

## Gretchen Rubin's Four Tendencies Quiz

As you take the quiz, choose the answer that seems most generally true for you; don't search for exceptions to the rule or focus on one specific area of your life. Getting the same number of answers for two Tendencies does NOT mean that you're a mix of those two Tendencies. Choose the one that more accurately describes you. You're the best judge of yourself. If you believe that a different tendency describes you better, trust yourself.

1. Have you kept a New Year's resolution where you weren't accountable to anyone—a resolution like drinking more water or keeping a journal?
  - a. Yes. I'm good at keeping New Year's resolutions, even the ones that no one knows about but me.
  - b. I'm good at keeping resolutions, but I make them whenever the time seems right. I wouldn't wait for the New Year; January 1 is an arbitrary date.
  - c. I've had trouble with that kind of resolution, so I'm not inclined to make one. When I'm only helping myself, I often struggle.
  - d. No. I hate to bind myself in any way.
2. Which state best describes your view about your commitments to yourself?
  - a. I make a commitment to myself only if I'm convinced that it really makes good sense to do it.
  - b. If someone else is holding me accountable for my commitments, I'll meet them—but if no one knows except me, I struggle.
  - c. I bind myself as little as possible.
  - d. I take my commitments to myself as seriously as my commitments to other people.
3. At times, we feel frustrated by ourselves. Are you most likely to feel frustrated because . . .
  - a. My constant need for more information exhausts me.
  - b. As soon as I'm expected to do something, I don't want to do it.
  - c. I can take time for other people, but I can't take time for myself.
  - d. I can't take a break from my usual habits, or violate rules, even when I want to.
4. When you've formed a healthy habit in the past, what helped you stick to it?
  - a. I've found it pretty easy to stick to habits, even when no one else cares.
  - b. I did a lot of research and customizations about why and how I might keep that habit.
  - c. I could stick to a good habit only when I was answerable to someone else.
  - d. Usually I don't choose to bind myself in advance.
5. If people complain about your behavior, you'd be least surprised to hear them say . . .
  - a. You follow your good habits, ones that matter only to you, even when it's inconvenient for someone else.
  - b. You ask too many questions.
  - c. You're good at taking time when others ask you to do something, but you're not good at taking time for yourself.
  - d. You only do what you want to do, when you want to do it.
6. Which description suits you best?
  - a. Puts others—clients, family, neighbors, coworkers—first
  - b. Disciplined—sometimes, even when it doesn't make sense
  - c. Refused to be bossed by others
  - d. Asks necessary questions
7. People get frustrated with me, because if they ask me to do something. I'm less likely to do it (even with a boss or client).
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree

8. I do what I think makes the most sense, according to my judgment, even if that means ignoring the rules or other people's expectations.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree
9. Commitments to others should never be broken, but commitments to myself can be broken.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree
10. Sometimes I won't do something I want to do, because someone wants me to do it.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree
11. I've sometimes described myself as a people-please.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree
12. I don't mind breaking rules or violating convention—I often enjoy it.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree
13. I question the validity of the Four Tendencies framework.
  - a. Tend to agree
  - b. Neutral
  - c. Tend to disagree

Scoring:

1. A=Upholder; b=Questioner; c=Obliger; d-Rebel
2. A=Questioner; b=Obliger; c=Rebel; d=Upholder
3. A=Questioner; b=Rebel; c=Obliger; d=Upholder
4. A=Upholder; b=Questioner; c=Obliger; d=Rebel
5. A=Upholder; b=Questioner; c=Obliger; d=Rebel
6. A=Obliger; b=Upholder; c=Rebel; d=Questioner
7. "Tend to agree" indicates Rebel
8. "Tend to agree" indicates Questioner
9. "Tend to agree" indicates Obliger
10. "Tend to agree" indicates Rebel
11. "Tend to agree" indicates Obliger
12. "Tend to agree" indicates Rebel
13. "Tend to agree" indicates Questioner

Use the following table to keep track of your tally marks.

| Upholder | Questioner | Obliger | Rebel |
|----------|------------|---------|-------|
|          |            |         |       |