



## **What's Your Favorite Flavor? Emotional Reactivity Questionnaire**

While our personalities are more complex than this, it may be helpful to find out what your primary tendency is when under emotional stress. For each question, circle the answer that best describes you. If more than one answer seems to fit, circle both, or all three:

1.) When I get stressed, my first emotional response tends to be:

- a. fear
- b. anger
- c. confusion

2.) I worry most about other people:

- a. disliking me
- b. letting me down
- c. abandoning me

3.) I have the most trouble tolerating:

- a. uncertainty
- b. disappointment
- c. the need to tell people what I want

4.) One of my most noticeable qualities is

- a. sensitivity
- b. ambition and drive
- c. steadiness

- 5.) When I need to confront someone with whom I have a problem, I tend to
- meekly ask them to do better
  - offer strong, sharp criticism
  - tell myself that it's most likely my problem and try to find something I can do differently
- 6.) I often find myself
- worried that I won't have enough of what I need
  - angry with people who are not doing what they should
  - uncertain of what I feel
- 7.) If I could have one wish, it would be to feel
- calm and secure
  - supported and understood
  - energetic and alive
- 8.) When I feel anxious, upset, or depressed, I tend to
- worry
  - criticize
  - shut down
- 9.) If my friends or family were asked to name my greatest weakness, they would probably say I'm too
- nervous
  - demanding
  - hard to read
- 10.) I often feel
- unworthy
  - frustrated
  - numb

**Scoring:** Count the number of answers that were :

- a:** \_\_\_\_ (this corresponds to the Grasping or Fear type)  
**b:** \_\_\_\_ (this corresponds to the Rejecting or Anger type)  
**c:** \_\_\_\_ (this corresponds to the Denial or Adrift type)

If you scored significantly higher in one category, that's your type. If you've got high scores in two categories, you're a combination type.

Remember that this does not describe the essence of you. It only describes reactive patterns, which we all have, and these can be changed by following the *Pathways to Resilience*.