

# Transactional Analysis – Personal Style Questionnaire

**Instructions** - For each statement, allocate a score to show how much the behaviour is like the way you behave:

**Not true of me - 0**

**Partly true of me - 1**

**Moderately true of me - 2**

**Extremely true of me – 3**

Score	
	1. I tell people firmly how they should behave.
	2. I tend to reason things out before acting.
	3. I do as I'm told
	4. I behave sympathetically towards people with problems.
	5. I really enjoy being with other people.
	6. I enjoy taking care of people.
	7. I enjoy solving problems in a systematic and logical way.
	8. I tell people what to do.
	9. I let people know how I really feel, without embarrassment.
	10. I am polite and courteous.
	11. I do the opposite to what people expect.
	12. When someone is new, I make an effort to show them where everything is.
	13. I can stay calm in a crisis.
	14. When I know that I am right, I insist that others listen to me.
	15. I ask a lot of questions when I'm curious.
	16. I am very enthusiastic about my work.
	17. People seem to expect me to know the answer.
	18. I'm asked to take care of new members of staff.
	19. I get on well with people who are polite to me.
	20. I keep on thinking logically even when under pressure.
	21. My working style is systematic and logical
	22. I dress to match the sort of outfits that other people wear to work.
	23. I do things for people when I think they can't manage for themselves.
	24. I can quote my previous experience when problems occur.
	25. People tell me I'm creative and inventive.
	26. I prefer to take control rather than following someone else's lead.
	27. I fuss over people too much.
	28. I'm over emotional compared to others.
	29. I expect my manager to set my terms of reference.
	30. I take all points of view into account when making decisions.
	31. I encourage people to test out their own capabilities.
	32. People complain that I'm bossy.
	33. I spend a lot of time enjoying myself.
	34. People tell me I'm especially courteous.



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# The Manager as Coach

	35. I am noted for my even temper and balanced comments.
	36. I show my feelings whether happy or sad, so that people can congratulate or sympathise with me.
	37. I've looked after someone even though they could have managed on their own.
	38. I'm tempted to analyse jokes, which spoils them for others.
	39. People do as I tell them. -
	40. I go along too readily with what other people want.

**Not true of me - 0**

**Partly true of me - 1**

**Moderately true of me - 2**

**Extremely true of me - 3**

## Personal Styles Questionnaire Scoring

Transfer your scores to the summary below, against the question numbers and then add up each column.

Q no	Your Score	Q no	Your Score	Q no	Your Score	Q no	Your Score	Q no	Your Score
1		4		2		3		5	
8		6		7		10		9	
14		12		13		11		15	
17		18		20		19		16	
24		23		21		22		25	
26		27		30		29		28	
32		31		35		34		33	
39		37		38		40		36	

**Score**

**Critical Parent**

**Nurturing Parent**

**Adult**

**Adaptive Child**

**Free Child**



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