

INFORMAL INTENSITY ASSESSMENT

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Please list yourself and the key people in your relationships and work environments in the first column.

Then rate each of those listed on a scale from 0 to 7 for each type of intensity.

0 = person has none of the characteristics

7 = person has many of the characteristics and with great strength

List yourself and family members, friends, colleagues, and students below	PSYCHOMOTOR	SENSUAL	INTELLECTUAL	IMAGINATIONAL	EMOTIONAL

How do the similarities and differences affect your relationships?