

The Ten Temperament Traits



1. Activity Level - amount of physical motion during activities

Low Activity

Calm and Slow-Moving

High Activity

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 High Distractibility
Not Easily Diverted ----- Easily Diverted

7. **Persistence** – the length of time a person continues to make an effort, especially when the task gets hard

Low Persistence High Persistence Gets
Stops too easily ----- Gets “Locked In”

8. **Quality of Mood** – amount of pleasant, joyful, and friendly , behaviors vs. unpleasant, frowning, and unfriendly behaviors

Serious most of time Usually in good mood
Debby Downer ----- Suzie Sunshine

9. **Regularity** – Predictability of biological functions (hunger, sleeping, elimination)

Hunger Sleep
Unpredictable Predictable No Schedule ----- Tired on Schedule
Irregular Eater----- Wants Food at Same Time

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 Sensitivity to Other’s Feelings
Insensitive Highly Sensitive Insensitive ----- Highly Sensitive
Unaware of Emotions ----- Feels Emotions Strongly Emotionally Tuned Out ----- Emotionally Tuned In

