**the 'dalai lama' personality test (ice-breaker, bit of nonsense, light relief for boring meetings, etc)**

The famous 'Dali Lama' personality test seems to have started as a chain letter and email around the year 2000. It has nothing whatsoever to do with the Dalai Lama, and as a psychometrics instrument it has no standing at all, other than being top of the personality testing category loosely referred to as 'a load of nonsense'. The test appears in many varying presentational formats, which commonly promise lifelong happiness, wealth, avoidance of plague and pestilence, plenty of sex, yachts, etc., but the essential 'test' elements are consistent. It's a bit of fun and no more. If you know of any research. Meanwhile use it with a pinch of salt and a firm disclaimer..

**Question 1. Write down the following five animals in the order of your preference: Cow Tiger Sheep Horse Pig**

**Question 2. Write a word to describe each one of the following (preferably write five different describing words): Dog Cat Rat Coffee Sea**

**Question 3. Write down the name of a different person whom you associate with each of these five colours (each person must be known to you and important to you): Yellow Orange Red White Green**

**Question 4.** (In the typical 'Dalai Lama chain letter email, question 4 asks for the person's favourite number and favourite day of the week, and subsequently links the answers to respectively: the number of friends to forward the email/letter to, and the day of the week on which the person's wish will come true, so it's as well to exclude question 4, unless you position it purely as a bit of nonsense.)

(At this point the chain letter normally suggests, for extra gravitas..."Be sure that your answers are what you really feel..." and then invites the respondent to make a wish.. world peace, meeting this month's target, a modest win on the lottery, Torquay United to avoid relegtion...)

After people have written down and thought about their answers, you can reveal the interpretations....

**Question 1 interpretation** (Write down the following five animals in the order of your preference: Cow Tiger Sheep Horse Pig):

* Cow = CAREER
* Tiger = PRIDE
* Sheep = LOVE
* Horse = FAMILY
* Pig = MONEY

**Question 2 interpretation** (Write a word that describes each one of the following: Dog Cat Rat Coffee Sea).   
The descriptive words are supposedly how you see or feel about:

* Dog = your own personality
* Cat = your partner
* Rat = your enemy or enemies
* Coffee = sex
* Sea = your life

**Question 3 interpretation** (Write down the name of a different person whom you associate with each of these five colours: Yellow Orange Red White Green). The people whom you identify with each colour are supposedly:

* Yellow = a person you will never forget
* Orange = a true friend
* Red = a person you really love
* White = your twin soul or soul-mate
* Green = a person you will remember for the rest of your life (this is the usual interpretation of the Green person, although observant readers will notice that it is effectively the same as the Yellow person, so for added interest, here is an alternative more interesting Green):
* Green = someone who can teach you a lot about yourself

Just for interest only, the chain email/letter version added additional incentive for continuing the chain with the promise that by forwarding the message (or 'mantra') to specifed numbers of people "...your life will improve..." according to the following scale:

* 0-4 persons = slightly (steady now..)
* 5-9 persons = to your liking
* 9-14 persons = you will have at least 5 surprises in the next three weeks (presumably nice surprises..)
* 15 or more persons = your life will improve drastically and "all that you have always dreamed will take shape.." (or words to that effect)

And the chain letter typically ends with a final sign-off: "If someone does not smile at you, be generous and offer your own smile. Nobody needs more a smile than the one that cannot smile to others..." (which in itself is no bad thing to advocate - see [Smile](http://www.businessballs.com/quotes.htm#smile words lyrics chords music)).