**‘How Aggressive are you?’**

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| 1. If I (get) stuck in a lift, | a) I (press) all the buttons b) I (press) the button “Call” c) I (feel) slightly annoyed, but resign myself to the situation d) I (return) on my Walkman and relax |
| 2. If I (discover) my friend has used my bicycle without my permission, | a) I (make) a row b) I (tell) him he’s been wrong  c) I (make) a joke of it d) I (say) nothing to him and hide my bike |
| 3. If I (see) two people fighting in the street, | a) I (join) the fight b) I (try) to stop them  c) I (call) the police d) I (pass) by |
| 4. If I (come) to a party with my boyfriend/girlfriend and he/she started dancing with someone else, | a) I (grab) his/her hand and take him/her from the party b) I (feel) nervous  c) I (feel) happy because he/she was having a good time d) I (go) over and join the dance |
| 5. If I (get) on a bus and (see) only one seat left, | a) I (rush) to get it b) I (push) the person who was standing nearest to the seat and get it  c) I (see) if there were any old people who might want it d) I (make) no special effort to get there first |
| 6. If a passer-by (push) me by chance, | a) I (push) him too b) I (say) something rude to him  c) I (say) nothing d) I (smile) at him |
| 7. If I (have) an argument with a friend, | a) I (say): ‘I won’t speak to him/her unless he/she apologizes to me  b) I (forget) the offence five minutes later c) I (phone) him/her and apologize  d) I (wait) and see what will happen |
| 8. If I (come) to dinner and (realize) that the meal was terrible, | a) I (throw) it away b) I (tell) the people how terrible it was  c) I (say) that I could cook better d) I (say), “I’m not hungry” |
| 9. If I (see) a caricature on me, made by a friend of mine, | a) I (slam) the door and leave the room b) I (get) offended but won’t show it  c) I (try) to find something funny in the man and make fun of him  d) I (burst) out laughing and like the fact that I’ve got something original in myself |
| 10. If I (come) to my office late and the boss (shout) at me, | a) I (apologize) politely b) I (keep) silent  c) I (make) excuses to him c) I (shout) back and leave the job |

**Results:**

Add the numbers:

1. a-4, b-3, c-2, d-1
2. a-4, b-3, c-1, d-2
3. a-4, b-2, c-3, d-1
4. a-4, b-3, c-1, d-2
5. a-3, b-4, c-2, d-1
6. a-4, b-3, c-2, d-1
7. a-4, b-3, c-2, d-1
8. a-4, b-3, c-2, d-1
9. a-4, b-3, c-2, d-1
10. a-3, b-3, c-2, d-1

**40-30 points**: you are a fairly aggressive person. No one would like to step on your foot or make friends with you

**29-20** points: you are a fairly balanced person

**19-10** points: you are a kind and ready to help person. Everyone would be happy to make friends with you