

Color Personality Test

| Patient information | |
|---|--|
| Name | Date of birth: |
| Gender: | Date of assessment: |
| Instructions | |
| Below are 11 incomplete sentences that describe people. Each sentence has four possible endings. Give four (4) points to the phrase that is "most like you," three (3) points to the phrase that is "next most like you," two (2) points to the next phrase, and one (1) point to the phrase that is "least like you." Use the sentences below to describe your personally. | |
| Disclaimer | |
| This personality test is not intended to diagnose or treat any mental health conditions. It is designed as a self-reflection tool and should not be used as a substitute for professional psychological assessments or treatment. | |
| 1. When I make decisions | |
| | a. I do it quickly and go with the first impression. |
| | b. I think about it, consider the options and then decide. |
| | c. I listen to my feelings and consider how my decisions will affect others. |
| | d. I take it seriously and always try to make the right decision. |
| 2. The best way for others to show me they care about me | |
| | a. Do fun things with me. |
| | b. Give me space to be myself. |
| | c. Spend time with me doing whatever. |
| | d. Do what I want to do, not let me down or go back on their ward. |
| 3. When I'm with my friends, I like to provide | |
| | a. The excitement the fun, the jokes. |
| | b. Questions, answers, a logical way of looking at things. |
| | c. Concern for others a lot of caring. |
| | d. The planning a sense of security a good standard. |
| 4. I like to | |
| | a. Act on a moment's notice do risky things. |
| | b. Provide answers or give thought to people's questions. |
| | c. Help maintain a sense of harmony and togetherness. |
| | d. Be responsible, dependable, and helpful to others. |

5. One thing I am really good at is

- a. Acting courageously.
- b. Thinking.
- c. Being sensitive.
- d. Organizing.

6. Friends who know me best would say that I am

- a. Competitive
- b. Reserved, thoughtful.
- c. Emotional, friendly.
- d. Neat, prepared.

7. My basic approach to life is

- a. To take one day at a time and have fun.
- b. To figure out what life is all about.
- c. To help others and be happy and succeed.
- d. To plan for the future and make it as good as possible.

8. When I am feeling discouraged or “down in the dumps”

- a. I often become rude, mad, or sometimes even mean.
- b. I withdraw, don't talk very much, and try to think my way out with someone close to me.
- c. I feel emotional, am sad, and usually like to talk it over with someone.
- d. I try to figure out what's causing the problem and fix it.

9. I feel good about myself when

- a. I can do things that are difficult.
- b. I can solve problems or figure things out.
- c. I can help other people.
- d. I am appreciated or rewarded for things I do.

10. Teachers at school who saw me when I wasn't on my best behavior might describe me as

- a. Rowdy or a little wild.
- b. Arrogant
- c. Talkative
- d. Someone who wants things my way, dominant, worrying

11. Teachers at school (who like me and in whose class I do pretty well) would probably describe me as as

- a. Charming, a natural leader, clever, someone who is fun to have around.
- b. Thoughtful, someone who has good answers, someone who like to figure out problems.
- c. Nice, friendly, someone who gets along with other students and his helpful to the teacher and others.
- d. Near, organized, prepared, someone who does assignments and is a good student.

Score sheet

| No. | A | B | C | D |
|-------|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| Total | | | | |

Total your columns and place your results in the blanks below

| Orange | Green | Blue | Gold |
|--------|-------|------|------|
| | | | |

What is your first color?

What is your second color?

| | |
|--|--|
| | |
|--|--|

Interpretation

- Are you **blue**? Enthusiastic, sympathetic, personal? Warm, communicative, compassionate? Idealistic, spiritual, sincere? Peaceful, flexible, imaginative?
- Are you **green**? Analytical, global, conceptual? Cool, calm, collected? Inventive, logical, problem solver? Abstract, creative, investigative?
- Are you **gold**? Loyal, dependable, prepared? Thorough, sensible, punctual? Faithful, stable, organized? Caring, concerned, helper?
- Are you **orange**? Witty, charming, spontaneous? Impulsive, generous, impactful? Optimistic, eager, bold? Physical, immediate, courageous?

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: