

True Colors Personality Test

Why Personality Tests?

A personality test is completed to yield a description of an individual's distinct personality traits. In most instances, your personality will influence relationships with your family, friends, and classmates and contribute to your health and well being. Teachers can administer a personality test in class to help your children discover their strengths and developmental needs. The driving force behind administering a personality test is to open up lines of communication and bring students together to have a higher appreciation for one another. A personality test can provide guidance to teachers of what teaching strategies will be the most effective for their students.

Personality test can benefit your students by:

- Increasing productivity
- Get along better with classmates
- Help students realize their full potential
- Identify teaching strategies for students
- Help students appreciate other personality types

One of the most popular personality tests is the True Colors Personality Test. This personality test asks a series of questions to rate your likes and dislikes. The test will then rate your personality as either a blue, green, orange or gold personality type. You may be a combination of two colors, but usually a student will exhibit one primary color. A personality test is not a means to type cast a student, but it allows teachers to understand the personality attributes associated with various students. You will operate as one primary color for the most part, but high levels of stress and other environmental factors can shift your personality type for short intervals. As a rule of thumb, you should recognize your strong attributes and keep in mind the attributes that irritate people.

Teachers should disseminate a personality test to their children the first week of school. A personality test is a fun exercise for the class and will enable the teacher to more adequately plan lessons and activities for their students.

Exploring Your Colors

Below are 11 incomplete sentences that describe people. Each sentence has four possible endings. Give four points to the phrase that is “most like you,” three points to the phrase that is “next most like you,” two points to the next phrase, and one point to the phrase that is “least like you.”

Use the sentences below to describe your personality.

1. When I make decisions:

- _____ a. I do it quickly and go with the first impressions.
- _____ b. I think about it, consider the options and then decide.
- _____ c. I listen to my feelings and consider how my decisions will affect others.
- _____ d. I take it seriously and always try to make the right decision.

2. The best way for others to show me they care about me is to:

- _____ a. Do fun things with me.
- _____ b. Give me space to be myself.
- _____ c. Spend time with me doing whatever.
- _____ d. Do what I want to do; not let me down or go back on their word.

3. When I’m with my friends, I like to provide:

- _____ a. The excitement; the fun; the jokes.
- _____ b. Questions; answers; a logical way of looking at things.
- _____ c. Concern for others; a lot of caring.
- _____ d. The planning; a sense of security; a good standard.

4. I like to:

- _____ a. Act on a moment’s notice; do risky things.
- _____ b. Provide answers or give thought to people’s questions.
- _____ c. Help maintain a sense of harmony and togetherness.
- _____ d. Be responsible, dependable, and helpful to others.

5. One thing I am really good at is:

- _____ a. Acting courageously.
- _____ b. Thinking.
- _____ c. Being sensitive.
- _____ d. Organizing.

6. Friends who know me best would say that I am:

- _____ a. Competitive.
- _____ b. Reserved, thoughtful.
- _____ c. Emotional, friendly.
- _____ d. Neat, prepared.

7. My basic approach to life is:

- _____ a. To take one day at a time and have fun.
- _____ b. To figure out what life is all about.
- _____ c. To help others and be happy and succeed.
- _____ d. To plan for the future and make it as good as possible.

8. When I am feeling discouraged or “down in the dumps”:

- _____ a. I often become rude, mad, or sometimes even mean.
- _____ b. I withdraw, don’t talk very much, and try to think my way out of the problem.
- _____ c. I feel emotional, am sad, and usually like to talk it over with someone close to me.
- _____ d. I try to figure out what’s causing the problem and fix it.

9. I feel good about myself when:

- _____ a. I can do things that are difficult.
- _____ b. I can solve problems or figure things out.
- _____ c. I can help other people.
- _____ d. I am appreciated or rewarded for things I do.

10. Teachers at school who saw me when I wasn’t on my best behavior might describe me as:

- _____ a. Rowdy or a little wild.
- _____ b. Arrogant.
- _____ c. Talkative.
- _____ d. Someone who wants things my way; dominant; worrying.

11. Teachers at school (who like me and in whose class I do pretty well) would probably describe me as:

- _____ a. Charming, a natural leader, clever, someone who is fun to have around.
- _____ b. Thoughtful, someone who has good answers, someone who likes to figure out problems.
- _____ c. Nice, friendly, someone who gets along with other students and is helpful to the teacher and others.
- _____ d. Neat, organized, prepared, someone who does assignments and is a good student.

Rank each number as 4, 3, 2, 1; where 4 is the one most like you and 1 is the least like you.

Number	A	B	C	D
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
TOTAL				

Total your columns and place your results in the blanks below.

- _____ a. Orange
- _____ b. Green
- _____ c. Blue
- _____ d. Gold

What is your first color? What is your second color?

Are you...**Blue**?

Enthusiastic...Sympathetic...Personal?
Warm...Communicative...Compassionate?
Idealistic...Spiritual...Sincere?
Peaceful...Flexible...Imaginative?

In work you like to influence others to help their lives...like to work in the arts, education, or helping professions?

In love seek balanced relationships...believe in a true romantic, perfect love that will last forever...enjoy flowers, candlelight, music, and small gestures of love?

As a kid did you have an active imagination....difficult to fit into school life...reacted sensitively to rejection and went after recognition...preferred encouragement to competition?

Are you...**Green**?

Analytical...Global...Conceptual?
Cool...Calm...Collected?
Inventive...Logical...Problem Solver?
Abstract...Creative...Investigative?

In work you are an independent thinker...work is play...enjoy challenges...find new ways to do routine?

In love prefer to think then let your heart dictate love...difficult to express feelings...uneasy about emotions...love will take care of itself if it's love?

As a kid you felt older than your years...liked to focus on things there were mentally stimulating...impatient with drills and questioned authority...needed to respect teachers before you could learn from them.

Are you...**Gold**?

Loyal...Dependable...Prepared?
Thorough...Sensible...Punctual?
Faithful...Stable...Organized?
Caring...Concerned...Helper?

In work you want to maintain organization...handle details and work hard...work comes before play?

In love you are serious and believe in the traditional view of love and marriage...want to build a long lasting relationship together...demonstrate love and affection through practical things or deeds?

Are you...**Orange**?

Witty...Charming...Spontaneous?
Impulsive...Generous...Impactful?
Optimistic...Eager...Bold?
Physical...Immediate...Courageous?

Restless at work...like your independence and freedom...utilize your physical coordination...like to work with tools?

In love, do you like to share interest and activities with your love interest...explore new ways to energize your relationship...giving extravagant gifts to bring pleasure to your love interest?

As a kid, did you have trouble fitting into the school routine...learn by experience rather than listening or reading...motivated by competitive nature and sense of fun?

You May Show these Characteristics:

	Solid Gold	Curious Green	True Blue	Action Orange
Esteemed for	Being dependable	Discovering new insights	Being a good listener	Being fun and taking risks
Stressed by	Lack of order	Feeling inadequate	Feeling artificial	Restrictions
Highest virtue is	Responsibility	Objectivity	Loyalty	Courage
Key characteristics	Being prepared	Ingenuity	Authenticity	Talent and skill
On the job	Organizer	Pragmatist	Peacemaker	Energizer
Perception	Structure	Abstract	Concern	Excitement
Primary needs	To provide stability and order; be in control	To be competent and rational	To be authentic and care for others	To be free and spontaneous
Longs for	Security	Insights and knowledge	Love and acceptance	Freedom
Strives to foster	Traditional values	Thoughtful consideration	Harmony	Fun and recreation
Take pride in	Dependability	Competence	Empathy	Impact
Specialty is	Accomplishments and results	Research and conceptualizations	People	Entrepreneurship
Validated by		Affirming their	Acceptance	Achieving visible

**Being
appreciated**

wisdom

of others

results

Trust

**Authority and
tradition**

Facts and logic

**Intuition
and feelings**

Impulses

You May See Yourself As:

GOLD	GREEN	BLUE	ORANGE
Stable	Superior intellect	Warm	Fun-loving, enjoys life
Providing security	Powerful	Romantic	Flexible, adaptable
Always have a view	Eminently reasonable	Idealist	Proficient, capable
Good at sorting/weeding out	Clam, not emotional	Willing to work tirelessly for what I believe in	Hands-on person
Decisive	Precise, not repetitive	Affirming	Problem-solver
Executive style	Able to find flaws	Promoting growth, well-being	Do many things at once
Organized person	Seeking justice	Relates current experiences to past experiences	Curious, welcomes new ideas
Goal oriented	Able to reprimand	Likes to please people	Superior ability to discriminate away options, see shades of gray
Dependable	98% right	Great communicator	Spontaneous
Firm	Creative	Compassionate	Carefree
Efficient	Visionary	Spiritual	Practical
Good planner	Original	Unselfish	Eclectic
Orderly, neat	Rational	Empathic	Good negotiator

Punctual

Under control

Caretaker

Can deal with chaos

Seeks closure

Objective

Sympathetic

Firm-minded

Trusting

Others May See You As:

GOLD	GREEN	BLUE	ORANGE
Rigid	Intellectual snob	Stuck in / lives in the past	Irresponsible
Dull, boring	Heartless	Overly emotional	Goofs off too much
Opinionated	Ruthless	Bleeding heart	Manipulative
Unimaginative	Unrealistic	Mushy	Not to be trusted
Bossy	Emotionally controlled	Hopelessly naïve	Not able to stay on task
Predictable	Afraid to open up	Too tender hearted	Resists closure or decisions
Controlling	Critical, fault-finding	Easily duped	Obnoxious
Stubborn	Unfair	Smothering	Flaky
System-bound	Unappreciative of others	Too touchy-feely	Disobey rules
Judgmental	Arrogant	Pushover	Scattered
Uptight	Doesn't care about people	Too nice	Cluttered
Autocratic	Eccentric, weird	Too trusting	Uncontrollable
	Cool, aloof, unfeeling	Groveling	Indecisive
	Lacking mercy	Fawning	Not a team player
	Stingy with praise	Soft	

Talks too much

Things that Frustrate You:

GOLD	GREEN	BLUE	ORANGE
Irresponsibility	Routine	Lying	Rules and laws
Lack of planning	Small-talk	Violence	Same routine
Lack of discipline	Plagiarism	Personal rejection	Deadlines
Laziness	Illogical arguments	Lack of communication	Paperwork
High risk taking	Social functions	Lack of close friends	Lack of adventure
Illegal behavior	Incompetence	Sarcasm	Too much structure

Things You Do to Frustrate Others:

GOLD	GREEN	BLUE	ORANGE
Control freak	Not being sociable	Lack of planning	Ignoring rules
Being bossy and controlling	Living in the future	Being passive	Being undisciplined

Working long hours	Being wordy	Avoiding conflict	Lack of planning
Being obsessive	Blowing up when criticized	Suppressing problems	Being quick-tempered
Being judgmental	Not going with the flow	Being too generous	Thinking out loud
Planning for everything	Being too independent	Being overly sentimental	Impulse buying

You Like to Receive Praise When:

GOLD	GREEN	BLUE	ORANGE
Someone is honest and mentions specifically what was accomplished	Your competence is recognized	Your unique contributions are recognized	Your process is more recognized than the product
Your thoroughness and sense of responsibility is recognized	The quality of your work is recognized	Your personal achievements are recognized	Your cleverness and skill are recognized
Your cleverness and skill is recognized	You are praised with specific vocabulary	Your personal characteristics that are valued and meaningful are recognized	Your quickness is recognized
Words are used that actually reflect what has been accomplished	Specific knowledge you acquired is recognized	Someone shows praise by a touch on the shoulder or other appropriate behavior	Your impact is recognized
Sincere appreciation is shown	Your integrity is recognized	You know you have importance and significance to the well-being of the class and the school	You are praised with actions
Reminders of the importance of the task completed to the well-being of others are used	Your independent competence of a job is recognized	Honesty and sincerity are used	You are shown praise spontaneously

**You are
recognized as an
integral part of
the class**

**Someone
appreciates
your analysis**

**You are praised
with an energetic
and enthusiastic
manner**

**Versatility is
used**

**A clear, logical
explanation of
what was done
is expressed in
precise terms**

**Quick and
timely responses
are used**

On a Bad Day, You May:

GOLD	GREEN	BLUE	ORANGE
Complain	Become overly indecisive	Fantasize and day-dream	Become rude
Wallow in self-pity	Refuse to cooperate with others	Do anything to get attention	Break the rules for spite
Worry	Become more aloof or withdrawn	Lie to save face	Lie or cheat to control the situation
Complain of psychosomatic problems	Put others down	Withdraw so others will come or feel sorry for you	Run away
Make malicious judgments about yourself or others	Use sarcasm	Cry or pout	Use drugs or alcohol
Blindly follow the letter of the law	Refuse to communicate	Show passive resistance	Act out boisterously
Become overly authoritative	Become highly critical of yourself and others	Yell and scream	Become physically aggressive
Become unreasonably fixed	Turn a cold shoulder to others	Fish for compliments	Quit or drop out
Be unforgiving	Demand unreasonable perfection	Become depressed	Become verbally abusive
Feel a lot of anxiety or		Say you are not liked	Make bad spontaneous

stress

decisions

**Become overly
tired or
depressed**

Feel put upon

Things that May Stress You:

GOLD	GREEN	BLUE	ORANGE
Incomplete tasks	Lack of control	Broken promises	Too much responsibility
Ambiguous task answers	Incompetence	Negative criticism	Redundancy
Many things going on at the same time	Emotional displays	Conflict	Rules and regulations
People not following through on tasks	Small talk	Insincerity	Being stuck at a desk
Irresponsibility of others	Social functions	Lying	Requirements to read manuals
A haphazard attitude	Subjective judgment	Rejection	Deadlines

You May Prefer these Careers:

GOLD	GREEN	BLUE	ORANGE
Accountant	Attorney	Human resources manager	Advertising
Dentist	Researcher	Minister	Marketing
Auditor	Engineer	Editor	Actor
Teacher	Criminologist	Therapist	Mediator
Financial planner	Critic	Journalist	Public speaking
Administrator	Technical writer	Social worker	Dance teacher
Librarian	Chemist	Fund raise	P.E. teacher
Manager	Veterinarian	Employment interviewer	Jet pilot
Bank officer	Physician	Flight attendant	Painter
Air traffic controller	Biologist	Host/hostess	Sculptor
Statistical clerk	Embalmer	Receptionist	Mechanic
Telephone operator	Photographer	Tour guide	Carpenter
Police officer	Ecologist	Travel agent	Comedian
Secretary	Anthropologist	Customer service	Puppeteer
Court reporter	FBI agent	Teacher	Disc jockey