



The Re/Pro Metric[©]

A Re-active/Pro-active Paradigm Assessment Tool

Directions:

For each of the following questions, check the sentence in column A or Column B that most resembles your typical response:

	✓ Column A	Column B	✓
1	<i>I have to go to work.</i>	<i>I am going to work.</i>	
2	<i>I am mad.</i>	<i>You made me mad.</i>	
3	<i>I have to take out the trash</i>	<i>I am taking out the trash.</i>	
4	<i>I never make the green light.</i>	<i>I frequently stop for red lights.</i>	
5	<i>I wash my car on Tuesdays.</i>	<i>I always have to get my car washed on Tuesdays.</i>	
6	<i>I choose to stay home instead of going to a movie.</i>	<i>I can't go to a movie.</i>	
7	<i>I prefer to change barbers.</i>	<i>I must get a new barber.</i>	
8	<i>If only I could get there on time.</i>	<i>I will get there on time.</i>	
9	<i>That's just the way I am.</i>	<i>I will do better.</i>	
10	<i>Let's figure out a solution.</i>	<i>There's nothing I can do.</i>	
11	<i>They started it.</i>	<i>I am not going to stoop to their level.</i>	
12	<i>That's just the way things are.</i>	<i>What are the alternatives?</i>	



The **Re/Pro** Metric[®] Grading Scale

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Shaded Gray= Pro-active responses No Shading= Re-active responses

Directions:

- For each pro-active response **Shaded Gray** give yourself 1 point (+1)
- For each re-active response **No Shading** subtract 1 point (-1)
- Calculate your score below by subtracting your re-active score from your pro-active score.

Total of Pro-active responses=

Total of Re-active responses=

Total **Re/Pro** Metric score=



The **Re/Pro Metric**® Assessing your score

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8 to 12 points= Pro-former

People probably think that you are strange because of the way you phrase things. You are intentionally pro-active and control how you respond to circumstances. You are a first mover who takes the initiative. You are a thermostat, not a thermometer.

3 to 7 points= Producer

You realize that you are in control most of the time. You attempt to influence your surroundings more than they influence you. You either act first or decide how to respond to situations after careful consideration, but there are certain areas over which you feel you do not have control.

-4 to 2 points= Prospector

Sometimes you take the initiative and set the tone for yourself and your environment. At other times, outside influences tend to control you. You would like to have more influence, but feel like there is nothing you can do most of the time. You do not think that you are much different than the majority of people. You follow the status quo and try not to rock the boat.

-5 to -12 points= Reactionator

You likely are not much fun to be around. Everyone else listens to you complain about what a victim you are. You resemble the Terminator wielding a deadly weapon of negativity. You react to people and situations rather than responding to them. You are a thermometer, not a thermostat. You probably feel victimized by this assessment, but it could be the greatest thing that has ever happened to you, if you learn from it and change your ways.



The **Re/Pro Metric**® How scores are assessed

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Choosing sentences with pro-active words or phrases gained you 1 point for your response, while choosing re-active words and phrases subtracted 1 point from your overall score. The chart below shows a list of pro-active and re-active terms.

Re-active Terms	Pro-active Terms
<i>I must</i>	<i>I prefer to</i>
<i>You made me</i>	<i>I control</i>
<i>I have to</i>	<i>I am going to</i>
<i>I can't</i>	<i>I can</i>
<i>I always</i>	<i>I usually</i>
<i>If only</i>	<i>I will</i>
<i>That's just the way I am</i>	<i>I will do better</i>
<i>There's nothing I can do</i>	<i>Let's figure out a solution</i>
<i>That's just the way things are</i>	<i>What are the alternatives?</i>
<i>There's no choice</i>	<i>What are the options</i>
<i>How can I?</i>	<i>I choose</i>