

Type A Behaviour Checklist

	That's exactly me		Neutral		Completely not me		
Do you always feel rushed?	6	5	4	3	2	1	0
Do you walk fast?	6	5	4	3	2	1	0
Are you competitive?	6	5	4	3	2	1	0
Are you impatient?	6	5	4	3	2	1	0
Do you go all out?	6	5	4	3	2	1	0
Do you have no/ few interests outside work?	6	5	4	3	2	1	0
Do you hide your feelings?	6	5	4	3	2	1	0
Do you talk fast?	6	5	4	3	2	1	0
Do you try to do more than one thing at a time?	6	5	4	3	2	1	0
Are you hard-driving?	6	5	4	3	2	1	0
Do you anticipate others (interrupt)?	6	5	4	3	2	1	0
Are you emphatic in speech?	6	5	4	3	2	1	0
Do you want recognition from others?	6	5	4	3	2	1	0
Do you eat quickly?	6	5	4	3	2	1	0
Are you ambitious?	6	5	4	3	2	1	0
Do you look ahead to the next task?	6	5	4	3	2	1	0

The higher the score the more you are Type A and the lower the score the more you are Type B. At around 48 you are neither one type nor the other.

