DISC Self-Assessment Behavioural Sampler



About this Profiler Tool

This short exercise will help indicate your likely dominant behavioural style. Avoid taking too long in making a decision on ranking the words as this may impact the overall results.

Follow these steps:

- 1. Consider your work environment performance only;
- 2. Read the four words on each line below (lines 1 to 20).
- 3. For each line of words, rank the words on each line as either 1, 2, 3 or 4 by writing a different number in each box according to how it best describes you, using the following descriptors:
 - 1 for MOST describes you
 - 2 for OFTEN describes you
 - 3 for SELDOM describes you
 - 4 for LEAST describes you

Each line across must have a 1, 2, 3 and 4 ranking.

1	Decisive	Articulate	Easygoing	Organised
2 _	Achiever	Motivator	Listener	Analyser
3 _	Must win	Convincing	Steady	Structured
4 _	Ambitious	Flexible	Relational	Prepared
5	Detailed	Peaceful	Active	Creative
6	Direct	Highly verbal	Softly spoken	Reserved
7	Impatient	Fun loving	Diplomatic	Conservative
8	Confronting	Charming	Calm	Cautious
9	Active	Emotional	Empathetic	Logical
10	Entrepreneur	Independent	Excitable	Stability
11	Restless	Sociable	Relaxed	Sensitive
12	Competitive	Expressive	Team focused	Rule focused
13	Problem Solver	Persuasive	Peace maker	Perfectionist
14	Commanding	Entertaining	Easy going	Precise
15	Cautious	Cheerful	Enthusiastic	Fast acting
16	Innovative	Creative	Accepting	Evaluative
17	Direct	Optimistic	Humble	Deliberate
18	Visionary	Influencer	Reliable	Persistent
19	Forthright	Playful	Relaxed	Careful
20	Talkative	Good Listener	Quiet	Adventurous
	1	2	3	4

PLEASE DO NOT add up the columns until reading the instructions on the next page.



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Plotting Instructions

Instructions to add up and plot the sampler behavioural profile.

- Now cross out the results in lines 5, 10, 15 and 20.
- 2. Add up your total score for the remaining lines in each column and record it in the boxes at the bottom of the columns.
- Now plot the results (the total sum of each column) on the vertical lines on the graph located 6. below.



