

Instructions: Indicate whether the following personal statements are "T" True or "F" False. The Score Key is at the end of the assessment.

- _____1. I tend to look at the world in a reactive manner.
- _____2. I am consistent in how I see the world; what I see confirms my beliefs and reinforces my disbeliefs.
- _____3. I tend to sugarcoat things; other people have told me I can be a Pollyanna.
- _____4. I rarely check the facts. I tend to use my gut instinct.
- _____5. Most of what I think and believe tends to come true for me.
- _____6. I am an emotional person. I experience the world mostly through my emotional response to situations.
- _____7. The world is primarily good.
- _____8. I like to engage in analyzing life through exploring hypothetical situations.
- _____9. I have the power within me to make a positive impact on the world.
- _____10. I frequently feel off balance.
- _____11. I am a try before I buy person.
- _____12. If I trust you, I do not need proof to believe you.
- _____13. I tend to be flexible in my convictions. I leave room to consider someone else's point of view.
- _____14. I typically keep my thoughts and opinions to myself.
- _____15. People consider me to be reasonable.
- _____16. Sharing feelings makes me uncomfortable.
- _____17. I can be counted out to provide emotional support during crisis.
- _____18. I have a great poker face.
- _____19. I sometimes have an idealistic outlook.
- _____20. Sometimes I find myself questioning everything that happens.
- _____21. I can often see the disaster headed straight for my good plan.
- _____22. I like to observe from a distance before I engage with people.
- _____23. I am an out of the box thinker.
- _____24. I am excellent at reading the energy of a person or a room.
- _____25. The only thing I use my gut for is digestion.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

Key

Review your answers to determine what your Personality Filter Style is. It is possible to have more than 1 filter.

It is likely that you have an **Idealistic Personality filter** if you answered 1-2-5-7-9 if mostly True.

It is likely that you have a **Realist Personality filter** if you answered 3-4-6-8 as mostly False.

It is likely that you have a **Pragmatic Personality filter** if you answered 10-13-15-19 False and 19-20-21 True.

It is likely that you have a **Questioner Personality filter** if you answered 11 True, 12 False, 22 True, 14 True.

It is likely that you have a **Stoic Personality filter** if you answered 16 True, 17 False, 14 True, 18 True.

It is likely that you have a **Visionary Personality filter** if you answered 2 False, 23 True, 24 True, 25 False.

It is likely that you have a **Dissenter Personality filter** if you answered 2 True, 5 False, 7 False, 12 False.

Suggestions to cultivate a flexible perspective

The Idealist

Her Challenges: She believes things at face value and can be taken advantage of more easily. She may act before gathering all of her facts and considering consequences. She dreams big, sometimes too big, meaning she can miss what she personally must do to make things happen. This can keep her stuck in a "things always work out" mindset which can lead to a crisis of identity or a crisis of belief

Remedy: Ask questions, examine feelings and feeling sources, PAUSE, think through and brainstorm consequences of rash decisions

The Realist

Her Challenges: Her preference is to be sure of success before she can take action. She does not act of faith alone. Working things out as they come up is not an acceptable path for her. As a result, she can be the reason that her opportunities are limited.

Remedy: Embrace the unknown and the thrill of surprise as a stretch practice

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The Pragmatist

Her Challenges: They are unlikely to act on instinct and can go back and forth between decisions endlessly. They can be subject to strained relationships.

Remedy: Set a time limit for decision making. Reinforce values and priorities and test decisions against these stated convictions. Cultivate an intuition building practice.

The Questioner

Her Challenges: She is unwilling to try unproven things. She signs on too late. She can be subject to feeling that life has passed her by

Remedy: Practice being vulnerable. Expand the perception that people and things are as they present to be. Do not let skepticism stop you from taking action on your biggest dreams and desires.

The Stoic

Her Challenges: People do not know where they stand with her and she is oblivious to why she is not able to relate.

Remedy: Practice identifying feelings; Experiment with expressions of feelings that are right for you. Make note of those times that you correctly assessed an emotional situation

The Visionary

Her Challenges: Focusing on feelings can often cause facts to be missed or ignored. These could be the signs and consequences that others saw coming. This can result in an aura of being out of touch with reality.

Remedy: Focus on practical and realistic; the probable as opposed to the vaguely possible.

The Dissenter

Her Challenges: She's considered to be a downer and negative. As a result, she can miss out on some of life's most beautiful moments.

Remedy: Amor Fati. Wake up. You're missing it. Release the negative and embrace the positive.

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