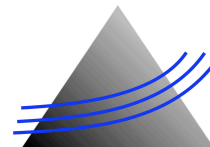


Create your Attentional Style Profile by adding up some of the pairs of questions and then plotting the totals of each pair on the chart on the right. Remember that you are adding the numbers that correspond to how often the situation applies to you **Never = 0, Rarely = 1, Sometimes = 2, Frequently = 3, Always = 4**

1 I can keep track of several conversations at the same time	0	1	2	3	4	1
2 I am very good at blocking out distractions and focusing on the task in front of me	0	1	2	3	4	2
3 I spend a good deal of my time analysing and thinking creatively or strategically	0	1	2	3	4	3
4 I am very good at sticking to the main point I want to get across in a conversation	0	1	2	3	4	4
5 When I'm stressed I get distracted by everything going on around me	0	1	2	3	4	5
6 I have too many thoughts and ideas running around in my head	0	1	2	3	4	6
7 Under stress I focus on one thing a person says and miss important information	0	1	2	3	4	7
8 I find that I think too much about something a person says that upsets me and can't move on	0	1	2	3	4	8
9 I am very good at narrowing my focus onto the task at hand and staying focused for long periods of time	0	1	2	3	4	9
10 In group situations I know what everyone is doing	0	1	2	3	4	10
11 Under pressure I find myself easily distracted by what is going on around me	0	1	2	3	4	11
12 Even though I'm looking at or listening to something, I find it easy to focus on what is going on in my head	0	1	2	3	4	12
13 I narrow my focus so much under pressure that I can't see the forest for the trees and miss important information	0	1	2	3	4	13
14 I am good at problem solving and coming up with creative or strategic solutions	0	1	2	3	4	14
15 Under high stress conditions I get stuck on a thought or feeling and fail to hear the message or notice what is going on around me	0	1	2	3	4	15
16 Under pressure I have so many thoughts and ideas running around in my head I get confused and make mistakes	0	1	2	3	4	16



Create your Attentional Style Profile by adding up some of the pairs of questions and then plotting the totals of each pair on the chart on the right. Remember that you are adding the numbers that correspond to how often the situation applies to you **Never = 0, Rarely = 1, Sometimes = 2, Frequently = 3, Always = 4**

Score Sheet

Using your 0, 1, 2, 3 & 4 answers to questions 1-16 on the flip side of this page, fill in your answers to

Question 1 _____ + Question 10 _____ = _____ **(BET)**
Put an X in the BET column to show your BET total

Question 3 _____ + Question 14 _____ = _____ **(BIT)**
Put an X in the BIT column to show your BIT total

Question 2 _____ + Question 9 _____ = _____ **(NAR-EXT)**
Put an X in the EXT column to show your NAR-EXT total

Question 4 _____ + Question 12 _____ = _____ **(NAR-INT)**
Put an X in the INT column to show your NAR-INT total

Question 5 _____ + Question 11 _____ = _____ **(OET)**
Put an X in the OET column to show your OET total

Question 6 _____ + Question 16 _____ = _____ **(OIT)**
Put an X in the OIT column to show your OIT total

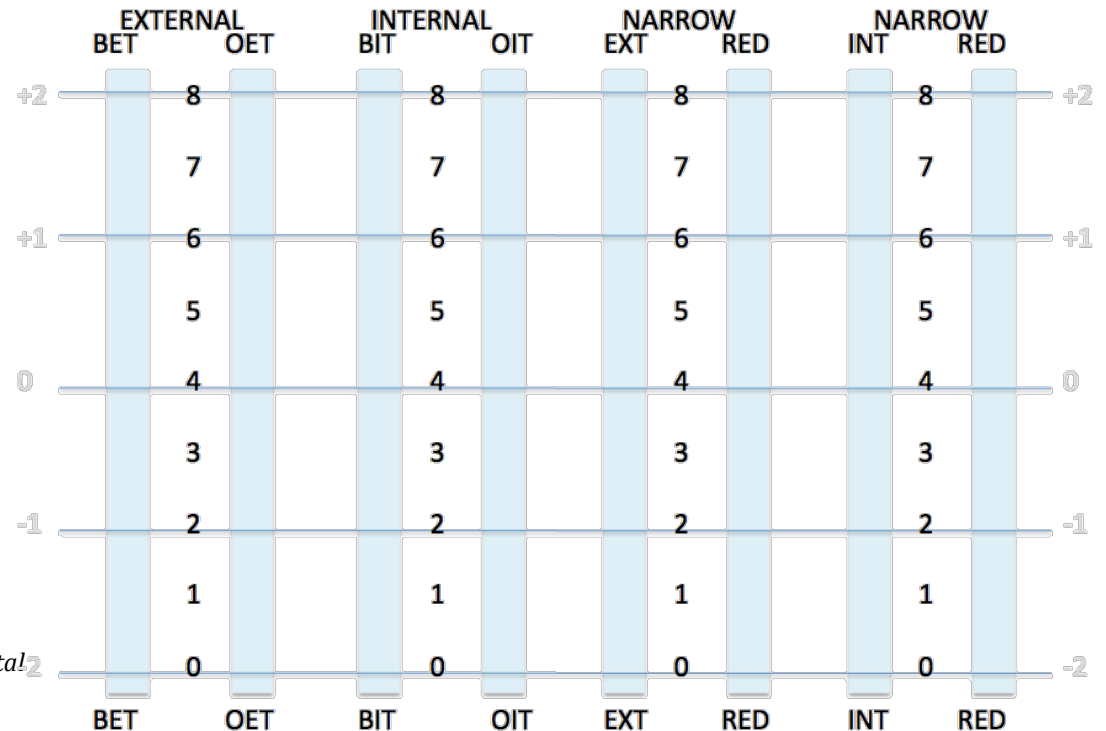
Question 7 _____ + Question 13 _____ = _____ **(RED-EXT)**
Put an X in the RED column next to the EXT column to show your RED-EXT total

Question 8 _____ + Question 15 _____ = _____ **(RED-INT)**
Put an X in the RED column next to the INT column to show your RED-INT total

Now draw a line to link each pair of scores across the 2 boxes.

Now put a Circle around the left hand score & a Square around the right hand score of each pair.

Attentional Style Profile



The Circles are your **effective** concentration scores.

The Boxes are your **ineffective** concentration scores.

