

# Thinking vs. Feeling Test

Name:	Age:
Date:	

*This Thinking vs. Feeling Test is designed to help mental health professionals assess their patients' decision-making preferences. It is based on the psychological theory that individuals tend to rely more on either thinking or feeling when making decisions. This test can provide insights into a patient's cognitive and emotional processes, aiding in therapeutic approaches and understanding.*

*Choose the statement in each pair that resonates more with you. There are no right or wrong answers, so be as honest as you can.*

## Statements

<input type="checkbox"/> When making decisions, I rely on logic and objective analysis.	<input type="checkbox"/> When making decisions, I consider how the outcome will affect others' feelings.
<input type="checkbox"/> I value truth and fairness over harmony in relationships.	<input type="checkbox"/> I value harmony and empathy in relationships over blunt truth.
<input type="checkbox"/> I tend to be more detached and analytical in discussions.	<input type="checkbox"/> I tend to be more empathetic and emotionally engaged in discussions.
<input type="checkbox"/> I prefer to solve problems by systematically breaking them down.	<input type="checkbox"/> I prefer to solve problems by considering the impact on people involved.
<input type="checkbox"/> I am more interested in the technical aspects of a situation.	<input type="checkbox"/> I am more interested in the human elements of a situation.
<input type="checkbox"/> I often make decisions based on principles and logical consequences.	<input type="checkbox"/> I often make decisions based on values and how they align with my beliefs.
<input type="checkbox"/> I am comfortable critiquing others' ideas based on facts.	<input type="checkbox"/> I am cautious about critiquing others' ideas to avoid hurting their feelings.

<input type="checkbox"/> I am more focused on the task at hand than on the people involved.	<input type="checkbox"/> I am more focused on the people involved than on the task at hand.
<input type="checkbox"/> I prefer clear, direct communication, even if it may be perceived as harsh.	<input type="checkbox"/> I prefer diplomatic, gentle communication, even if it may be less direct.
<input type="checkbox"/> I am more motivated by achievement and success.	<input type="checkbox"/> I am more motivated by relationships and harmony.
<b>Total in this column:</b>	<b>Total in this column:</b>

### Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

### Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

### Interpretation of Results

*The results of this test can provide insights into the patient's decision-making style. A higher score in the thinking column suggests a preference for logical and objective analysis, while a higher score in the feeling column indicates a tendency to prioritize emotions and relationships.*

*Understanding these preferences can help tailor therapeutic approaches and enhance self-awareness.*