

Responds To Injustice



Self-Confident, Decisive, Willful,
Confrontational, Direct, Energetic,
Supportive, Assertive, Charismatic

DESIRE FOR JUSTICE

I have a strong sense of justice and I often find myself responding to unfairness on behalf of others.

INTENSE AND DIRECT

I approach many aspects of my life with energy and passion. People have commented that my directness can sometimes come across as forceful or blunt.

ACTION- ORIENTED

I am driven, I make decisions quickly and I like to take charge of situations.

FEAR OF WEAKNESS

I do not like to be seen as weak or vulnerable. I am sensitive to assumptions about my strength and capabilities.

AUTONOMY

I value my independence and will resist people and situations that attempt to impose control over me.



Self- Forgetting



Easygoing, Receptive, Reassuring,
Agreeable, Complacent, Comfort-seeker,
Warm, Friendly, Understanding

TENDENCY TO GO ALONG

I have a hard time stating my preference clearly and often go along with another person's preferences or opinions even if I don't agree completely.

DESIRE FOR HARMONY

I try to avoid conflict and tension. I am really good at interpreting the intention behind interactions and can easily see things from another person's point of view.

PROCRASTI- NATION

I often find myself delaying the start of a task, project or even a decision, especially when it feels like there is a right or wrong option.

ZONING OUT

I sometimes notice I'm not really paying attention or have disconnected from what is in front of me. I catch myself having internal conversations or disappearing into my imagination.

DIFFICULTY SAYING NO

I like to think I'm easy-going so sometimes I agree to something even though something inside me feels uncomfortable - "maybe" is my best friend.



Self-Analyzing



Principled, Purposeful, Self-Controlled,
Rational, Idealist, Rigid, Conscientious,
Disciplined, Reliable

INNER CRITIC

I have a voice inside that points out mistakes or ways I can be better. It's always been there so I don't really think of it as super harsh, but I suppose someone else might.

DESIRE FOR PERFECTION

I have really high standards for myself, I can see how things should be and I don't understand why others wouldn't want to strive for the same vision.

ORDER AND STRUCTURE

I like things in my life to make sense, I am very organized in most areas of my life - if I say I'm going to do something, I will.

CONTROL EMOTIONS

I believe emotions are a natural part of life but I have noticed that in moments when they become overwhelming for me, I am quick to shift my thoughts or the conversation to something that requires less vulnerability.

STRUGGLE TO RELAX

Most of the activities in my life have a purpose so even when I am taking a break or relaxing, I notice I am still consider how that time is productive or using it to work towards my personal development.

