



BELIEFS AND BEHAVIORS EXERCISE

*Which of these words and phrases describe your behaviors and desires most of the time and in most situations?
(Remember the second page, also. Ignore the differences in color among the columns.)*

I try to be honest when expressing myself to others.	Power is important to me	Personal interaction is important to me	At work, I know my role and feel comfortable in it	Intimacy Commitment
In conflict situations, I usually give in in order to keep the peace.	Authority	Consensus-oriented	Entrepreneurial	Friendship Communication
People should be accountable for their actions	Influence	Sensitive	Motivation	Gentleness Compassion
I often sacrifice my true desires for the good of others	Responsible	Empathetic	People often take advantage of me	Caring In my family, I know my role and feel comfortable in it
Intimacy is easy for me	Managerial	Open	Progress	Emotion Spiritual life
I love beautiful things	Directive	Affirming	Inspiration	Health Devotion
I am good-natured	Directive	Supportive	Renewal	Passionate pursuit Worship
Distinction	Leader	Closeness	Most of my time each day is spent in helping or addressing the needs of others	Generosity Service
Recognition	Decisive	Faithfulness	Healing	My ideas are not as important as others'
I like attention	Consistent	Warmth	Relationship	I easily reach out to others for help
Participation	Regulated	Truth	I love a good fight	I often feel drained of energy and emotion after interacting with others
Involved	Creativity	Passion	I like to be part of a team	Hospitality
Association	Fun	Adventure	Community	I am concerned about the welfare of others
Acknowledgement	Artistic	Diversity	Belonging	
Contact	I often feel taken advantage of	Travel	I like to get my own way	
Belonging	Spontaneity	Change	I like to get along with others	
Acceptance	Most people would say I'm easy to get to know	Movement	Being liked and popular is important to me	
I am a romantic person	I'm flexible	I take my responsibility to others' happiness seriously	I have a strong sense of right and wrong	
I crave freedom	Knowledge	I usually put my needs first	I take things personally	
I am often disappointed in people	I am interested in improving myself	I love new challenges	I consider myself a deep person	
I'm flexible	I have a strong self of who I am	I see opportunity in all situations	Being known	
	Meaning	Enthusiasm		
	Influence			

I like to lead projects and people	Mastery
Integration	Competence
Making a difference	Precision
Volunteering	Excellence
Financial independence	Doing it well
Stewardship	Planning
I am easy going	Being knowledgeable
Frugality	Principles
Overflow	Rationality
I love to share myself with others	Nature
Benevolence	Outdoors
Lifelong learning	
I have fulfilling relationships with most people in my life	
Investment	
Success	
Recognition	
Community involvement	
Career advancement	
Efficiency	
I want to be taken care of	
Accomplishment	
Focus	
Purpose	
Achievement	
Building	
Leadership	
My opinions and wishes are often ignored	