

SELF-DESCRIPTION TEST (SDT): HOW TO WRITE IT HONESTLY & EFFECTIVELY IN SSB INTERVIEW

The **Self-Description Test (SDT)** is one of the most revealing psychological assessments in the **SSB Interview** process. It is conducted to gain deep insights into your **personality, self-awareness, interpersonal behavior, and Officer Like Qualities (OLQs)**. Unlike other tests such as TAT or WAT, the SDT gives you the chance to directly describe yourself based on how others perceive you—and how you perceive yourself.

In this comprehensive SEO-friendly article, we'll guide you through **what the SDT is, why it's important, and how to write honest and effective SDTs** that reflect your true personality while aligning with the values expected in a future officer.

What is the Self-Description Test (SDT) in SSB?

The **Self-Description Test** is the **final part of the Psychological Testing** in the SSB interview. You are given **5 specific prompts**, and you must write your response to each one within **15 minutes** total.

The 5 prompts are:

1. What your **parents** think about you
2. What your **teachers/employers** think about you
3. What your **friends/colleagues** think about you
4. What **you think of yourself**
5. What kind of **person you would like to become**

Each description is expected to be **factual, concise, and truthful**, reflecting both your strengths and areas of improvement.

Objective of SDT in SSB

The SDT is used by assessors to:

- Understand your **self-awareness**
- Evaluate your **social adaptability** and **interpersonal relations**

- Judge your **honesty and introspection**
- Assess if you possess balanced and **realistic self-perception**
- Cross-check your responses from TAT, WAT, and SRT for consistency

How to Write SDT Honestly & Effectively

1. Reflect on Real-Life Feedback

Before writing, take time to **genuinely reflect** on what your parents, friends, teachers, and employers have said about you. Be honest with both **praise and criticism**. Don't write what you think assessors want to hear—**write what is true**.

Tip: Ask people close to you for their feedback. Record their comments and analyze the recurring traits.

2. Structure Each Paragraph Clearly

Each of the five sections should be structured with:

- **1-2 strengths**
- **1 minor weakness** (preferably one you're working on)
- **A concluding line** showing growth or maturity

Example:

My parents consider me responsible and sincere. They often praise my ability to manage time and stay calm during difficult situations. However, they feel I sometimes overthink before taking action. They encourage me to be more decisive. Overall, they are proud of my discipline and dedication.

3. Highlight Officer-Like Qualities (OLQs)

Your SDT should naturally reflect OLQs such as:

- Responsibility
- Initiative
- Team spirit
- Leadership
- Effective intelligence

- Self-confidence
- Social adaptability

Avoid directly stating “I have OLQs”—instead, **demonstrate them subtly** through personality traits and real-life behaviors.

4. Be Honest About Your Weaknesses

No one is perfect. Assessors look for **self-aware individuals** who can acknowledge their flaws and show efforts to improve. Avoid fake weaknesses like “I work too hard.” Instead, show genuine areas you’re improving.

Example:

My friends say I’m dependable and always available to help. Some of them feel I need to open up more socially. I’m working on being more expressive and confident in group settings.

5. Keep Language Simple and Personal

Avoid flowery or memorized language. Your tone should be:

- **Genuine**
- **Simple**
- **Reflective**
- **Positive in outlook**

Avoid using big words or fancy expressions. This is not an English test—it’s a personality reflection test.

6. Practice Writing and Get Feedback

Write multiple drafts of your SDT and ask mentors, friends, or SSB trainers to review them. Make sure your responses are:

- **Realistic**
 - **Balanced**
 - **Not contradictory to your actions in TAT/WAT/SRT**
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7. Align the “Ideal Person” Paragraph with Army/Navy/Air Force Values

In the fifth paragraph—“**What kind of person you want to become**”—describe a realistic, growth-oriented vision that aligns with military values:

Example:

I aspire to become a calm, courageous, and disciplined individual who can lead by example. I want to develop better physical endurance and mental resilience. I am working every day toward becoming someone who can serve the nation with honor.

Sample SDT Response Format (Short)

1. What my parents think about me:

My parents consider me disciplined, sincere, and focused. They trust me with responsibilities. They feel I need to improve my communication skills and socialize more.

2. What my teachers think about me:

Teachers see me as hardworking, punctual, and cooperative. They’ve appreciated my consistency in academics. They advise me to take more leadership roles in class.

3. What my friends think about me:

Friends say I’m trustworthy and a good listener. They rely on me during difficult times. Some feel I take life too seriously and encourage me to be more relaxed.

4. What I think about myself:

I see myself as sincere, thoughtful, and goal-oriented. I enjoy learning new things and helping others. I’m working to be more confident in public speaking.

5. What kind of person I want to become:

I want to become a dependable and decisive person who can contribute to the nation. I aim to build my mental strength, leadership, and emotional intelligence to serve in the armed forces.

Common Mistakes to Avoid in SDT

- Writing exaggerated or idealized traits
- Copying responses from the internet
- Being overly negative or self-critical
- Ignoring weaknesses or pretending to be perfect
- Using fancy language or trying to impress

Final Thoughts

The **Self-Description Test** is your chance to show the real **you**—your values, character, and growth mindset. If you prepare honestly, reflect deeply, and align your personality with **Officer Like Qualities**, you’ll not only ace the SDT but also build

stronger impressions in the overall SSB process.

Remember, SSB is not looking for perfect candidates—they are looking for **trainable, sincere, and honest individuals** who can become effective leaders.

FAQ: Self-Description Test (SDT) in SSB

Q1. How long should each SDT paragraph be?

Each paragraph should be around 5–6 lines. Focus on quality, not quantity.

Q2. Can I write only positive traits?

No. Include minor, realistic weaknesses and mention efforts to improve them.

Q3. Will assessors compare my SDT with TAT/WAT/SRT?

Yes. Consistency across all psych tests is very important.

Q4. Is it okay to write the same SDT in every attempt?

Not exactly. Your SDT should evolve based on real growth. Keep updating it as you improve.

Q5. Should I memorize the SDT?

You can prepare and practice it, but don't mug it up. Write in your own words during the test.

Q6. How can I improve my SDT?

Take honest feedback from parents, friends, and mentors. Practice writing and revise after expert review.

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