

The Commander-in-Chief System

What's your comfort level?

For each item, circle the alternative that best fits you.

SA = strongly agree

A = agree

N = neutral

D = disagree

SD = strongly disagree

1. Sometimes I enjoy a good fight. **SA A N D SD**
2. I will not let anyone take what is rightfully mine.
SA A N D SD
3. I often feel righteously indignant. **SA A N D SD**
4. I am relentless at accomplishing a goal. **SA A N D SD**
5. If anything blocks my goal, I will become angry.
SA A N D SD

6. I know what to do to deal with frustration and get what I want.
SA A N D SD
7. I enjoy being assertive. **SA A N D SD**
8. I become angry quite easily. **SA A N D SD**
9. I feel comfortable in a commanding role. **SA A N D SD**
10. If crossed, I become hot under the collar. **SA A N D SD**
11. I easily become angry in traffic. **SA A N D SD**
12. I sometimes enjoy getting angry. **SA A N D SD**
13. I hate to wait, and easily become impatient. **SA A N D SD**
14. I enjoy being powerful in a work group. **SA A N D SD**
15. In a group, I have trouble not being in control.
SA A N D SD
16. I demand my rights when I have to. **SA A N D SD**
17. I don't usually back down when confronted with opposition.
SA A N D SD
18. I can imagine subduing someone who challenges my authority.
SA A N D SD
19. I enjoy a good debate for its own sake. **SA A N D SD**
20. My goal in competition is to win. **SA A N D SD**
21. I have trouble getting motivated for a task if I can't beat someone at it. **SA A N D SD**
22. I am a competitive person. **SA A N D SD**
23. My interest in a job position increases if I learn that someone else wants it, too. **SA A N D SD**
24. I consider doing well at work something of a conquest.
SA A N D SD
25. I like being the one in charge. **SA A N D SD**
26. I hate having my word challenged. **SA A N D SD**
27. I can be authoritarian at times. **SA A N D SD**
28. I will usually fight to get what I want. **SA A N D SD**

SCORING

- SA** = 2 points
A = 1 point
N = 0 points
D = -1 point
SD = -2 points

FOR THIS QUESTIONNAIRE

A score of 25 or above is *high*.

A score of 12 to 24 is *medium*.

A score of 11 or below is *low*.

Add to get your total Commander-in-Chief Comfort Level score: _____.

YOUR COMMANDER-IN-CHIEF COMFORT LEVEL SCORE

If you scored 12 or above, you're most comfortable when your Commander-in-Chief system is activated in the high to medium range. This means that you like a powerful role; you're comfortable with anger and assertiveness. You're most at ease when the Commander-in-Chief in you is activated a lot.

If you scored 11 or below, you're comfortable when your Commander-in-Chief system is fairly quiet. Most likely, you are comfortable being led. You don't need to compete much, or be in charge. You are slow to anger.

Is your life in sync with your Commander-in-Chief system?

Next, evaluate your current experience with the Commander-in-Chief system by answering these questions. For each item, circle the alternative that best fits you.

Part One

1. My current life does not provide me with enough opportunity to be in charge. **SA A N D SD**
2. I am too controlled by others. **SA A N D SD**
3. My authority is not really appreciated right now.
SA A N D SD
4. I don't get much of a chance to be assertive right now.
SA A N D SD
5. I miss being able to have a good argument or debate.
SA A N D SD
6. Unfortunately, I keep suppressing my anger these days.
SA A N D SD
7. I am stifling my instincts of leadership these days.
SA A N D SD
8. I wish that I had a job with more power and responsibility.
SA A N D SD
9. I would like to get a chance to show people that I can be in command.
SA A N D SD
10. There is not enough of a chance for me to be effective and forceful in my life right now. **SA A N D SD**

SCORING

SA = 2 points

A = 1 point

N = 0 points

D = -1 point

SD = -2 points

Add your score on Part One (items 1–10): _____.

Part Two

11. I don't enjoy being domineering. **SA A N D SD**
12. I don't get much pleasure from bossing people around.
SA A N D SD
13. I wish I didn't have to be so commanding. **SA A N D SD**
14. I wish others would take more leadership than they do.
SA A N D SD
15. I resent having to be the one who organizes everything.
SA A N D SD
16. I am tired of being in charge all the time. **SA A N D SD**
17. I don't like having as much responsibility and control as I have to take.
SA A N D SD

Now add your score on Part Two (items 11–17): _____.

YOUR COMMANDER-IN-CHIEF CURRENT LIFE SCORE

On Part One (items 1–10), if you scored 6 or more, you feel that your current life understimulates your Commander-in-Chief system. You need a life that provides more opportunities to be in charge than your current situation does.

On Part Two (items 11–17), if you scored 4 or more on these items, your current life pushes you to be more of a Commander-in-Chief than you want to be.

If you scored below 6 on Part One and below 4 on Part Two, your current life is just right for your Commander-in-Chief system.