

# The DOPE Test - Personal Behaviour Indicator

Read each statement quickly and put a "y" in the non-coloured column if that statement DEFINITELY applies to you, and put an "n" in the column if you disagree with the statement or if the statement isn't totally true for you. See the example for how to complete. Remember, the test will only be accurate if you're honest with yourself - so complete the test based on what you actually think and feel, not on how you think you should or want to feel or behave.

Statement	Do you agree with this statement?			
	y	n	y	n
<b>Example:</b>				
I like people who are direct				n
I pride myself in being cautious		n		
I could be considered contented, loyal, accommodating and mild.	y			
I can sometimes be subjective in my description of things			y	
<b>Start your DOPE test here...</b>				
I like people who are direct and to the point				
I pride myself in being cautious				
I could be considered contented, loyal, accommodating and mild.				
I can sometimes be subjective in my description of things				
When getting other people to do things I am patient				
I could be considered popular, social, trusting and responsive.				
I can sometimes be slow to offer an opinion				
I don't care that I'm an impatient person				
I could be considered cordial, affectionate, friendly and joyful.				
I like people who are friendly				
People think I'm a good listener				
I could be considered considerate, earnest, sympathetic and generous.				
People think that I am dependable				
I generally need to be with people				
I do my best work when doing what I am told				
One of my biggest fears is that someone will take advantage of me				
People think I'm a good talker				
I could be considered logical, systematic, objective and disciplined.				
One of my biggest fears is being criticised for my mistakes				
People think I get results				
I could be considered calculating, exacting, accurate and precise.				
One of my biggest fears is change				
I feel good when I am smooth and poised				
I could be considered cautious, conforming, consistent and adherent.				
When I am under pressure I think that positive thinking helps				
I work best with other people				
I see life as a competitive process				
One of my biggest fears is hurting people's feelings				
I feel good when I am in control				
I could be considered calm, devout, contemplating and organised.				
I am a positive thinker				
I feel good when I am following an agenda				
I could be considered outspoken, self-reliant, daring and restless.				
I am generous				
I feel good when I am listening to others				
I could be considered determined, stubborn, persistent and forceful.				
My friends sometimes accuse me of not listening				
When getting other people to do things I want action in a hurry				
My friends sometimes accuse me of being overly cautious				
When getting other people to do things I want a quality job				
I think systematically				
I work best when things are organised				
I could be considered firm, decisive, bold and assertive.				

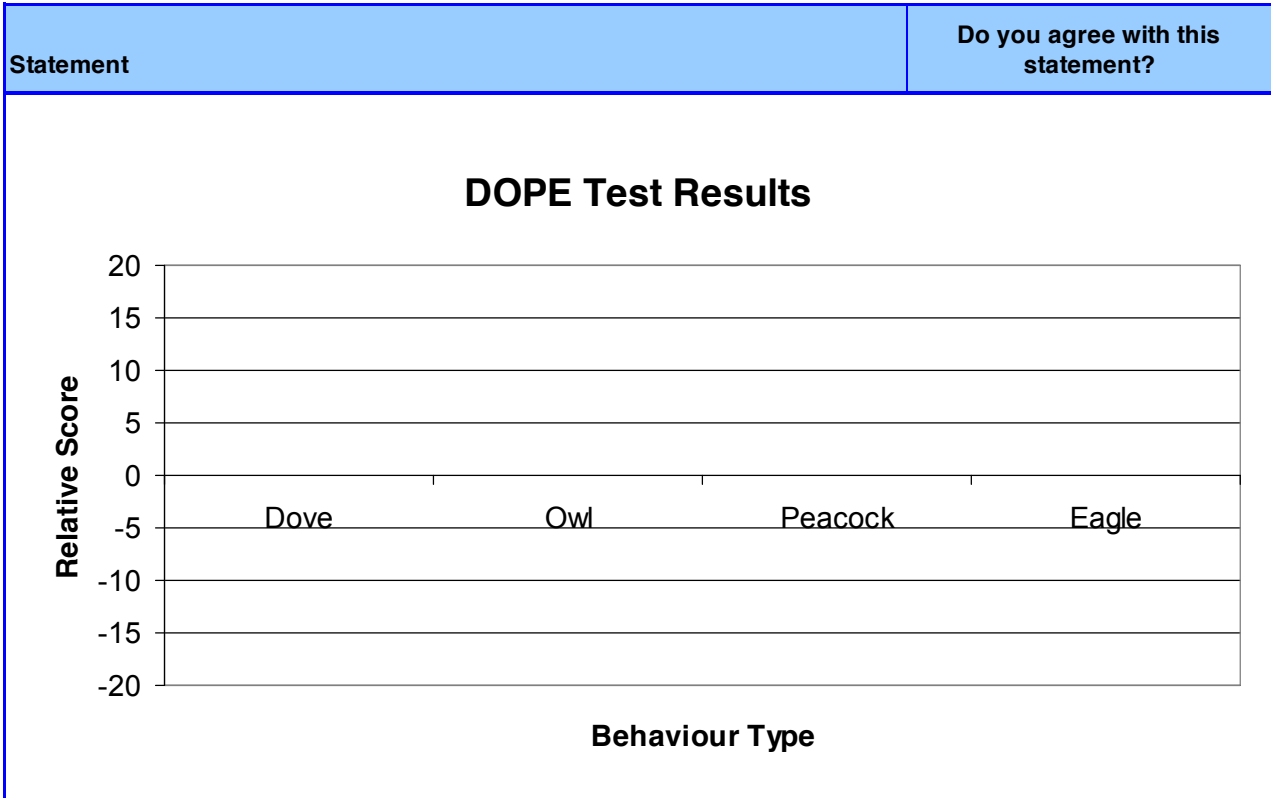
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Statement	Do you agree with this statement?				
I am self-reliant					
I work best in a pleasant environment					
I could be considered eager, inquisitive, direct and adventurous.					
People think that I am accurate with facts and figures					
My friends sometimes accuse me of procrastinating					
I do my best work when working with others					
People think that I am enthusiastic					
I generally need to be given time to adjust to change					
I do my best work when following the rules					
I like people who are accurate					
People think I'm a perfectionist					
I could be considered willing, manageable and serving.					
When I am under pressure I think that a logical approach is necessary					
I generally need to be encouraged					
I see life as an exercise in patience and tolerance					
When I am under pressure I remain calm					
I work best in an environment that is free					
I see life as helping others					
I can sometimes be too precise in my interpretations					
When getting other people to do things I help as much as possible					
I could be considered optimistic, jovial, playful and enthusiastic.					
People think that I am direct and to the point					
My friends sometimes accuse me of talking too much					
I do my best work when working by myself					
I can sometimes be blunt					
I am generally satisfied with my lot in life					
I could be considered expressive, talkative, participating and convincing.					
When I am under pressure I feel challenged and I love it!					
I generally need to be given frank directions					
I see life as a step by step process					
I like people who are loyal					
I pride myself in being optimistic					
I could be considered kind, modest, obedient and unselfish.					
Now, add the total number of "y" in each column:	<b>No. of "Y"</b>				
Now add the total number of "n" in each column:	<b>No. of "N"</b>				
Now take the No. of "N" from the No. of "Y":	<b>"Y" minus "N"</b>				
Now plot these results on the graph below. (See the example below/ on the next printed page)		Dove	Owl	Peacock	Eagle

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**Interpretation:**

What behaviours are above the line?  
 What behaviours are below the line?  
 Are any behaviours above the line more dominant than others?  
 Are they all much the same?

Behaviours above the line indicate preferred behaviours, whereas behaviours below the line are the ones that you don't show any preference towards and would be considered 'uncharacteristic for you'.

It's not unusual to have 2 (or sometimes 3) behaviours with a similar strength. In this case, it just shows that you are 'well balanced' from a behaviour point of view and exhibit characteristics of several behaviour types.

Read the descriptions for all behaviour types - do you agree?

Read the information on your preferred behaviour patterns (the biggest ones above the line) to learn about your 'needs and wants', and how you can use this information to improve your life's performance and your relationships with other people.

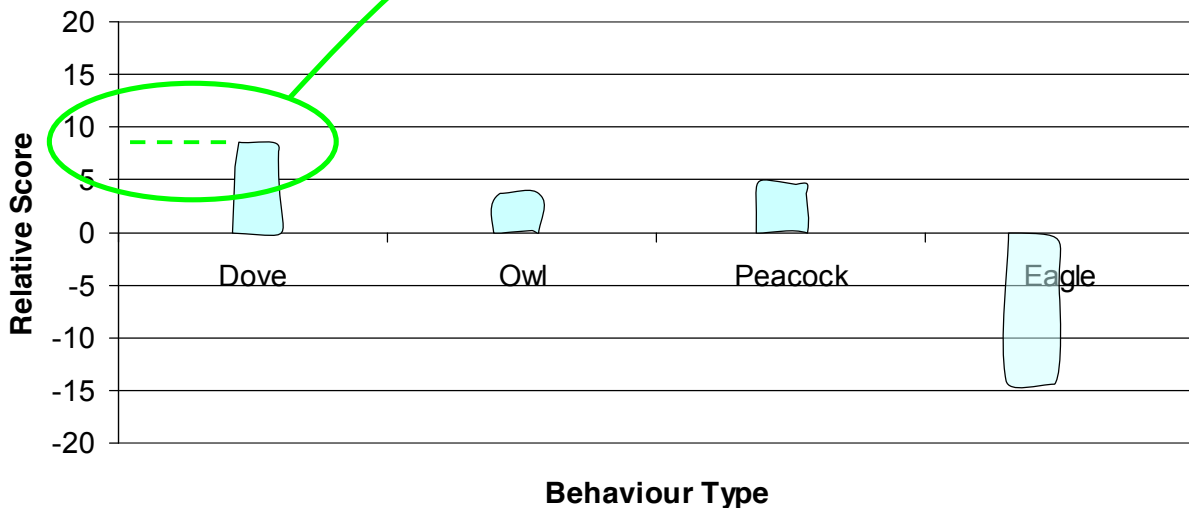
Don't agree with the outcome? Make sure you were completely honest and only said "y" to the statements that DEFINITELY describe how you feel/ think. If any were 'doubtful', change these to "n" and recalculate.

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Statement	Do you agree with this statement?				
<b>Example:</b>					
Add the total number of "y" in each column:	<b>No. of "Y"</b>	14	11	12	3
Add the total number of "n" in each column:	<b>No. of "N"</b>	6	8	7	16
Now take the No. of "N" from the No. of "Y":	<b>"Y" minus "N"</b>	8	3	5	-13
Now plot these results on the graph below.		Dove	Owl	Peacock	Eagle

**Example DOPE Test Results**



**Interpretation:**

This particular DOPE test indicates a behaviour profile characteristic of the Dove, but with some strong Peacock tendencies as well. This person is probably a "people-person" who likes social settings and helping people. The main behaviour pattern missing is that of the Eagle, indicating that this person does not behave in this manner and would in fact exhibit traits of the Owl in preference to those of the Eagle.

This person should read the information on Dove and Peacock behaviour patterns to learn about their 'needs and wants', and how they can use this information to improve their life's performance and their relationships with other people.