### The Ten Temperament Traits

1. **Activity Level** - amount of physical motion during activities
   - Low Activity
   - Calm and Slow-Moving
   - Always moving, Never sits still

2. **Approach/Withdrawal** – a person’s initial reaction to new experiences
   - Withdrawing
   - Slow-to-Warm
   - Approaching
   - Outgoing

3. **Adaptability** – how easily a person adjusts to changes in routine and transitions to a different activity
   - Slow-Adapting
   - Upset with changes
   - Fast-Adapting
   - Easy-Going and flexible

4. **Sensory Sensitivity** – how sensitive a person is in each of his sensory channels: touch/pain tolerance, taste, smell, hearing/sound, and sight/light
   - **Pain**
     - What nail in my Foot? - EEOOWWH!!!
   - **Taste**
     - Can’t Tell the Difference - Notices Tiny Variations
   - **Smell**
     - Doesn’t notice odors - Human Bloodhound
   - **Hearing/Sound**
     - Noise is no problem - Sensitive to Sounds
   - **Sight/Light**
     - Visually Sensitive - Visually Insensitive

5. **Intensity of Reaction** – the amount of energy a person commonly uses to express emotions
   - High Intensity
   - Dramatic Mild Reaction
   - Low Intensity
   - Mild Reactions
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6. **Distractibility** – how easily a person’s thought processes or attention are interrupted by things going on around him
   - Focused
   - Not Easily Diverted
   - High Distractibility
   - Easily Diverted

7. **Persistence** – the length of time a person continues to make an effort, especially when the task gets hard
   - Low Persistence
   - Stops too easily
   - High Persistence
   - Gets “Locked In”

8. **Quality of Mood** – amount of pleasant, joyful, and friendly behaviors vs. unpleasant, frowning, and unfriendly behaviors
   - Serious most of time
   - Debby Downer
   - Usually in good mood
   - Suzie Sunshine

9. **Regularity** – Predictability of biological functions (hunger, sleeping, elimination)
   - **Hunger**
     - Unpredictable
     - Irregular Eater
     - Wants Food at Same Time
   - **Sleep**
     - No Schedule
     - Tired on Schedule
   - **Elimination**
     - Try and Guess
     - Bowel Movements at Same Time Daily

10. **Emotional Sensitivity** – the ease or difficulty with which a person responds emotionally to a situation
    - **Sensitivity to Own Feelings**
      - Insensitive
      - Unaware of Emotions
    - **Highly Sensitive**
      - Feels Emotions Strongly
    - **Sensitivity to Other's Feelings**
      - Insensitive
      - Emotionally Tuned Out
    - **Highly Sensitive**
      - Emotionally Tuned In