

# True Colors Personality Assessment

Discovering Our Personality through TRUE COLORS  
(Adapted Information taken from True Colors by Don Lowry)

## Outcomes:

- 🌀 Discover the qualities and characteristics of your own personality style or type.
- 🌀 Gain an understanding of other personality styles.

## Key Concepts:

- 🌀 True Colors is a metaphor.
- 🌀 Each person is a blend of the four colors or styles – a spectrum.
- 🌀 There are no bad or good colors.
- 🌀 There are many variations within each color.

Each of us has a different and unique personality; however, there are also some common traits that we share. True Colors is an attempt to identify various personality styles and label them with colors. This model of categorizing personality styles is based on many years of work by other researchers and psychologists. Mostly, it draws heavily on the work of Isabel Briggs-Myers, Katherine Briggs, and David Keirsey. Don Lowry, a student of Keirsey, developed the True Colors system, which uses four primary colors to designate personality types and behavioral styles.

Lowry's objective was to understand how personality styles can be used to initiate better communication and understanding between people in a multitude of places: at home, at school, at work, in the community. He hoped it would lead to positive self-worth and self-esteem.

The belief is that with an increased understanding of ourselves and others, conflicts will decrease. Once you learn your color and that of your classmates, you will have a better understanding of why you, and they, behave in certain ways.

Each color is associated with certain personality traits or behaviors. Everyone has some degree of each color, but one color is predominant. The following quiz will identify your color spectrum. Follow the directions carefully and transfer your scores to the score sheet. If you have two colors with the same score, you pick which one you think more accurately describes you.

To learn about each color (what your color represents, how your color works best at work in at play, and how your color works with other colors) – check out the True Colors homepage at <https://truecolorsintl.com>

# True Colors Personality Assessment

Instructions: Compare all 4 boxes in each **row**. Do NOT analyze each word; just get a general sense of each box. Score each of the 4 boxes in each row from most to least as it describes you:  
4 = most, 3 = a lot, 2 = somewhat, 1 = least

	<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>	<b><u>D</u></b>
<b>Row 1</b>	Active Variety Sports Opportunities Spontaneous Flexible	Organized Planned Neat Parental Traditional Responsible	Warm Helpful Friends Authentic Harmonious Compassionate	Learning Science Quiet Versatile Inventive Competent
<b>Score</b>				
	<b><u>E</u></b>	<b><u>F</u></b>	<b><u>G</u></b>	<b><u>H</u></b>
<b>Row 2</b>	Curious Ideas Questions Conceptual Knowledge Problem- Solver	Caring People Oriented Feelings Unique Empathetic Communicative	Orderly On-time Honest Stable Sensible Dependable	Action Challenges Competitive Impetuous Impactful
<b>Score</b>				
	<b><u>I</u></b>	<b><u>J</u></b>	<b><u>K</u></b>	<b><u>L</u></b>
<b>Row 3</b>	Helpful Trustworthy Dependable Loyal Conservative Organized	Kind Understanding Giving Devoted Warm Poetic	Playful Quick Adventurous Confrontive Open Minded Independent	Independent Exploring Competent Theoretical Why Questions Ingenious
<b>Score</b>				
	<b><u>M</u></b>	<b><u>N</u></b>	<b><u>O</u></b>	<b><u>P</u></b>
<b>Row 4</b>	Follow Rules Useful Save Money Concerned Procedural Cooperative	Active Free Winning Daring Impulsive Risk Taker	Sharing Getting Along Feelings Tender Inspirational Dramatic	Thinking Solving Problems Perfectionistic Determined Complex Composed
<b>Score</b>				
	<b><u>Q</u></b>	<b><u>R</u></b>	<b><u>S</u></b>	<b><u>T</u></b>
<b>Row 5</b>	Puzzles Seeking Info Making Sense Philosophical Principled Rational	Social Causes Easy Going Happy Endings Approachable Affectionate Sympathetic	Exciting Lively Hands On Courageous Skillful On Stage	Pride Tradition Do Things Right Orderly Conventional Careful
<b>Score</b>				
<b>Add them UP!</b>	Total Orange Score A + H + K + N + S	Total Gold Score B + G + I + M + T	Total Blue Score C + F + J + O + R	Total Green Score D + E + L + P + Q

If any of the scores in the colored boxes are less than 5 or greater than 20, you have made an error. Please go back and read the instructions.

# True Colors Personality Assessment

## GREEN

Are innovative and logical  
Seek to understand the world  
Need to be competent  
Require intellectual freedom  
Are curious  
Question authority  
Push themselves to improve  
Seek perfection in play  
May become intellectually isolated  
Are slow to make decisions  
Value concise communication  
Look for intellectual stimulation  
Enjoy intriguing discussions  
Are sometimes oblivious to emotions  
Are detached  
Believe work is play  
Are drawn to technical occupations  
Analyze and rearrange systems  
Focus on the future  
Bring innovation to society

## ORANGE

Are free and spontaneous  
Are impulsive risk-takers  
Are active  
Are optimistic  
Resist commitment  
Can become virtuosos  
Thrive on crises  
Are drawn to tools  
Like to be the center of attention  
Have great endurance  
Are drawn to action jobs  
Need variety  
Are dynamic, animated communicators  
Are competitive  
Deal with the here and now  
Are bold in relationships  
Are generous  
Have difficulty finding acceptance  
Like to live in a casual atmosphere  
Bring excitement to society

## GOLD

Are dutiful and stable  
Need to be useful  
Want to be self-sufficient  
Value organization  
Desire punctuality  
Schedule their lives  
Make and keep commitments  
Measure worth by completion  
Are goal-oriented  
Value rules  
Prepare for the future  
Are inclined to join groups  
Believe work comes before play  
Safeguard tradition  
Prefer order and cleanliness  
Are responsible and dedicated  
Are drawn to respected occupations  
Enjoy positions of authority  
Desire structure  
Bring stability to society

## BLUE

Are in search of themselves  
Need to feel unique  
Must be true to themselves  
Look for symbolism  
Value close relationships  
Encourage expression  
Desire quality time with loved ones  
Need opportunities to be creative  
Compromise and cooperate  
Nurture people, plants and animals  
Look beyond the surface  
Share emotions  
Make decisions based on feelings  
Need harmony  
Are adaptable  
Are drawn to literature  
Are drawn to nurturing careers  
Get involved in causes  
Are committed to ideals  
Bring unity to society