



BELIEFS AND BEHAVIORS EXERCISE

Circle the words and phrases describe your behaviors and desires most of the time and in most situations.

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

I like to lead projects and people

Integration

Making a difference Volunteering

Financial independence Stewardship

I am easy going Frugality Overflow

I love to share myself with others

Benevolence 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