**AccessEd Writing and Communicating   
in diverse environments training**

Understanding yourself - DISC

Circle only one word in each row that you feel describes you best right now. Then transfer your answers over to the Scoring Sheet. Total up each column. Your highest score is your predominate personality type.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| # | A | B | C | D |
| 1. | Restrained | Forceful | Careful | Expressive |
| 2. | Pioneering | Correct | Exciting | Satisfied |
| 3. | Willing | Animated | Bold | Precise |
| 4. | Argumentative | Doubting | Indecisive | Unpredictable |
| 5. | Respectful | Out-going | Patient | Daring |
| 6. | Persuasive | Self-reliant | Logical | Gentle |
| 7. | Cautious | Even-tempered | Decisive | Life-of-the-party |
| 8. | Popular | Assertive | Perfectionist | Generous |
| 9. | Colorful | Modest | Easy-going | Unyielding |
| 10. | Systematic | Optimistic | Persistent | Accommodating |
| 11. | Relentless | Humble | Neighborly | Talkative |
| 12. | Friendly | Observant | Playful | Strong-willed |
| 13. | Charming | Adventurous | Disciplined | Deliberate |
| 14. | Restrained | Steady | Aggressive | Attractive |
| 15. | Enthusiastic | Analytical | Sympathetic | Determined |
| 16. | Commanding | Impulsive | Slow-paced | Critical |
| 17. | Consistent | Force-of- character | Lively | Laid-back |
| 18. | Influential | Kind | Independent | Orderly |
| 19. | Idealistic | Popular | Pleasant | Out-spoken |
| 20. | Impatient | Serious | Procrastinator | Emotional |
| 21. | Competitive | Spontaneous | Loyal | Thoughtful |
| 22. | Self-sacrificing | Considerate | Convincing | Courageous |
| 23. | Dependent | Flighty | Stoic | Pushy |
| 24. | Tolerant | Conventional | Stimulating | Directing |

**D-I-S-C SCORING SHEET**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DISC PROFILE | D | I | S | C |
| 1. | B | D | A | C |
| 2. | A | C | D | B |
| 3. | C | B | A | D |
| 4. | A | D | C | B |
| 5. | D | B | C | A |
| 6. | B | A | D | C |
| 7. | C | D | B | A |
| 8. | B | A | D | C |
| 9. | D | A | C | B |
| 10. | C | B | D | A |
| 11. | A | D | C | B |
| 12. | D | C | A | B |
| 13. | B | A | D | C |
| 14. | C | D | B | A |
| 15. | D | A | C | B |
| 16. | A | B | C | D |
| 17. | B | C | D | A |
| 18. | C | A | B | D |
| 19. | D | B | C | A |
| 20. | A | D | C | B |
| 21. | A | B | C | D |
| 22. | D | C | B | A |
| 23. | D | B | A | C |
| 24. | D | C | A | B |
| COLUMN TOTALS |  |  |  |  |