

DiSC Personality Types Chart

Patient Name:

Date:

Instructions

Please review the statements below and circle the number that best represents how you typically behave in each situation. Be honest and choose the number that most accurately reflects your natural tendencies.

Dominance (D)

I am decisive and assertive.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I enjoy taking charge of situations.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I am focused on results and goals.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I am competitive and like challenges.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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Influence (I)

I am sociable and enjoy interacting with others.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I like to express my thoughts and ideas.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I enjoy working in a team and collaborating.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I am optimistic and enthusiastic.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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Steadiness (S)

I am patient and a good listener.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I prefer a stable and harmonious environment.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I avoid conflict and seek compromise.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I am dependable and loyal.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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Conscientiousness (C)

I pay attention to details and accuracy.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I like to follow rules and procedures.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I am organized and value structure.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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I strive for high standards and quality.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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Scoring

Dominance (D): _____

Influence (I): _____

Steadiness (S): _____

Conscientiousness (C): _____

Interpretation

- **Primary Type:** _____
- **Secondary Type:** _____

Notes

John Doe, based on your responses, your primary personality type is Influence (I), and your secondary type is Conscientiousness (C). This suggests that you are sociable, expressive, optimistic, and enthusiastic. Additionally, you value attention to detail, follow rules, and strive for high standards.

Let's discuss how these personality traits may influence your health and well-being. Understanding your personality can help us tailor healthcare recommendations to suit your preferences and tendencies better.