

Nature vs Nurture

A Personality Self-Assessment Worksheet

Use this worksheet to trace your own traits back to their roots. For each trait, reflect honestly before placing your mark — there are no right or wrong answers, only your own patterns.

HOW TO USE THIS WORKSHEET

- Read each trait or behaviour listed in Section 2.
- Think of one real moment when you showed that trait clearly.
- Mark whether it feels closer to something you were born with (Nature), something life taught you (Nurture), or a mix of both.
- There is no scoring system — this is a reflection tool, not a test.

SECTION 1 — TRAIT TRACKER

Tick one box per row. Be specific — think about the actual moment, not just the label.

Trait / Behaviour	Mostly Nature	Both / Not Sure	Mostly Nurture
Shyness in new social settings	☐	☐	☐
Quick temper / short fuse	☐	☐	☐
Need for order and routine	☐	☐	☐
Comfort with public speaking	☐	☐	☐
Tendency to worry about the future	☐	☐	☐
Competitiveness in games or work	☐	☐	☐
Empathy toward strangers' problems	☐	☐	☐
Risk-taking in new situations	☐	☐	☐
Stubbornness once a decision is made	☐	☐	☐
Ability to stay calm under pressure	☐	☐	☐

Add your own: use the blank rows below for two more traits specific to you.

	☐	☐	☐
	☐	☐	☐

SECTION 2 — GO DEEPER

1

Pick one trait you marked as Mostly Nature.

What is the earliest memory you have of this trait showing up?

2

Pick one trait you marked as Mostly Nurture.

Who or what experience do you think shaped it? A parent, a teacher, an event?

3

Pick one trait you marked as Both / Not Sure.

What would need to change in your environment for this trait to look different?

4

Think of a sibling, close friend, or cousin your age.

Where did your paths differ the most, despite similar starting points?

QUICK REFERENCE — KEY THEORIES AT A GLANCE

Thinker	Position	Core Idea
John Locke	Nurture	Mind begins as a blank slate (tabula rasa); experience writes everything.
Noam Chomsky	Nature	Humans are born with an innate capacity for language (universal grammar).
B.F. Skinner	Nurture	Behaviour is learned entirely through environmental reinforcement.
Albert Bandura	Nurture (+)	Traits are picked up through observation and modelling, not just reward.
Thomas Bouchard	Interaction	Twin studies: genetics explain roughly 40–60% of personality variation.
Avshalom Caspi	Interaction	A gene raised aggression risk only when paired with childhood maltreatment.

Remember: a trait is never purely one or the other. Genes usually set a starting range; your environment decides where within that range you actually land. Revisit this worksheet every few months — your answers may shift as you notice new patterns.