

MULTI-MODAL STRUCTURAL PROFILE

Rate yourself on the following dimensions on a seven-point scale with 1 the lowest and 7 the highest.

BEHAVIOURS	<p>Some people may be described as “doers” – they are action oriented, they like to busy themselves, get things done, take on various projects.</p> <p>How much of a doer are you?</p>	<p>Lowest</p> <p>1 2 3 4 5 6 7</p> <p>Highest</p>
FEELINGS	<p>Some people are very emotional and may or may not express it. How emotional are you? How deeply do you feel things?</p> <p>How passionate are you?</p>	<p>1 2 3 4 5 6 7</p>
PHYSICAL SENSATIONS	<p>Some people attach a lot of value to sensory experiences, such as sex, food, music, art, and other “sensory delights.” Others are very much aware of minor aches, pains and discomforts.</p> <p>How “tuned into” your sensations are you?</p>	<p>1 2 3 4 5 6 7</p>
MENTAL IMAGES	<p>How much fantasy or daydreaming do you engage in? This is separate from thinking or planning. This is “thinking in pictures,” visualising real or imagined experiences, letting your mind roam.</p> <p>How much are you into imagery?</p>	<p>1 2 3 4 5 6 7</p>
THOUGHTS	<p>Some people are very analytical and like to plan things. They like to reason things through.</p> <p>How much of a ‘thinker’ and ‘planner’ are you?</p>	<p>1 2 3 4 5 6 7</p>
INTERPERSONAL RELATIONSHIPS	<p>This is your self-rating as a social being. How important are close friendships’ to you, the tendency to gravitate toward people, the desire for intimacy? The opposite of this is being a “loner.”</p> <p>How important are other people to you?</p>	<p>1 2 3 4 5 6 7</p>
BIOLOGICAL FACTORS	<p>Are you healthy and health conscious? Do you avoid bad habits like smoking, too much alcohol, drinking a lot of coffee, overeating, etc.? Do you exercise regularly, get enough sleep, avoid junk foods, and generally take care of your body?</p> <p>How important is living a healthy lifestyle to you?</p>	<p>1 2 3 4 5 6 7</p>

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