

# Table of Descriptors for Each of the 4 Dimensions D, I, S and C

The Intensity Index is a measure of behavioral traits that you are likely to have based on your DISC self-assessment. Once you have found your Intensity Index number for **EACH** of the 4 dimensions of the DISC system (D, I, S and C), find a range of numbers by adding and subtracting 3 from each.

Using Jane's raw scores for example again, her intensity index numbers are as follows: **D = 16** (for the raw score of -5), **I = 26** (for the raw score of +9), **S = 19** (for the raw score of +7), and **C = 12** (for the raw score of -5). Now, we add and subtract 3 to each dimension to find a range of behavioral traits that would most likely describe Jane.

Range of D behavioral traits = **13 – 19** on the Intensity Index

Range of I behavioral traits = **23 – 28** on the Intensity Index (28 is the highest Intensity Index number)

Range of S behavioral traits = **16 – 22** on the Intensity Index

Range of C behavioral traits = **9 – 15** on the Intensity Index

Intensity Index	D, Dominance	Intensity Index	I, Influence	Intensity Index	S, Steadiness	Intensity Index	C, Conscientiousness
28	egocentric	28	self-promoting	28	passive	28	evasive
27	domineering	27	effusive	27	resistant to change	27	perfectionistic
26	aggressive	26	gregarious	26	possessive	26	exacting
25	demanding	25	impulsive	25	patient	25	conventional
24	daring	24	emotional	24	predictable	24	cautious and careful
23	direct	23	persuasive	23	loyal	23	diplomatic
22	risk-taking	22	trusting	22	team player	22	systematic
21	adventuresome	21	enthusiastic	21	serene	21	neat and orderly
20	decisive	20	warm and friendly	20	complacent	20	self-controlled
19	competitive	19	sociable	19	relaxed	19	high standards
18	self-assured	18	optimistic	18	not demonstrative	18	analytical
17	ambitious	17	generous	17	deliberate	17	sensitive
16	action-oriented	16	charming	16	amiable	16	mature
15	self-reliant	15	confident	15	stable	15	tactful
14	inquisitive	14	convincing	14	mobile	14	balanced judgment
13	self-critical	13	observing	13	outgoing	13	independent
12	responsible	12	discriminating	12	alert	12	self-willed
11	realistic	11	reflective	11	eager	11	persistent
10	cooperative	10	factual	10	critical	10	unsystematic
9	undemanding	9	logical	9	discontented	9	rigid
8	cautious	8	skeptical	8	fidgety	8	opinionated
7	conservative	7	matter-of-fact	7	impetuous	7	stubborn
6	peaceful	6	suspicious	6	restless	6	arbitrary
5	meek	5	pessimistic	5	change-oriented	5	rebellious
4	quiet	4	aloof	4	fault-finding	4	defiant
3	modest	3	withdrawn	3	spontaneous	3	obstinate
2	unsure	2	self-conscious	2	anxious	2	tactless
1	dependent	1	reticent	1	active	1	careless with details