

**INTRAPERSONAL LEADERSHIP PROCESS FORM**  
(Information will be kept confidential)

**Please answer each question carefully. Do not skip any questions.**

Date \_\_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Organization \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth (Age) \_\_\_\_\_

Check One: Single Married Separated Divorced Widowed

Number Times Married \_\_\_\_\_ Ages of Children \_\_\_\_\_

Ages of Brothers: Younger \_\_\_\_\_ Older \_\_\_\_\_

Ages of Sisters: Younger \_\_\_\_\_ Older \_\_\_\_\_

Health of Father \_\_\_\_\_

Health of Mother \_\_\_\_\_

*(If either is deceased, give year and cause of death)*

Your state of Health \_\_\_\_\_

Current Medications \_\_\_\_\_

Please check if you have any of the following medical conditions:

- Breathing problems (asthma, etc.)
- Cardiovascular problems, such as high blood pressure
- Pregnancy
- Seizure Disorder
- Circulatory problems (Such as Raynauds Disease)

Have you ever had any counseling?  YES  NO If so, was it successful?  
\_\_\_\_\_  
\_\_\_\_\_

## Intrapersonal Leadership Scaling Questions Form A

Skill set / Quality to be scaled on \_\_\_\_\_

**If your skill set / quality was perfect in every way, that would be a +10.  
-10 would be at the other end.**

On a scale from -10 to +10, what is the highest number that you have ever experienced in your skill set / quality?

\_\_\_\_\_  
**(A)**

Describe an event in detail when you performed at this level.



Where would you put your skill set / quality currently?

\_\_\_\_\_  
**(B)**

Describe in detail how you got from the lower number

(          ) to the higher number (          )?  
**B** **A**



What is the lowest number that you have ever experienced in your skill set / quality?

\_\_\_\_\_  
**(C)**

Describe in detail how you got from the lower number

(          ) to the higher number (          )?  
**C** **B**

**Please use your Human Systems (Relationship/Team/Organization) problem in completing the remainder of this form.**

What are the goals/outcomes you would like to accomplish?

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How will you know you have made progress towards achieving your goals/outcomes?

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How will you know you have achieved your goals/outcomes?

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When you think about it, what are your feelings?

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How can your problems be solved?

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How would your mother solve it?

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How would your father solve it?

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In terms of your more pressing current problem, imagine your parents were in this type of situation.

If your most pressing current problem involves another person, how would your **mom** react verbally and,

(1) What would she say to the other person?

(2) What would she say to herself?

How would your **dad** react verbally and,

(1) What would he say to the other person?

(2) What would he say to himself?

How would your **mom** react behaviorally and,

(1) What would she do to the other person?

(2) What would she do to herself?

(1) What would he do to the other person?

(2) What would he do to himself?

How would your **mom** react emotionally and,

(1) What would she feel about the other person?

(2) What would she feel about herself?

How would your **dad** react emotionally and,

(1) What would he feel about the other person?

(2) What would he feel about himself?

Describe yourself briefly.

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Describe your mother as you would when you were a child.

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Describe your father as you would when you were a child.

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What did your mother say when she criticized you?

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What did your father say when he criticized you?

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What did you want to say?

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What did your mother say when she praised you?

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What did your father say when he praised you?

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What did you want to say?

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What was your mother's main advice to you?

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Your response \_\_\_\_\_

What did you like most about yourself?

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What did you like least about yourself?

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If you were a magician, how would you change you? (When a little kid and now)

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Describe the bad feeling that you have had most often in your life. When did you first feel this way? (Earliest memory of it)

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Recent example of what happened that you ended up feeling this way

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If you make everything go right in your life from now on, where will you be in 5 years?

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If you go on as you are now, where will you be?

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If everything goes wrong, where will you be in 5 years?

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What do you wish your mom had done differently?

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What do you wish your dad had done differently?

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How would you be different?

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You said your biggest problem is

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And your unpleasant feelings are

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What will you change for yourself?

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# Qualities Questionnaire

<b>List at least three positive personality qualities of your same sex parent.</b>		
1.	3.	5.
2.	4.	6.

<b>List at least three negative qualities of your same sex parent.</b>		
1.	3.	5.
2.	4.	6.

<b>List at least three positive personality qualities of your opposite sex parent.</b>		
1.	3.	5.
2.	4.	6.

<b>List at least three negative personality qualities of your opposite sex parent.</b>		
1.	3.	5.
2.	4.	6.

<b>Write out the two best experiences of your life.</b>	
1.	
2.	

<b>Write out the two worst experiences of your life.</b>	
1.	
2.	

<b>What do you do for enjoyment?</b>
1.
2.
3.

<b>What do you do to relax?</b>
1.
2.
3.

<b>What do you do to feel better when you are feeling bad?</b>
1.
2.

## **Intrapersonal (self) Leadership Process as a Function of Traditional and Participative Leadership Styles**

### ***Traditional (autocratic)***

1 Person/Party Rule

Motto: Command and Control

Leadership Strategy:

“Shoot the Stragglers”

### ***Participative (team oriented)***

2 or More Person/Party Rule

Motto: Train ‘em up

Leadership Strategy:

“Balance of Powers”

## **POSITIVE QUALITIES**

Clear thinking, Confident

Considerate, Conventional

Courageous, Daring

Dominant, Efficient

Forceful, Formal

Frank, Independent

Industrious, Logical

Methodical, Organized

Outspoken, Practical

Precise, Rational

Realistic, Reasonable

Reliable, Responsible

Cool, Self-assured

Shrewd, Stable, Humorous

Strong, Tough

Competitive, Thorough

Brave, Bold, Loyal

Active, Adventurous, Philosophical

Street savvy

Adaptable, Affectionate

Appreciative, Conscientious

Cooperative, Caring, Considerate

Easy-going, Emotional, Sensitive

Fair-minded, Forgiving, Sincere

Friendly, Gentle

Good-natured, Helpful

Honest, Idealist, Open, Humorous

Tactful, Kind, Trusting

Loyal, Moderate

Patient, Pleasant, Praising

Progressive, Warm, Unselfish

Reflective, Relaxed, Versatile

Resourceful, Sensitive, Warm

Sociable, Understanding

Spontaneous, Sympathetic

Tactful, Tolerant, Trusting

Spiritual, Creative, Integrity

Self-disclosing of negatives

## NEGATIVE QUALITIES

Aggressive, Argumentative

Arrogant, Autocratic

Sarcastic, Bossy, Assertive

Demanding, Fault-finding

Hard-headed, Hard-hearted

Impatient, Intolerant, Ambitious

Irritable, Obnoxious

Stubborn, Tactless

Reckless, Rigid

Tense, Unemotional

Unkind, Cold

Quarrelsome, Distant

Defensive, Resentful

Immoral, Unethical

“Sins of Commission”

Homicidal

Manic, Hateful, Evil

Unscrupulous, Deceitful

Hostile, Rage

Rejecting

Vicious

Cruel

Absent-minded, Affected

Anxious, Apathetic, Unrealistic

Careless, Cautious

Complaining, Defensive

Dependent, Disorderly

Fearful, High-strung

Moody, Unconventional

Inhibited, Irresponsible

Nervous, Stubborn, Worrying

Self-denying, Soft-hearted

Temperamental, Timid, Touchy

Passive-aggressive, Withdrawn

Unenthusiastic, Boring, Gloomy

Immoral, Unethical, Naïve

“Sins of Omission”

Meek, Submissive

Self-punishing, Evil

Terrified, Obsessive

Compulsive

Suicidal, Depressive