

Trends



Do you live in the past, present or future?

Psychology

Home Psychology tests Time type

The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.

What time type are you?

Past types
You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

Present types
The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

Future types
You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

[Take the test](#)

Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use vocabulary from the exercise 2.

Example: *I would like to do some exercise, but I need to do housework, I really don't need go to shopping.*

Read the article and find a positive and a negative thing about each type of person – past, present, and future.

Past

Positive _____

Negative _____

Present

Positive _____

Negative _____

Future

Positive _____

Negative _____

1. Choose two activities from the exercise 2 which are typical for each three types of people.

Past type

Present type

Future type