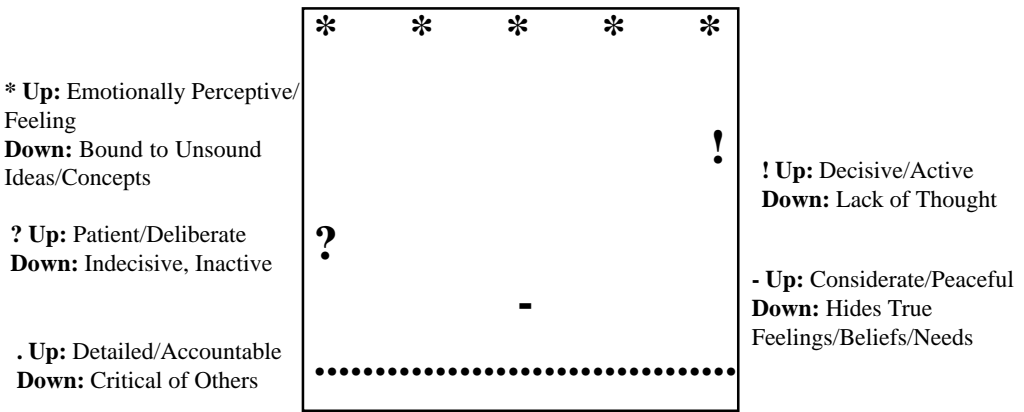


## Chapter 5

### How Well Are You Riding Your Personality Roller-Coaster?

Hang on for the ride of your life as you study the many ups and downs of your very own personality type. You are in a personality type roller-coaster that you cannot get out of except by drugs, oppression, or masking the real you. There are positive and negative tendencies you exhibit. Are you on a fast down-hill dive, or are you slowly climbing to the peak?

### Scale of Basic Punctuality



Scale of Basic Punctuality

Consider the Scale of Basic Punctuality. It shows the main up and down of each personality type—the positive and negative tendencies.

**Exclamation points** are on the far right of the Scale of Basic Punctuality. This shows that they are quickly out in front or pioneering on things. But with this speed comes lack of thought or lack of attention to important details.

**Question marks** are on the far left of the scale. This shows that they are more deliberating, giving long consideration and thought before they decide or act. But with this patience comes indecision and failure to act.

**Dashes** are in the middle of the scale. This shows that they peaceably stay in the middle of things. But with this peacefulness comes great difficulty to express or assert their true feelings or needs.