects?		
16. When you meet aggressive people, do you usually feel compelled to compete with them?		
17. Do you tend to talk fast?		
18. Are you too busy with your job to have time for hobbies and outside activities?		
19. Do you seek and need recognition from your boss and peers?		
20. Do you take pride in working best 'under pressure'?		
<b>Totals</b>		



Source: Gmelch, W. H. (1982) *Beyond Stress to Effective Management* (New York: John Wiley & Sons). Copyright © 1982. Reproduced with permission of the publisher.