

# Hormonal personality type

Questionnaire

## Scale 1

①

I find unpredictable  
situations exhilarating

## Scale 1

② I do things on the spur  
of the moment

## Scale 1

③ I get bored when I  
have to do the same  
familiar things

## Scale 1

④ I have a very wide  
range of interests

## Scale 1

⑤ I am more optimistic  
than most people

## Scale 1

⑥ I am more creative  
than most people

## Scale 1

⑦ I am always looking  
for new experiences



Scale 1

⑧

I am always doing new  
things

## Scale 1

⑨ I am more enthusiastic  
than most people

## Scale 1

⑩ I am willing to take risks to do what I want to do

## Scale 1

11

I get restless if I have to stay home for any length of time

## Scale 1

⑫ My friends would say I  
am very curious

## Scale 1

⑬ I have more energy  
than most people

## Scale 1

①4 On my time off, I like  
to be free to do  
whatever looks fun

## Scale 2

① I think consistent routines keep life orderly and relaxing



## Scale 2

- ② I consider (and reconsider) every option thoroughly before making a plan

## Scale 2

- ③ People should behave according to established standards of proper conduct

## Scale 2

④ I enjoy planning way ahead

## Scale 2

- ⑤ In general, I think it is important to follow rules

## Scale 2

⑥ Taking care of my possessions is a high priority for me

## Scale 2

⑦ My friends and family  
would say I have  
traditional values

## Scale 2

⑧

I tend to be  
meticulous in my  
duties

## Scale 2

⑨ I tend to be cautious,  
but not fearful



## Scale 2

⑩ People should behave  
in ways that are  
morally correct

## Scale 2

11

It is important to  
respect authority

## Scale 2

⑫ I would rather have  
loyal friends than  
interesting friends

## Scale 2

- ⑬ Long established customs need to be respected and preserved

## Scale 2

14

I like to work in a straightforward path toward completing the task

## Scale 3

① I understand complex machines easily

## Scale 3

② I enjoy competitive conversations

## Scale 3

③ I am intrigued by  
rules and patterns  
that govern systems



## Scale 3

④

I am more analytical  
and logical than most  
people

## Scale 3

⑤ I pursue intellectual topics thoroughly and regularly

## Scale 3

- ⑥ I am able to solve problems without letting emotion get in the way

## Scale 3

⑦

I like to figure out how things work

## Scale 3

⑧

I am tough-minded

## Scale 3

- ⑨ Debating is a good way to match my wits with others

## Scale 3

⑩

I have no trouble making a choice, even when several alternatives seem equally good at first

## Scale 3

11

When I buy a new machine (like a camera, computer or car), I want to know all of its technical features



## Scale 3

12

I like to avoid the  
nuances and say  
exactly what I mean

## Scale 3

⑬ I think it is important  
to be direct

## Scale 3

14

When making a decision, I like to stick to the facts rather than be swayed by people's feelings

## Scale 4

- ① I like to get to know my friends' deepest needs and feelings

## Scale 4

② I highly value deep emotional intimacy in my relationships

## Scale 4

- ③ Regardless of what is logical, I generally listen to my heart when making important decisions

## Scale 4

④ I frequently catch  
myself daydreaming

Scale 4

⑤ I can change my mind  
easily



## Scale 4

- ⑥ After watching an emotional film, I often still feel moved by it several hours later

## Scale 4

⑦ I vividly imagine both wonderful and horrible things happening to me

## Scale 4

⑧ I am very sensitive to people's feelings and needs

## Scale 4

⑨ I often find myself getting lost in my thoughts during the day

## Scale 4

⑩ I feel emotions more deeply than most people

Scale 4

11

I have a vivid  
imagination

## Scale 4

- ⑫ When I wake up from a vivid dream, it takes me a few seconds to return to reality

## Scale 4

13

When reading, I enjoy it when the writer takes a sidetrack to say something beautiful or meaningful



## Scale 4

①4 I am very empathetic