### MY PERSONALITY
You can choose any of the listed examples, or you can write in things that you would like people to know about you. Use the space provided for details.

#### Some things about me
- [ ] I prefer to do activities alone
- [ ] I prefer activities with other people
- [ ] I like having my personal space
- [ ] I like showing affection to others
- [ ] I have a nickname:
- [ ] I have a sense of humor
- [ ] I consider myself quiet
- [ ] I consider myself talkative

#### What makes me happy?
- [ ] Being outside / inside
- [ ] Travel or outings
- [ ] Certain music or sounds
- [ ] Visiting family or friends
- [ ] Relaxing
- [ ] Reading/being read to
- [ ] Being around pets
- [ ] A special place
- [ ] A TV show
- [ ] Certain hobbies / activities
- [ ] Certain meals / food
- [ ] Other:

#### What makes me unhappy?
- [ ] Certain noises
- [ ] Certain smells or tastes
- [ ] Being rushed
- [ ] Being moved/startled
- [ ] Certain animals
- [ ] Eating
- [ ] Being alone
- [ ] Having limited choices
- [ ] Slipping / falling
- [ ] Lack of privacy
- [ ] Storms / bad weather
- [ ] Crowds
- [ ] Darkness
- [ ] Death
- [ ] Other dislikes:

#### What helps me cope with difficult situations?
- [ ] A safe person
- [ ] Music or sounds
- [ ] A distraction
- [ ] Having people around
- [ ] Pets
- [ ] A safe place
- [ ] Cigarettes / alcohol
- [ ] Other:
- [ ] Spirituality / faith
- [ ] Television
- [ ] Familiar objects

How would you like your current care providers to help you cope?