

# How Well Do You Know... You?

Are you an assertive “eagle”? A social “parrot”? This fun—and surprisingly accurate!—quiz will help you identify the personality traits that make you special.

**Y**ou could spend hours taking quizzes to find out which Disney villain is your soulmate or which reality star would play you in a movie. But how well do you really know your own personality? It’s a question scientists were asking long before BuzzFeed quizzes were a thing—because understanding who you are and how you interact with the world makes life better.

We teamed up with Merrick Rosenberg, an expert on the DISC personality test—a 90-year-old system for figuring out your personality type—to bring you a quiz that’ll actually benefit you day to day. Once you learn your own type, you’ll understand exactly what makes you so unique and awesome, and you’ll be able to figure out how to better interact with others. “Your personality type plays out in everything you do,” says Rosenberg. “Learning your style will lead you to what you enjoy and what energizes you.”

Ready to improve your life? Take our quiz to get started.



By ANDREA BARTZ • Illustrations by JASON RAISCH

**QUIZ:**  
Grab a Pen!

Choose the **15** words that best describe you. Then figure out which column has the most checkmarks to determine your personality type.

A	B	C	D
<input type="checkbox"/> Assertive	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Thoughtful	<input type="checkbox"/> Rational
<input type="checkbox"/> Direct	<input type="checkbox"/> Social	<input type="checkbox"/> Loyal	<input type="checkbox"/> Thorough
<input type="checkbox"/> Blunt	<input type="checkbox"/> Funny	<input type="checkbox"/> Cooperative	<input type="checkbox"/> Disciplined
<input type="checkbox"/> Pioneering	<input type="checkbox"/> Persuasive	<input type="checkbox"/> Patient	<input type="checkbox"/> Logical
<input type="checkbox"/> Confident	<input type="checkbox"/> Chatty	<input type="checkbox"/> Helpful	<input type="checkbox"/> Fair
<input type="checkbox"/> Determined	<input type="checkbox"/> Impulsive	<input type="checkbox"/> Easygoing	<input type="checkbox"/> Controlled
<input type="checkbox"/> Impatient	<input type="checkbox"/> Lively	<input type="checkbox"/> Supportive	<input type="checkbox"/> Cautious
<input type="checkbox"/> Competitive	<input type="checkbox"/> Optimistic	<input type="checkbox"/> Accommodating	<input type="checkbox"/> Analytical
<input type="checkbox"/> Decisive	<input type="checkbox"/> Energetic	<input type="checkbox"/> Laid-back	<input type="checkbox"/> Prepared
<input type="checkbox"/> Bold	<input type="checkbox"/> Imaginative	<input type="checkbox"/> Considerate	<input type="checkbox"/> Accurate

Mostly A's: **EAGLE**      Mostly B's: **PARROT**      Mostly C's: **DOVE**      Mostly D's: **OWL**



EAGLES MAKE AWESOME . . . entrepreneurs, lawyers

# I Am an Eagle

You're self-assured and fearless—and people love to follow your lead!

**Notable habits:** Organizing everyone's duties for a group project; taking charge when the teacher gives the class a timed challenge

**Natural environment:**

Leading a student council meeting

**Call of the wild:**

"Everyone knows what they're doing before the presentation on Thursday, right? Good."

**What makes eagles amazing:**

Every group needs a leader, and whether you're the captain of the soccer team or in charge of a group assignment, that leader is you. You can take the reins in an emergency (say, if someone's had too much to drink at a party), and people admire your directness and great ideas.

"Eagles like to win, and they speak with confidence," Rosenberg says. "Of course, sometimes that directness can come off wrong: If you're willing to say anything back to a teacher, she might think, 'Who are you to speak to me that way?!'" A similar thing can happen when you talk to peers: You think you're just talking, but to a sensitive kid, it sounds like you're being harsh.

"Being a leader is a special superpower—and it can have a positive impact or a negative impact on projects and other people," says psychologist Lucie Hemmen. Think about leaders that you liked and didn't like. Was your coach critical? Patient? Intimidating? Noticing what makes a poor or a great leader helps you think about how you should behave next time you're in a group, Hemmen says.

**FAMOUS EAGLES:**

Steve Jobs



Michelle Obama



PARROTS MAKE AWESOME . . . event planners, designers

# I Am a Parrot

You're the life of the party, and you can always get a crowd laughing.

**Notable habits:** Giving a rowdy and hilarious pep talk before a big game; getting side-eye from the teacher for talking in class

**Natural environment:**

Up onstage emceeing the Battle of the Bands

**Call of the wild:** "Duh, of course I'm coming to the party tonight!"

**What makes parrots amazing:**

Parrots are chatty and fun, so they tend to have many friends from different groups. Consider yourself lucky—not everyone has an easy time getting along with people. They also tend to live in the moment, so spontaneous stuff (an invite to watch a football game) trumps important but less-social things (a school project or practicing piano). And,

because they're crazy optimistic, they tend to be risk-takers: "My son's a parrot and a skateboarder, so I've spent nights in the hospital with him because there's no trick he won't try," Rosenberg says.

Luckily, there's one cool skill you can learn that'll solve both your time-management issues and the tendency to try dangerous stuff: the pause button. "Before you commit to anything social, hit pause and ask yourself if this is a good idea," Hemmen says. "Did you promise your mom that you'd walk the dog after school? Be honest and hold yourself **accountable**." It takes a while to get into the habit, but the more you practice, the easier it becomes. (As a visual cue, you might even draw the pause sign—two vertical lines—on your hand or on a Post-it note.)

**FAMOUS PARROTS:**

Lady Gaga



Jimmy Fallon



## HOW TO MAKE EVERYONE

WHETHER YOU'RE TALKING WITH YOUR BROTHER, YOUR BOSS, OR YOUR NEW CHEM

**EAGLE:** Eagles love directness, so take a deep breath and be frank instead of hemming and hawing ("Hey, um, I have an idea if you have a second . . ."). Once you've made your point, stop. "I always say: Be brief, be brilliant, be gone," Rosenberg says.



**PARROT:** Since parrots are super-chatty, you can warm one up with a little small talk: "How was your weekend?" "What'd you think of that history test?" After a few minutes on friendly chitchat, the parrot will be ready to hear whatever you need to say.



## LISTEN TO YOU

PARTNER, IDENTIFY THEIR TYPE AND USE THESE TIPS TO SPEAK THEIR LANGUAGE

**DOVE:** If you need to open up and get real about something (like teacher drama or a big fight with your mom), the dove is the one to go to. Don't forget to thank him or her for listening and being such a good friend—that's music to a dove's ears!



**OWL:** Ever heard the phrase "Just the facts, ma'am"? That's what the owl wants to hear—not a lot of chatty windup or the complicated backstory of whatever you're proposing. Owls love dealing with concrete, clear-cut things, so you'll connect better with facts than feelings.





# ✓ I Am an Owl

You're careful, thorough, and always putting that mind to work—

**Notable habits:** Having a ton of knowledge about a single topic, like Star Wars or the NFL; being the last person to hand in a test

**Natural environment:** The band room or art studio, staying late to get that solo or painting just right

**Call of the wild:** "Let's go over this one more time."

**What makes owls amazing:** Smarty, you're all about taking your time, thinking carefully about what you're doing, and working hard to get everything—a paper, a routine in tap class—exactly right. Many kids love having you in their group, because they know you'll make sure every *I* is dotted and every *T* is crossed!

The only problem with that? "Perfectionism is a real joy-killer,

because you're always looking for what you didn't do well," Hemmen says. "The reality is sometimes you're going to fall short, and that can lead to anxiety."

Enlist your parents' help in taming the perfectionism beast. You could say to them, "I know I keep talking about that big physics final, but please don't ask me about it this week, since it'll stress me out," Hemmen suggests. You can also ask a teacher to help you make a plan of attack for studying (say, flash cards for two nights, and then swapping a practice test with a buddy the night before), so that you'll see—in writing—what you can do to prepare and what's not under your control.

at Hogwarts, you'd definitely be a Ravenclaw.

Getting stuff done on time can be a challenge for some owls too. You care about getting every detail right, so you can't blast through a quiz like some of your classmates. Thing is, nobody wants you up at 2 a.m. still chipping away at that civics assignment.

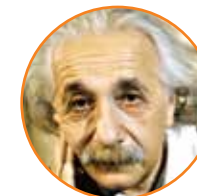
"You need to break projects into pieces and keep on track with smaller goals," Rosenberg says. To do this, write out the steps you'll take and assign a mini deadline for each. "When you come up on the date, you have to say, 'OK, that's good enough for this part, so I'll move on,'" he says. "Sometimes 'good enough' is good enough."

### FAMOUS OWLS:

Gabby Douglas



Albert Einstein



# I Must Be a . . . Parrotowleagle!

So you don't fit neatly into one type? That's great!



**"We all have shades of all four personality types, and the most successful people know how to bring out different traits depending on the situation—like a chameleon."**

—Merrick Rosenberg, personality expert

**And remember: No one type is better than the others; the world needs all kinds. Be grateful that your class is packed with a whole range of birds—not dozens of carbon copies!**

# ✓ I Am a Dove

You're calm, kind, and super easygoing. No wonder your friends adore you!

**Notable habits:** Listening whenever a buddy needs to vent; **defusing** the situation when someone is about to snap

**Natural environment:** A basement rec room with a close friend or two

**Call of the wild:** "If anyone gets stuck while working on this assignment tonight, text me—I'm here to help!"

**What makes doves amazing:** "Doves are the kind of kid everybody likes," Rosenberg says. "They're kind and helpful, they're not bossy or **confrontational**, and they go along with whatever the group wants." Give yourself a pat on the back:

The world would be a nicer place if everyone were as **compassionate** and thoughtful as you.

If anyone's ever called you "too nice," though, you know the potential problem with being so laid-back and easygoing. "Doves can be **accommodating** to the point of putting other people first—like, 'Oh, I actually wanted to go to the mall, but if everybody else wants to see a movie, we can do that,'" Rosenberg says. "To a dove, simply being **assertive** feels like you're being **aggressive**, so it's tough to make your needs heard."

Reality check: Your friends totally want to go along with your wishes too! "I encourage doves to notice when they're feeling anxious in a relationship,

DOVES MAKE AWESOME . . . therapists, veterinarians



because that's a sign they're not getting their needs met," Hemmen says.

Whenever you feel a tightening in your gut or chest, ask yourself: What am I thinking but not saying? Then say it! "You can practice on other people first," Hemmen adds—like politely speaking up to the barista when your order is wrong, or asking a teacher to explain her reasons for your paper's meh grade. "Giving yourself that challenge helps teach you that it's totally OK to voice your needs."

### FAMOUS DOVES:

Carrie Underwood



Ed Sheeran

