# Personality adjectives questionnaire

#### Section 1: Open-ended "Wh" and "H" Questions

- 1. When have you felt hopeful about something, and why?
  - 1: "I felt hopeful when I applied for my new job because I had all the right qualifications."
  - 2: "I was hopeful last year when my favorite team made it to the finals."
  - Follow-up: How did the situation turn out?
- 2. What is the most ridiculous thing you have ever seen or heard, and why did you think so?
  - 1: "The most ridiculous thing I've seen was a dog riding a skateboard. It was so unexpected!"
  - 2: "I heard someone say that the Earth is flat, which I find completely ridiculous."
  - Follow-up: How did you react to it?
- 3. How confident do you feel when speaking English, and what influences your confidence?
  - 1: "I feel quite confident because I practice a lot with my friends."
  - 2: "I'm not very confident, as I'm still learning and often make mistakes."
  - Follow-up: What could help you feel more confident?
- 4. Why do you sometimes feel undecided, and how do you eventually make a decision?
  - 1: "I feel undecided when I have too many options, but I usually make a list of pros and cons."
  - 2: "I'm undecided when I lack information, so I do some research to help me decide."
  - Follow-up: What was the last decision you struggled with?
- 5. What situations make you feel afraid, and how do you cope with that fear?
  - 1: "I'm afraid of heights, so I avoid looking down when I'm high up."
  - 2: "I feel afraid during storms, but staying inside and listening to music helps."
  - Follow-up: Have you ever overcome a fear?
- 6. How forgetful are you in daily life, and what things do you most often forget?
  - 1: "I'm quite forgetful; I often forget where I put my keys."
  - 2: "I sometimes forget appointments, so I keep a planner."
  - Follow-up: What tricks do you use to remember things?
- 7. When have you felt proud of yourself, and what caused this feeling?
  - 1: "I felt proud when I completed my first 5km run. It was a big achievement for me."
  - 2: "I was proud when I got a good grade on a difficult exam."
  - Follow-up: How do you celebrate such achievements?
- 8. Can you describe a time when you were genuinely surprised, and what was it about?
  - 1: "I was surprised when my friends threw me a surprise birthday party."
  - 2: "I was surprised to find out I had won a small lottery prize."
  - Follow-up: How do you usually react to surprises?
- 9. How do you stay focused when working or studying, especially during distractions?
  - 1: "I stay focused by working in a quiet room and turning off my phone."
  - 2: "I take short breaks to avoid feeling overwhelmed."
  - Follow-up: What distracts you the most?
- 10. Have you ever encountered an aggressive person, and how did you handle the situation?
  - 1: "Yes, I met an aggressive shopper once. I stayed calm and didn't argue back."
  - 2: "I dealt with an aggressive driver by not engaging and keeping a safe distance."
  - Follow-up: What would you do differently in a similar situation in the future?

## Section 2: Yes/No Questions

- 1. Are you a thoughtful person?
  - Yes: "Yes, I always try to consider others' feelings before acting."
  - No: "No, sometimes I act without thinking about others first."
  - Follow-up: Can you give an example of a thoughtful act you've done?
- 2. Do you generally have an upbeat attitude towards life?
  - Yes: "Yes, I try to see the positive side in most situations."
  - No: "No, I tend to worry and focus on the negatives."
  - Follow-up: What makes you feel positive or negative?

### 3. Would you describe yourself as economical?

- Yes: "Yes, I always look for the best deals and save money."
- No: "No, I tend to spend without much planning."
- Follow-up: What's your best tip for saving money?
- 4. Are you a hard-working individual?
  - Yes: "Yes, I always put a lot of effort into everything I do."
  - No: "No, sometimes I find it hard to stay motivated."
  - Follow-up: What motivates you to work hard?
- 5. Do you consider yourself generous?
  - Yes: "Yes, I enjoy helping others and sharing what I have."
  - No: "No, I tend to be cautious about giving too much."
  - Follow-up: What was the last thing you shared or gave to someone?

# Section 3: Example Report Writing Exercise

I interviewed Maria. Maria feels hopeful when she's planning travel, as it excites her. She found it ridiculous when she saw a cat playing the piano online. She's confident in her cooking skills, especially with Italian dishes. Maria sometimes feels undecided about buying clothes and takes a friend for advice. She's afraid of spiders and tries to stay away from them. Maria admits she's forgetful with names but remembers faces well. She was proud when she learned to drive, celebrating with a road trip. Maria recalled being surprised on her 30th birthday with a secret party. She stays focused at work by listening to instrumental music. Once, she encountered an aggressive customer but handled it by staying calm and professional. Maria considers herself thoughtful, often sending handwritten notes to friends. She's upbeat most of the time, finding joy in small things. Being economical, she shops during sales. Maria prides herself on being hard-working, driven by her goals, and she's generous, recently donating to a local charity.