

Allison Anna



DISC
TEST



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RELATIONSHIP AND SEXUAL COUNSELLING
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PURPOSE OF DISC TEST

ALL OF US WOULD LIKE TO WORK BETTER IN A GIVEN SITUATION IN THE AREAS OF LIFE, TO COOPERATE WITH OTHERS EASIER, CONSCIOUSLY UNDERSTANDING OURSELVES AND THE OTHER PERSON. COMMUNICATION DIFFICULTIES IN THE WORKPLACE AND IN THE FAMILY ENVIRONMENT ALSO MAKE OUR DAYS HARD, BUT NOT UNDERSTANDING EACH OTHER. THE PURPOSE OF THE DISC TEST IS TO MEASURE OUR USUAL BEHAVIORAL TENDENCIES AND STYLE. IT DOESN'T MEASURE OUR SKILLS.

HOW CAN WE USE THE DISC? WHAT IS IT GOOD FOR?

DISC IS A VERY GOOD TOOL FOR UNDERSTANDING YOUR OWN AND OTHERS BEHAVIOUR.

WE ARE COMPOSITE PERSONS, THAT'S WHY WE HAVE ALL FOUR STYLES IN DIFFERENT PROPORTIONS. YOU WILL GET TO KNOW YOUR OWN UNIQUE STYLE AND YOUR UNIQUE COMBINATION, YOU WILL HAVE THE OPPORTUNITY TO LOOK AT DIFFERENT WORKPLACE OR LIFE SITUATIONS FROM ANOTHER PERSPECTIVE AND MAKE CHANGE FOR BETTER, MORE EFFICIENT RELATIONSHIPS. ONCE YOU KNOW YOUR OWN COMBINATION, YOU WILL KNOW HOW TO REACT IN WHICH LIFE SITUATION.

TASK:

CHOOSE FROM THE FOUR CHARACTERISTIC PAIRS THE ONE THAT CHARACTERISTICS YOU MOST LIKELY FEEL AND CIRCLE THE LETTER L, THEN ADD THE L TOGETHER ACCORDING TO THE LETTERS (A,B,C,D) BEFORE THE CHARACTERISTIC PAIRS.



DISC TEST

No		Characteristics	L
1.	B	Careful and analyst	L
	C	Perpetual and concentrate	L
	D	Influential and theatrical	L
	A	Good strategy and thrusting	L
2.	D	Lovable and quick	L
	C	Reliable and <u>low key</u>	L
	A	Powerful and <u>goal orientated</u>	L
	B	Systematic and logical	L
3.	C	Calm and balanced	L
	A	Determined and dominant	L
	D	Happy and sociable	L
	B	Accurate and detailed	L
4.	A	Confident and dynamic	L
	B	Systematic and concise	L
	C	Familiar and steady	L
	D	Communicative and <u>accomodating</u>	L
5.	B	Logical and <u>level headed</u>	L
	A	Straight and questioner	L
	C	Faithful and adaptable	L
	D	Humane and active	L

DISC TEST

6.	C	Connection builder and recipient	L
	D	Emphatic and full of hope	L
	A	<u>Power orientated</u> and assertive	L
	B	Thoughtful and <u>self sufficient</u>	L
7.	D	Convincing and seductive	L
	B	Questioner and thinker	L
	A	Quick reactive and initiative	L
	C	Balanced and worried about others	L
8.	A	Determined and confident	L
	D	Sociable and happy	L
	C	Faithful and helpful	L
	B	Trustworthy and correct	L
9.	C	Sensible and diplomatic	L
	B	Accurate and reserved	L
	D	Encouraging and appreciative	L
	A	<u>Result orientated</u> and quick	L
10.	A	Responsible and decided	L
	C	<u>Low key</u> and collaborative	L
	D	Open and sociable	L
	B	Elaborate and precise	L
11.	D	Cooperative and impulsive	L
	B	Rational and factual	L
	C	Balanced and kind	L
	A	Task orientated and practical	L

DISC TEST

12.	B	Analitical and profound	L
	D	<u>Fiendly and entertainig</u>	L
	A	Striving and governing	L
	C	Benevolent and helpful	L
13.	C	Straight and <u>places confidence</u>	L
	D	Emotional and motivational	L
	B	Objective and analytical	L
14.	A	<u>Strong minded and ambitious</u>	L
	B	Reason and <u>fact concentrated</u>	L
	D	Emotionally motivated and captivating	L
	C	Attending and sensitive	L
15.	B	Systematic thinker	L
	D	Happy and popular	L
	C	Placating and calming	L
	A	Direction and strength giver	L
16.	D	Convincing and agile	L
	A	Decided and quick to act	L
	B	Collected and goes step by step	L
	C	Tolerant and calm	L
17.	C	Full of empathy and <u>patient</u>	L
	B	Free thinker and collected	L
	A	Task orientated and competitive	L
	D	Argumentative and spontaneous	L
18.	D	Suggestive and impulsive	L
	C	Empathetic and caring	L
	B	Not a side taker and objective	L

DISC TEST

19.	B	Systematic thinker and aware	L
	A	Brave and irrelative	L
	D	Open and extrovert	L
	C	Advisory and considerate	L
20.	A	Good communicator and <u>strong willed</u>	L
	D	Spontaneous and full of ideas	L
	B	Thorough and rational	L
	C	Peacemaker and loves harmony	L
21.	B	Organized and deep thinker	L
	C	Patient and supporting	L
	A	Strong and <u>effectively</u> reasoning	L
	D	Inclusive and open	L
22.	A	<u>Objective</u> and challenging	L
	C	Calm and peaceful	L
	B	Keeps to facts and conventions	L
	D	Lively and indiscriminating	L
23.	D	Motivational and full of energy	L
	A	Heartening and practical	L
	C	Attentive and caring	L
	B	Detailed and focused	L
24.	C	Supporting and faithful	L
	A	Substantive and brave	L
	B	Analytic and extensive	L
	D	Sociable and full of life	L
25.	B	Careful and precise	L
	A	Direct and effective	L
	D	Optimistic and elated	L
	C	Inclusive and trustworthy	L

DISC TEST

RESULTS

WHICH ONES DID YOU CHOOSE MOSTLY? ADD UP ALL THE L, ACCORDING TO THE LETTERS IN FRONT OF THEM (A,B,C,D) AND PUT IT IN THE BOX UNDER THE NUMBERS.

A = RED

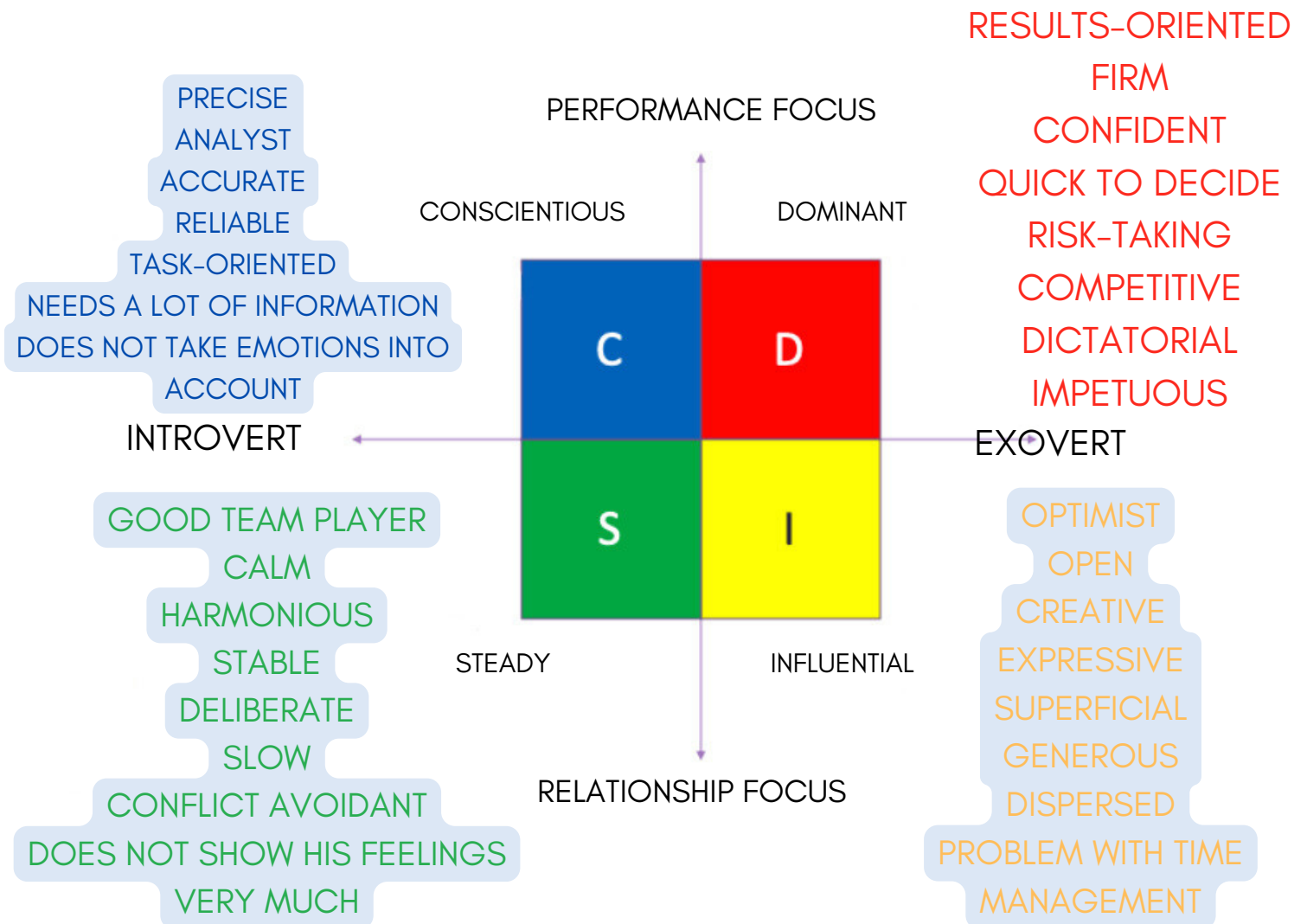
B = BLUE

C = GREEN

D = YELLOW

DISC TEST

RESULTS



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THANK YOU FOR FILLING OUT THE QUESTIONNAIRE,
BRINGING YOU CLOSER TO FIND OUT YOUR OWN
COLOUR/COLOURS.

I HOPE YOU FOUND IT HELPFUL, IF YOU ARE INTERESTED
FOR SIMILAR CONTENT AND QUESTIONNAIRE, YOU CAN
FIND IT ON MY WEBSITE:

[HTTPS://WWW.ALLISONSMETHOD.COM/FREE](https://www.allisonsmethod.com/free)

IF YOU FEEL YOU NEED PROFESSIONAL GUIDANCE IN
PROCESSING THE RESULTS, FEEL FREE TO BOOK A
CONSULTATION WITH ME.

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