

My temperament style according to thomas and chess' classifications

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My Temperament Style according to Thomas & Chess classifications If the saying that no one knows a person better than him or her self remains true, then I would say that I have identified myself, according to the Thomas and Chess' classifications to be an easy or flexible person or to be of that temperament. The bases on which I have identified myself as such is due to a number of reasons and have been discussed into detail below.

Firstly, my daily activity involves getting along with people most of the time. I would generally want to be in a group and participate in every event that takes place in the group. This is to say that I am very active when it comes to group activities. With reference to biological rhythms, I am someone who responds to my biological instincts in a very positive manner. For example eat on time and sleep on time. Generally, I am able to afford eating more than three times a day - snacks inclusive and sleep soundly well. This should be attributed to my activeness during the day. Because I am very active and easy going, I easily adapt to situations around me. To me, I do this because I should be able to fit any one and be able to be moved with. Without a good sense of adaptability, I can hardly make the kind of friends I want to make and so my being flexible would have no meaning. What is more, I am very approachable and do not withdraw myself easily from people and events. I am patient and do not get hurt easily because my sensitivity threshold is very high. This is perhaps motivated by the fact that I am always involved in some hearty activities that does not permit me to think about things that might possibly have hurt me. Going on, I am a low reactor to issues. I however easily get distracted because I do not really take things serious. Again it might be because I always have too many ' happy' things on my

mind. Finally, I have very good quality mood that attracts people to me all the time but lack the persistence to get what I want.

By and large, I have been trying as a person to understand myself better and more importantly, find ways of maximizing who I am to making everything work out for me in life. For example as a person who approaches others easily, I have been trying to apply this when it is finally my time to face interviewers for advanced job placement.

REFERENCE LIST

Customer stated that ' The paper doesnt need any sources.'