



1. Have you kept a New Year's resolution where you weren't accountable to anyone—a resolution like drinking more water or keeping a journal?

- a) Yes. I'm good at keeping New Year's resolutions, even the ones that no one knows about but me.
- b) I'm good at keeping resolution, but I make them whenever the time right. I wouldn't wait for the New Year; January 1 is an arbitrary date.
- c) I've had trouble with that kind of resolution, so I'm not inclined to make one. When I'm only helping myself, I often struggle.
- d) No. I hate to bind myself in any way.

2. Which statement best describes your view about your commitments to yourself?

- a) I make a commitment to myself only if I'm convinced that it really makes good sense to do it
- b) If someone else is holding me accountable for my commitments, I'll meet them—but if no one knows except me, I struggle.
- c) I bind myself as little as possible.
- d) I take my commitments to myself as seriously as my commitments to other people

3. At times, we feel frustrated by ourselves. Are you most likely to feel frustrated because...?

- a) My constant need for more information exhausts me.
- b) As soon as someone expects me to do something, I don't want to do it.
- c) I can take time for other people, but I can't take time for myself.

- d) I can't take a break from my usual habits, or violate the rules, even when I want to.

4. When you've formed a healthy habit in the past, what helped you stick to it?

- a) I'm pretty good at sticking to habits, even when no one else cares.
- b) I did a lot of research and customization about why and how I might keep that habit.
- c) I could stick to a good habit only when I was answerable to someone else.
- d) Usually I don't choose to bind myself in advance.

5. If people complain about your behavior, you'd be least surprised to hear them say...

- a) You follow your good habits, ones that matter only to you, even when it's inconvenient for someone else.
- b) You ask too many questions.
- c) You're good at taking the time when others ask you to do something, but you're not good at taking time for yourself.
- d) You only do what you want to do, when you want to do it.

6. Which description suits you best?

- a) Puts others—clients, family, neighbors, coworkers—first
- b) Disciplined—sometimes, even when it doesn't make sense
- c) Refuses to be bossed by others
- d) Asks necessary questions

7. People get frustrated with me, because if they ask me to do something, I'm less likely to do it (even with a boss or client).

Tend to agree

Neutral

Tend to disagree

8. I do what I think makes the most sense, according to my judgement, even if that means ignoring the rules or other people's explanations.

Tend to agree

Neutral

Tend to disagree

9. Commitments to others should never be broken, but commitments to myself can be broken.

Tend to agree

Neutral

Tend to disagree

10. Sometimes I won't do something I want to do, because someone wants me to do it.

Tend to agree

Neutral

Tend to disagree

11. I've sometimes described myself as a people-pleaser.

Tend to agree

Neutral

Tend to disagree

12. I don't mind breaking rules or violating convention - I often enjoy it.

Tend to agree

Neutral

Tend to disagree

13. I question the validity of the Four Tendencies framework.

Tend to agree

Neutral

Tend to disagree