

## Expanded Structural Profile

Name..... Date.....

### Seven dimensions of Personality

1. Doing....Action.....	Behaviour	B
2. Feelings....Mood....Emotions....	Affect	A
3. Sensing....(sight, sound, touch etc)	Sensation	S
4. Imagining....Fantasy....Visualising...	Imagery	I
5. Thinking.....Interpreting....Self-talk..	Cognition	C
6. Social....Relating.....	Interpersonal	I.
7. Biological....Physical....Health....	Drugs/Health	D.

#### 1. BEHAVIOUR

Behaviours are our actions, reactions and conduct. Behaviour is how we act in various situations or under certain conditions. Examples of behaviours include: sleeping, eating, playing tennis, crying, walking, yelling, watching television, reading, riding a bicycle etc. Thus, just about anything we do can be considered a behaviour.

Some people may be described as “doers” – they are action-oriented; they like to keep busy, get things done, take on various projects. On the scale below, circle the number that best reflects to what degree you are a doer.

<i>Very little</i>			<i>Moderately</i>			<i>Very much</i>
1	2	3	4	5	6	7

In the space below, try to make a note of at least one specific behaviour that you would like to do less of, and also one specific behaviour you would like to do more of.

- *I would like to do less (or stop):*
- *I would like to do more (or start):*

#### 2 AFFECT

“Affect” is the psychological term for feelings, moods and emotions. Some affects are positive (such as joy), while others can be called negative (such as depression). Other examples of affects include: happiness, annoyance, contentment, anxiety, jealousy, anger, excitement, guilt, and shame.

Some people are very emotional but may or may not openly express emotions. How emotional are you? How deeply do you feel things? How passionate are you?

<i>Very little</i>			<i>Moderately</i>			<i>Very much</i>
1	2	3	4	5	6	7

In the space below, try to make a note of at least one emotion you would like to feel less of, and at least one emotion you would like to experience more often.

- *I would like to feel less:*
- *I would like to experience more:*

#### 3 SENSATION

“Sensation” refers to the five basic human senses: sight, sound, smell, touch, and taste. In addition, the sensation dimension involves elements of sensuality and sexuality. Sometimes sensory experience is pleasant (for example, the smell of a fresh rose or the taste of apple pie) while at other times sensations can be unpleasant (for example, the pain of a stiff neck or a tension headache, or the smell of rotten eggs).

Some people attach a lot of value to sensory experiences, such as sex, art, food, music, and other sensory pleasures. Some people focus on their sensations and pay much attention to pleasant and unpleasant inner experiences (such as inner calm and relaxation, or minor aches, pains and discomfort). How “tuned in” to your sensations are you?

<i>Very little</i>			<i>Moderately</i>		<i>Very much</i>
1	2	3	4	5	6 7

Below, make a note of some sensations you would like to experience less of and more of:

- *I would like to experience less:*
- *I would like to experience more:*

#### 4 IMAGERY

“Imagery” refers to people’s ability to form mental pictures or representations of actual or imagined things, events and situations. When we fantasise, daydream, or just see pictures in our mind’s eye, we are engaging in mental imagery.

How much fantasy or daydreaming do you engage in? How much and how clearly do you think in pictures or see things projected onto the screen of your imagination? (this is separate from thinking or planning). How much are you into imagery?

<i>Very little</i>			<i>Moderately</i>		<i>Very much</i>
1	2	3	4	5	6 7

Make a note below of at least one thing, event or situation you would like to imagine less of and at least one thing you would like to imagine more.

- *I would like to imagine less:*
- *I would like to imagine more:*

#### 5 COGNITION

“Cognition” is thinking, or the mental process by which information is obtained. Reasoning, knowledge, and thought are all aspects of cognition. Often, people’s thinking takes the form of private “self-talk”. Self-talk is the tendency we all have to silently talk to ourselves and to tell ourselves things in the privacy of our own thoughts. Sometimes, our self-talk or cognitions make us feel good about ourselves. For example, when we tell ourselves things like “That was a really good job I did” or “I’m really an okay person”, we tend to feel good. At other times however, our cognitions can make us feel unhappy with ourselves. For instance, when we tell ourselves things like “I’ll never be able to get the hang of this” or “I must really be a worthless person”, we tend to react with unpleasant feelings.

Some people may be described as “thinkers” or “planners” – they are very analytical and reflective and tend to think things through. How much do you “talk to yourself”? To what extent are you a thinker or a planner?

<i>Very little</i>			<i>Moderately</i>		<i>Very much</i>
1	2	3	4	5	6 7

Below, try to make a note of some cognitions you would like to have less often and some thoughts you would like to have more often.

- *I would like to think less:*
- *I would like to think more:*

## 6 INTERPERSONAL RELATIONSHIPS

Most of us live in richly social environments in which we are constantly interacting with other people across a variety of situations. Not surprisingly, some of our personal interactions are pleasant (for example, making love or playing a friendly game of cards) while others are not so pleasant (for example, fighting or arguing).

This is your self-rating as a social being. How important are other people to you? How important are close friendships to you? How important is the desire for intimacy, the tendency to gravitate towards people? The opposite of this is being a "loner". To what extent are you a "people person"?

<i>Very little</i>			<i>Moderately</i>		<i>Very much</i>	
1	2	3	4	5	6	7

Below, try to note some interpersonal or social activities you would like to decrease and others you would like to increase.

- *I would like to decrease:*
- *I would like to increase:*

## 7 DRUGS / BIOLOGICAL / HEALTH FACTORS

When you come right down to it, we are basically biological, biochemical creatures governed by the activities of our body and brain chemistry. Many of the things we do (that is, many of our behaviours) impact on our biology and hence influence how we think, act and feel. Included in this aspect of our human personality are such things as our general eating and exercise habits, how much alcohol we drink, whether or not we smoke or take drugs, whether or not we should lose some weight or get more regular sleep etc.

Are you healthy and health-conscious? Do you avoid bad habits like smoking, too much alcohol or caffeine, overeating etc? Do you exercise regularly, get enough sleep, limit junk food, and generally take care of your body?

<i>Very little</i>			<i>Moderately</i>		<i>Very much</i>	
1	2	3	4	5	6	7

Below, note some things concerning biological factors that you would like to decrease and some things relating to biology you would like to increase.

- *I would like to decrease:*
- *I would like to increase:*

### COMMENTS OR ADDITIONAL INFORMATION

Please add anything here you'd like to add to the information above