

## About the T-JTA®

Taylor-Johnson Temperament Analysis® (T-JTA®)

Personality Assessment for  
Individuals, Couples, Families, and Relationship Counseling

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The Taylor-Johnson Temperament Analysis® is one of the most widely used assessments for individual, premarital, marital, and family counseling. The T-JTA® measures 18 dimensions of personality (9 bipolar traits) that are important components of individual adjustment and interpersonal relationships. The T-JTA® has been used for more than 40 years by thousands of counseling professionals in a wide array of settings in the U.S. and around the world to help people understand themselves and significant others in their lives.

The Taylor-Johnson Temperament Analysis® (T-JTA®) is a quick and convenient method of measuring important personality traits that influence personal, interpersonal, scholastic, and vocational functioning and adjustment. It functions both a diagnostic device and counseling tool. The brief 180-question test can be administered to individuals, couples or groups in about 30 minutes (non-timed). The T-JTA is applicable for use with adolescents through senior adults.

### T-JTA Content

The T-JTA measures 9 personality traits and their opposites:

- Nervous ↔ Composed
- Depressive ↔ Light-Hearted
- Active-Social ↔ Quiet
  
- Expressive-Responsive ↔ Inhibited
- Sympathetic ↔ Indifferent
- Subjective ↔ Objective
- Dominant ↔ Submissive
- Hostile ↔ Tolerant
- Self-Disciplined ↔ Impulsive

### T-JTA Criss-Cross Testing

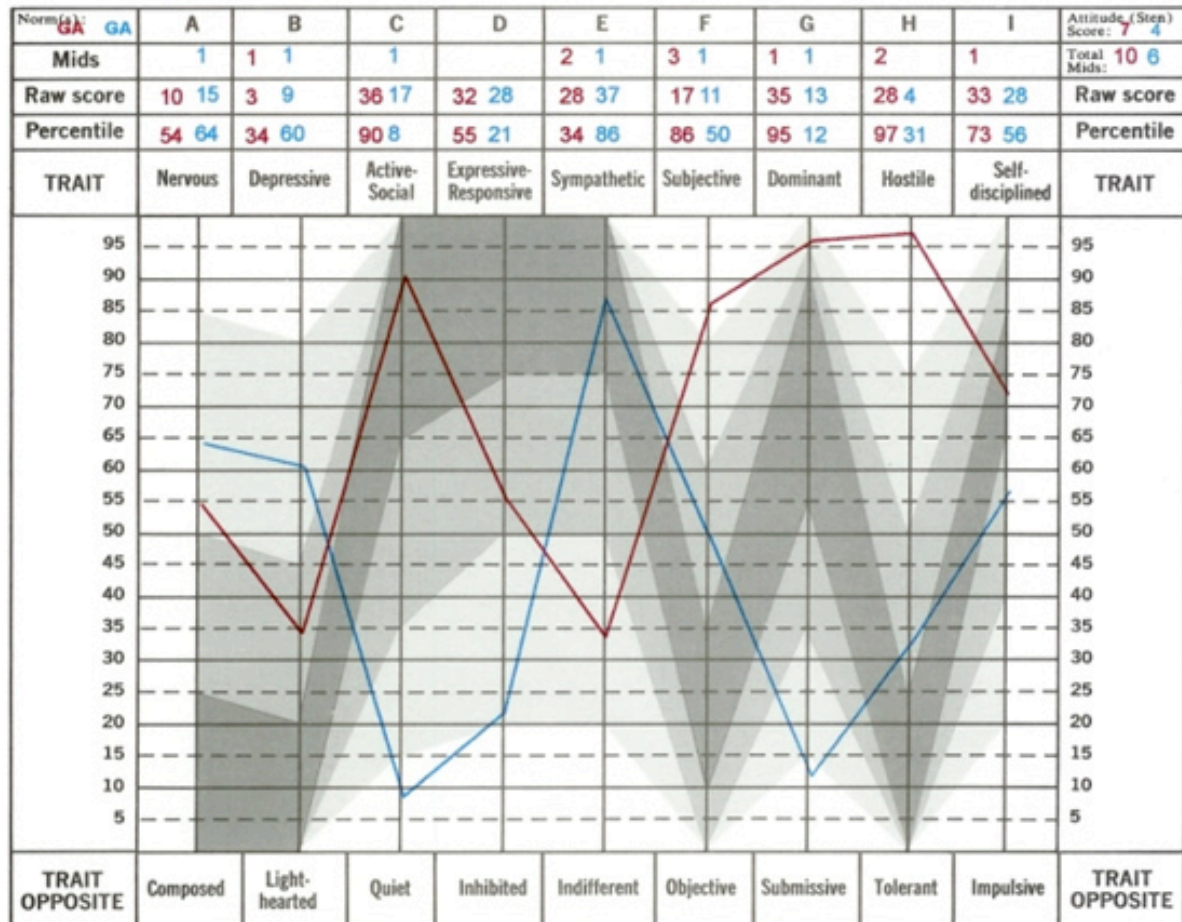
The T-JTA is especially designed for use in pre-marital, marital, and family counseling. In "Criss-Cross" testing, a unique feature of the T-JTA, a couple or various family members each take the test on themselves and also on their significant other. Similarities, differences, or areas of misunderstanding between the couple or family members become readily apparent. T-JTA Profiles are especially designed for use in the actual counseling sessions to promote understanding and stimulate discussion.

## TAYLOR-JOHNSON TEMPERAMENT ANALYSIS® PROFILE

COUPLE - **HUSBAND and WIFE**

Profile Revision of 1984

Sample Profile 3

Name **ROBERT WHITE AND JOAN WHITE** Age **39 37** Sex **MALE FEMALE** Date **04/02/02**School \_\_\_\_\_ Grade \_\_\_\_\_ Degree \_\_\_\_\_ Major \_\_\_\_\_ Occupation \_\_\_\_\_ Counselor **PPI**Single \_\_\_\_\_ Years Married **X** Years Divorced \_\_\_\_\_ Years Widowed \_\_\_\_\_ Children: M \_\_\_\_\_ Ages \_\_\_\_\_ F \_\_\_\_\_ Ages \_\_\_\_\_Answers made by: **SELF and** husband, wife, father, mother, son, daughter, boyfriend, girlfriend or \_\_\_\_\_ of the person described.

## DEFINITIONS

## TRAITS

**Nervous** — Tense, high-strung, apprehensive.  
**Depressive** — Pessimistic, discouraged, dejected.  
**Active-Social** — Energetic, enthusiastic, socially involved.  
**Expressive-Responsive** — Spontaneous, affectionate, demonstrative.  
**Sympathetic** — Kind, understanding, compassionate.  
**Subjective** — Emotional, illogical, self-absorbed.  
**Dominant** — Confident, assertive, competitive.  
**Hostile** — Critical, argumentative, punitive.  
**Self-disciplined** — Controlled, methodical, persevering.

## OPPOSITES

**Composed** — Calm, relaxed, tranquil.  
**Light-hearted** — Happy, cheerful, optimistic.  
**Quiet** — Socially inactive, lethargic, withdrawn.  
**Inhibited** — Restrained, unresponsive, repressed.  
**Indifferent** — Unsympathetic, insensitive, unfeeling.  
**Objective** — Fair-minded, reasonable, logical.  
**Submissive** — Passive, compliant, dependent.  
**Tolerant** — Accepting, patient, humane.  
**Impulsive** — Uncontrolled, disorganized, changeable.

Note: Important decisions should not be made on the basis of this profile without confirmation of these results by other means.

## T-JTA Benefits

- Applicable with adolescents, young adults, general adults and senior adults
- Designed for pre-marital, marital or family assessment
- T-JTA "Criss-Cross" testing measures self perception and perception of a significant other
- T-JTA Profiles are easy to understand and graphically designed for use in counseling

## Uses of the T-JTA

### Psychological Testing and Counseling

- Evaluation of personality adjustment
- Pre and post therapy evaluation
- Substance Abuse & Rehabilitation Counseling
- Adult and Adolescent Counseling
- Military Screening and Counseling Services

### Premarital, Marital, and Family Counseling

- Diagnostic evaluation of marital problems
- Evaluation of premarital, marital, and family relationships
- Marriage Enrichment programs

### Vocational Guidance

- Evaluation of personality traits in relation to occupational suitability
- Personality appraisal in vocational evaluations
- Evaluation of personality traits in relation to actual job performance

### Educational Counseling and Guidance

- Student Counseling and Guidance Services
- High School Guidance courses
- Psychology, Marriage and Family courses
- Tests and Measurements courses
- Counseling training courses
- Professional training programs in Marriage and Family Counseling

## Validity Scales

- Attitude Scale
- Mid Count

## Administrative Information

Norm groups reflect the following age-based populations:

- Adolescents ages 11-17    - Young Adults ages 18-25
- General Adult ages 26-54    - Senior Adult ages through 76 and above