Ejemplo de escala de valoración

* Ask someone to qualify your personality ( the frecuency of you behaviour)

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| **CHARACTERISTICS** | **1.2. 3. 4. 5.** | **OPOSSITE CHARACTERISTICS** |
| Friendly | 1.2. 3. 4. 5. | Unfriendly |
| Sociable | 1.2. 3. 4. 5. | Shy |
| coopertive | 1.2. 3. 4. 5. | Non-coperativo |
| irresponsable | 1.2. 3. 4. 5. | responsable |
| calm | 1.2. 3. 4. 5. | restless |
| unconfident | 1.2. 3. 4. 5. | confident |
| sensitive | 1.2. 3. 4. 5. | insensitive |
| honest | 1.2. 3. 4. 5. | dishonest |
| tolereant | 1.2. 3. 4. 5. | intolerant |
| creative | 1.2. 3. 4. 5. | Non-creative |