

More than Helpful



Caring, Interpersonal, Generous,
Demonstrative, People-Pleasing, Possessive,
Empathetic, Supportive, Emotional

RECOGNITION
OF NEEDS

I am really good at recognizing what another person needs but struggle to know what I need or want. I feel frustrated when people don't see how much I care.

CONNECTION
BY HELPING

I am very thoughtful and supportive of the people in my life and I often find myself wishing people were more supportive of me.

FOCUS ON
OTHERS

I find myself paying close attention to others, I love to connect with people and their stories.

FEELING
UNWORTHY

I am very sensitive to disconnection in my relationships and will look for any glimpse of external validation to counteract those negative feelings.

EMOTIONAL
AWARENESS

I am an emotionally sensitive person and use this awareness to connect with others.



Efficiency Master



Success-Oriented, Adaptable, Excelling,
Driven, Image-Conscious, Self-Assured,
Charming, Competitive, Hardworking

CONCERN FOR
EFFICIENCY

I prioritize productivity and strongly dislike having my time spent inefficiently. This tendency has frequently resulted in overworking across various aspects of my life.

AMBITIOUS
AND GOAL-
ORIENTED

I have a strong drive to achieve, I can be quite competitive. I love seeing the completion of a task, project or to-do list.

FEAR OF
FAILURE

Because of my desire to do well in life, I am very sensitive to failure. I prefer to examine and talk about the successful moments of my life and have been known to seek external validation for my achievements.

ADAPTABLE

I am great in social situations. I am very capable of adjusting my approach to fit whatever situation I find myself in.

POSITIVE AND
UPBEAT

I love life. I am known for my positive and upbeat demeanour. I love to cheer people on in their success and be part of uplifting communities.



Awareness of Lack



Introspective, Expressive, Dramatic,
Sensitive, Emotionally Honest, Creative,
Personal, Passionate, Individual

ALWAYS
SOMETHING
MISSING

It's hard to put into words what I feel when I examine my own life next to anybody else's, I am very aware of anything that is missing on either side and find myself longing for what is lacking.

EMOTIONAL
INTENSITY

I often experience intense emotions. Some people have commented that I can be moody but I find beauty and comfort in moments of melancholy and other deep emotions.

FEAR OF
BEING
ORDINARY

I find I am often misunderstood because I am not afraid to be me - I love that I am me. Much of my inner world is focused on cultivating my individualism and seeking depth and meaning in my personal journey.

CREATIVE
EXPRESSION

I have always been creative. I love how the arts can hold the depth of my emotions when words can't capture them.

TENDENCY TO
WITHDRAW

I find myself withdrawing when I am overwhelmed or feeling misunderstood. I tend to idealize relationships and can feel deeply hurt when someone isn't able to meet me where I am.

