Passage personalities 24

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Type A and Type B are two types of personalities .Some very prominent characteristics are seen in type A people and that is the reason why they are so easily identified. If you see someone freaking out because they are made to wait, even if the wait is for just couple of minutes, you have most probably encountered a type A person! People having a type A personality, are always in a hurry and impatience seems to be their middle name! Time urgency is seen clearly in their personality. They speak fast, they walk fast and are constantly aware of the running time.

Another peculiar type A personality trait is that they cannot tolerate slow speaking people and they usually end up completing sentences for them! Other special characteristics of type A personality people are that they get upset over small things easily and are also short tempered. When they get really angry, they can be very rude! So it is better not to provoke these ‘stress junkies’! They are rightly called ‘stress junkies’ for they get stressed out easily. They have high ambitions and they can overcome competition to achieve their goal. They also tend to compete with other people.

Type A people are said to have greater chances of suffering from hypertension and heart diseases. This is obviously because of their ‘stress junkie’ nature. So type A personalities need to calm down. Meditation and breathing exercises prove to be helpful for this personality type. This was about type A personality description. Now let’s take a look at type B personality.

There are some major differences between type A and B personality. The biggest difference is that type B personality people are always chilled out! They are mostly calm and composed, and in contrast to type A personalities, type B people are never in a hurry! They are the ones who will start talking when they are standing in a line, and by the time their turn comes, they will have made friends. They will always be thinking about others’ problems and always lend a helping hand. They are equally hardworking as type A personalities, but they do not mind losing. So you won’t have competition from a type B in office! They also do not get stressed easily and if ever they become stressed they usually become more productive. This is one of the biggest differences between type A and B personality. Type A tends to get destructive while type B tend to get productive.

هناك بعض الاختلافات الرئيسية بين النوع (أ) و (ب). أكبر الفرق هو أن نوع B شخصية الناس دائما المبردة بها! هم في الغالب الهدوء والمؤلفة، وعلى النقيض من شخصيات نوع A، نوع B الناس أبدا في عجلة من امرنا! هم أولئك الذين سيبدأون الحديث عندما يقفون في خط، وبحلول الوقت الذي يأتي بدوره، فإنها سوف تكون صداقات. وسوف يكون دائما التفكير في مشاكل الآخرين ودائما تقديم يد العون. هم على قدم المساواة المجتهد شخصيات نوع A، لكنها لا تمانع في فقدان. لذلك لن يكون لديك منافسة من نوع B في المكتب! كما أنهم لا يحصلون على التشديد بسهولة، وإذا أصبحوا في أي وقت من الأوقات أكدوا أنهم عادة ما تصبح أكثر إنتاجية. هذا هو واحد من أكبر الاختلافات بين نوع A و B الشخصية. النوع (أ) يميل للحصول على مدمرة في حين أن النوع (ب) يميل إلى الحصول على إنتاجية.

Because of their happy-go-lucky nature, type B personalities do not face much of health problems. Speaking about sports, type A and type B personality in sports are quite different from each other as their unique qualities reflect in their game also. Type A are perfectionists so they always aim to win and can also be dominating. On the other hand, type B personalities are relaxed and they play for entertainment rather than for winning.

بسبب طبيعتهم سعيدة الحظ، نوع الشخصيات ب لا تواجه الكثير من المشاكل الصحية. يتحدث عن الرياضة، نوع A ونوع B شخصية في الألعاب الرياضية مختلفة تماما عن بعضها البعض كما تعكس الصفات الفريدة في اللعبة أيضا. النوع (أ) هم من الكماليين، لذلك هم دائما يهدفون إلى الفوز ويمكن أن يكونوا أيضا مهيمنين. ومن ناحية أخرى، فإن شخصيات النوع باء ترتاح وتؤدي للترفيه بدلا من الفوز.

**1-C /2-A/ 3-B/ 4-C/ 5- B**

**Questions**

**1.Paragraph 1 is talking about the characteristics of :**

1. Personality A & Personality B
2. Personality B only
3. Personality A only
4. Impatience and Time urgency
5. **Type A personality people might suffer from :**
6. high blood pressure
7. cancer
8. meditation
9. breathing
10. **The underlined word “ chilled out” most probably means:**
11. angry
12. calm
13. stressed
14. impatient

**5-Your friend is a Personality B student. He studied hard for the TOEFL Test. However, he failed. What might be his reaction?**

1. He might have a heart disease
2. His blood pressure will go up
3. He doesn’t mind
4. He might get stressed
5. **One major difference between Personality A and personality B is:**
6. When personality A persons become stressed they produce more
7. When personality B persons become stressed they become more productive
8. Type A are hardworking, but Type B are not.
9. Type A are relaxed ,but type B are not

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