

## The Competitive Adjective Profile (CAP)

	10	9	8	7	6	5	4	3	2	1	
Even-tempered	0	0	0	0	0	0	0	0	0	0	Moody
Resilient (quick emotional recovery)	0	0	0	0	0	0	0	0	0	0	Non-resilient (slow emotional recovery)
Competitive	0	0	0	0	0	0	0	0	0	0	Noncompetitive
Self-reliant	0	0	0	0	0	0	0	0	0	0	Dependent
Committed	0	0	0	0	0	0	0	0	0	0	Uncommitted
Aggressive	0	0	0	0	0	0	0	0	0	0	Passive
Confident	0	0	0	0	0	0	0	0	0	0	Insecure
Patient	0	0	0	0	0	0	0	0	0	0	Impatient
Disciplined	0	0	0	0	0	0	0	0	0	0	Undisciplined
Optimistic	0	0	0	0	0	0	0	0	0	0	Pessimistic
Responsible	0	0	0	0	0	0	0	0	0	0	Irresponsible
Realistic	0	0	0	0	0	0	0	0	0	0	Unrealistic
Challenged	0	0	0	0	0	0	0	0	0	0	Frightened
Coachable	0	0	0	0	0	0	0	0	0	0	Uncoachable
Focused	0	0	0	0	0	0	0	0	0	0	Unfocused
Mature	0	0	0	0	0	0	0	0	0	0	Immature
Motivated	0	0	0	0	0	0	0	0	0	0	Unmotivated
Emotionally flexible	0	0	0	0	0	0	0	0	0	0	Emotionally rigid
Good at problem solving	0	0	0	0	0	0	0	0	0	0	Poor at problem solving
Good team player	0	0	0	0	0	0	0	0	0	0	Poor at team play
Willing to take risks	0	0	0	0	0	0	0	0	0	0	Unwilling to take risks
Skilled at acting	0	0	0	0	0	0	0	0	0	0	Unskilled at acting
Strong body language	0	0	0	0	0	0	0	0	0	0	Weak body language
Relaxed	0	0	0	0	0	0	0	0	0	0	Tense
Energetic	0	0	0	0	0	0	0	0	0	0	Nonenergetic
Physically fit	0	0	0	0	0	0	0	0	0	0	Physically unfit

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