

Treasuring your *Identity*

Part *One*

E-LEARNING

ENTER TO LEARN - LEAVE TO SERVE

THE PREFERRED PROVIDER FOR CUTTING EDGE ONLINE
E-LEARNING COACHING FROM

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To be used in conjunction with the Parents for Life curriculum

A Special Book about

1. Temperament
2. Motivational Spiritual Gifts
3. Gifts
4. Love Languages
5. Growing in Christ
6. Learning Style
7. Emotional Intelligence – Knowing my EQ Design
8. Insecurities
9. Natural Behaviour and Disc Profile

Picture of son or daughter

Pictures



Your name means



Why we gave you your name

A good name is better than precious ointment. Ecclesiastes 7: 1

Interesting facts about your birth

When

Where

Birth Order _____

Number of sibling's _____

1. TEMPERAMENT

In each of the following aspects of temperament, indicate which option best describes yourself.

1. Activity – degree of liveliness or energy expressed by yourself

Low Energy:

- Is content sitting quietly?
- More content working at a desk than participating in sports.

High Energy:

- Always in motion.
- Enjoys activity and gets bored with sedentary activities.

We have observed that your activity level is	Low Energy: 1	High Energy 10	Your score
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2. Adaptability – degree to which you accommodate, conforms, and adjusts

High Adaptability:

- Takes changes in routine without concern.
- Enjoys meeting new people and engaging in new activities.

Low Adaptability:

- Balks at new situations and change in routine.
- May withdraw or become sullen when forced to change.

We have observed your degree of adaptability is	Low Adaptability: 1	High Adaptability 10	Your score
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3. Distractability – degree to which your attention is drawn or redirected

Persistent:

- Patiently waits for other to initiate activities
- When learns a new skill, will repeat it again and again.

Easily Frustrated:

- Gives up quickly when learning a new skill.
- Is irritated by the need to stretch to obtain a goal.

We have observed your degree of distractibility as	Easily Frustrated: 1	Persistent 10	Your score
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4. Curiosity - degree of acceptance and interaction with new people or things

High:

- Enjoys new games, toys, and things that are unfamiliar
- Takes things apart, seeks new ways of doing things

Cautious:

- Observes for a time before approaching anything new
- Content to stick with familiar solutions, toys, etc. rather than explore how new one's work

We have observed your degree of curiosity as	Cautious:1	High 10	Your score
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5. Intensity - degree of strength, force, energy, or feeling exhibited by you

Mellow:

- Very laid back; very little rattles this child
- Quickly gets over upsets

Dramatic:

- Makes a “big deal” about everything
- Easily stressed and reactive

We have observed your degree of intensity as	Dramatic: 1	Mellow 10	Your score
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6. Mood – Your prevailing attitude**Sunny:**

- Smiling often, sees the best in everything
- Very concerned that others are happy

Somber:

- Takes people and life very seriously
- May frown or scowl when encouraged to smile

We have observed that your usual mood is	Somber: 1	Sunny: 10	Your score
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7 Regularity- degree of repetition or rhythm enjoyed by yourself**Predictable:**

- Enjoys same routine day after day
- Works best with schedules and planned activities

Irregular:

- Likes doing things at random
- Finds it hard to fit into situations that have schedules such as school

We have observed that your degree of regularity is	Irregular: 1	Predictable: 10	Your score
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8. Sensitivity - degree of your response to stimulation**Low:**

- Can sleep through anything
- Doesn't give much attention to wounding, whether own or someone else's

High:

- Must have complete silence to sleep or concentrate
- Affected by how others feel, even by facial expressions or body language

We have observed that your level of sensitivity is	Low: 1	High: 10	Your score
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You're Temperament at a glance

1	Activity	
2	Adaptability	
3	Distractibility	
4	Curiosity	
5	Intensity	
6	Mood	
7	Regularity	
8	Sensitivity	



2. MOTIVATIONAL SPIRITUAL GIFTS

Read the following descriptions and determine what your two main spiritual gifts are.

Prophecy

- Strong sense of right and wrong
- Strong sense of justice and fairness
- Truth is extremely important

Serving

- Sees jobs that need to be done and looks for chances to serve
- Does jobs that others don't want to do
- Task oriented

Teaching

- Question asker
- Likes to tell others how to do things
- Always searching for answers

Exhortation

- Sees people's problems
- Encourager
- Wants to see others doing well

Giving

- Aware of other's needs
- Is constantly giving away possessions
- Desires that others be blessed more than self

Administration

- Organizer
- Attacks projects
- Likes to direct others

Mercy

- Senses other's hurt
- May cry when other children are disciplined
- Comforting and compassionate

Your Spiritual Gifts

The two-main spiritual giftings we see in you are:

_____ and _____

Spiritual Gift Test - Website Link:

www.spiritualgiftstest.com

3. GIFTS

	Administration	
	Pioneering initiative	
	Hand skills	
	Creative	
	Communication	
	Discernment	
	Encouragement	
	Reshaping mindsets	
	Writing	
	Sharing	
	Service	
	Hospitality	
	Arts	
	Knowledge	
	Leadership	
	Compassion	
	Motivation	
	Counseling	
	Training	
	Wisdom	
	Sport	
	Organization	
	Connecting people	

1. Write a few sentences to describe who you are?
2. In the space below write what makes you uniquely you
3. Why did God create you?
4. What are some of your hopes and dreams?
5. What do you enjoy dreaming about concerning your future?
6. What season are you in now?
7. What do you need to change?
8. Have you been negatively influence by friends in the past?
9. List the character qualities you would need to change?
10. Are your friends really close friends?
11. Are you in a river, lake, combination or a puddle?
12. Take time to evaluate your relationships with your family? Are they strong? Are they healthy
13. Are you disconnected or disengaged?
14. Which areas need most improvement
15. Do you have friends who have anger issues?
16. Are your friends pulling you away from God?
17. Do you have a healthy self-esteem now?
18. Are there any areas of your life/character in which you know that you are not pleasing God?

4. LOVE LANGUAGES

Gary Chapman has determined five love languages that all people use to express and receive love. Each person flows in one or two of them.

- **Quality time.** Likes one-on-one time that is focused and uninterrupted.
- **Gift giving.** Enjoys giving and getting gifts. The cost of the gift is not as important as the fact that it is an expression of love.
- **Acts of service.** Enjoys doing things for others, investing time and energy to show love.
- **Affirming words.** Likes to give and get words of praise, support, and encouragement.
- **Appropriate physical touch.** Needs hugs, a pat on the arm, a squeeze of the hand, etc. to let this child know he or she is loved.

You're Love Languages

The two main ways of expressing love that we see in you are:

_____ and _____

Examples of how you have expressed and received love through these gifts:

For more information on this topic, read Gary Chapman's books *The Five Love Languages of Children* and *The Five Love Languages of Teenagers*.

Determine your child's love language

Read each of the 30 pairs of statements and ask which one of the two statements you would prefer from a loved one. Circle the X of the statement you prefer. When you finish the profile of, total each column vertically

		A	B	C	D	E
1 A	He/she likes to receive notes of affirmation from you	x				
1 B	He/she likes it when you hug them					x
2 A	He/she likes to spend one-to-one time with you		x			
2 B	He /she feels loved when you give practical help to them				x	
3 A	He/she like sit when you give them gifts			x		
3 B	He/she likes talking long walks with you		x			

4 A	He/she feels loved when you do things to help them				x	
4 B	He/she feels loved when you touch them					x
5 A	He/she feels loved when you hold him/her in your arms					x
5 B	He/she feels loved when he/she receives a gift from you			x		
6 A	He/she likes to go places with you		x			
6 B	He/she likes to hold hands with you					x
7 A	Visible symbols of love(gifts) are very important for him/her			x		
7 B	He/she feels loved when you affirm them	x				
8 A	He/she likes to sit close with you					x
8 B	He/she likes for you to tell them he/she is attractive/handsome	x				
9 A	He/she likes to spend time with you		x			
9 B	He/she like to receive little gifts from you			x		
10 A	Your words of acceptance are important to them	x				
10 B	He/she knows you love them when you help them				x	
11 A	He/she likes to be with you when you do things		x			
11 B	He/she likes the kind words you say to them	x				
12 A	What you do affects them more than what you say				x	
12 B	He/she feels whole when you hug					x
13 A	He/she values you praise and tries to avoid your criticism	x				
13 B	Several inexperience gifts from you mean more than one large gift			x		
14 A	He/she feels close when you are talking or doing something together		x			
14 B	He/she feels closer to you when you touch hem often					x
15 A	He/she likes for you to complement their achievements	x				
15 B	He/she knows to love them when you do things for them that you don't enjoy doing				x	
16 A	He/she likes for you to touch them when you walk by					x
16 B	He/she likes it when you listen to them sympathetically		x			
17 A	He/she likes for you to compliment them to their appearance	x				
17 B	He/she feels loved when you take time to understand their feelings		x			
18 A	He/she likes secure when you are touching them					x
18 B	Your acts of service make them feel loved				x	
19 A	He/she appreciate the many things you do for them				x	
19 B	He/she likes receiving gifts that you make			x		
20 A	He/she really enjoys the feeling they get what you give them your individual attention		x			
20 B	He/she really enjoys the feeling they get when you do some act of service for them				x	
21 A	He/she feels love when you celebrate their birthday with a gift			x		
21 B	He/she feels love when you celebrate their birthday with meaningful words (written or spoken)	x				
22 A	He/she knows you are thinking of them when you give them a gift			x		
22 B	He/she feels love when you help out with the chores				x	
23 A	He/she appreciates it when you listen patiently and don't interrupt them		x			
23 B	He /she appreciates it when you remember special days with a gift			x		
24 A	He/she likes to know you are concerned enough to help them with daily tasks				x	

24 B	He/she enjoys extended trips with you		x			
25 A	He/she feels special if they receive a gift from you			x		
25 B	He/she appreciates it when you do something for amidst a full program				x	
26 A	Kissing him/her unexpectedly excites him			x		x
26 B	Giving him/her a gift for no special reason excites them			x		
27 A	He/she likes to be told that you appreciate them	x				
27 B	He/she likes for you to look at them when you are talking		x			
28 A	Your gifts are always special to him/her			x		
28 B	He/she feels good when you are touch them					x
29 A	He/she feels loved when you enthusiastically do some tasks he/she has requested				x	
29 B	He/she feels loved when you tell them how much you appreciate them	x				
30 A	He/she needs to be touched every day					X
30 B	He/she needs your words of affirmation daily	x				
	Totals					

A= Words of affirmation

B= Quality Time

C= Receiving Gifts

D= Acts of service

E= Physical Touch

How to relate to a person with this love language	Communication	Actions	What to avoid
Words of affirmation	Compliments Encouragement Friendliness Affirmation Kind words Inspiration	Send notes and cards The correct one of voice Private and in front of others Humbleness	Criticism
Quality Time	One-to-one time No interruption Face-to-face Conversation	Take long walks together Do things together Take trips Picnic Coffee at coffee shop	Long period if being apart More time with friends than with partner
Receiving gifts	Positive Fact orientated Information	Gifts on special Occasions and not so special occasions	Forgetting special days
Acts of service	Action words like "I can ..." I will "What else can I do?"	Helping with the house choices Repair/maintenance Acts of kindness	Ignoring partner's request while helping others
Physical touch	A lot of non-verbal's Verbal's need to be word pictures	Touches Hugs Pats Kisses	Physical neglect or abuse

5. GROWING in CHRIST

Date you received Christ _____

Help yourself to grow in Christ by emphasizing who you are. Here are some ideas:

"You are..."

- Fearfully and wonderfully made by God.
- Full of potential and promise.
- Capable of doing anything through Christ who strengthens you.
- Loved and accepted by both God and me.
- Talented and gifted.
- Intelligent and sensitive.
- Special and unique.
- Loving and kind

You are...

1. _____
2. _____
3. _____
4. _____
5. _____

6. LEARNING STYLE

Read the following learning styles and see which one best describes yourself. On the following page you will find the system developed by June Griswold that may be easier to use in assessment of your learning style.

The **Gregoric model** of learning styles examines four styles that describe not only learning and thinking, but also approaches to tasks and to problem-solving activities. They include:

- **Concrete Sequential:** practical, realistic, responsible, methodical, organized, punctual, neat; has an accurate and efficient use of language; is sequential, directed, and predictable.
- **Concrete Random:** intuitive, creative, inventive, experiential, independent; a risk-taker and a trouble-shooter; likes variety and personal freedom; generates ideas; is application-oriented.
- **Abstract Random:** sensitive, emotional, perceptive, social; random in ordering; uses metaphors; "reads" body language; likes stimulating experiences.
- **Abstract Sequential:** serious, logical, studious; likes concepts, theories, ideas; models, analyzes, critiques, synthesizes; reference- oriented, likes order and mental stimulation.

You're Learning Style

Gregoric _____ Griswold _____

From now on consider your learning style whenever you are learning, whether at home or in school or university or work. Working through your learning style will help your child learn more quickly and retain what is learned longer. As you seek to grow in wisdom, understanding, and knowledge, keep in mind the motivating tips below each learning style

June Griswold, a classroom teacher for 16 years, developed the following simplified guideline for determining your child's learning style.

1. SPATIAL VISUAL LEARNER – Needs and likes to visualize things; learns through images; enjoys art and drawing; reads maps, charts and diagrams well; fascinated with machines and inventions; plays with Legos; likes mazes and puzzles. Often accused of being a daydreamer in class.

MOTIVATING TIPS – Use board games and memory devices to create visual patterns. In reading suggest visual clues. Offer picture books of all types; when reading chapter books together, encourage visualization of story and scenes at intervals. Promote writing via colored pens, computer or drawing.

2. KINETIC LEARNER – Processes knowledge through physical sensations; highly active, not able to sit still long; communicates with body language and gestures. Shows you rather than tells you; needs to touch and feel the world; good at mimicking others; likes scary amusement rides; naturally athletic and enjoys sports. Often labeled with attention deficient disorder.

MOTIVATING TIPS – Physical action is the key ingredient to stimulating this student. While reading, let child chew gum, walk around, rock or ride stationary bicycle. Use numerous hands-on activities and experiments, art projects, nature walks or acting out stories.

3. LANGUAGE-ORIENTED LEARNER –Thinks in words, verbalizes concepts; spins tales and jokes; spells words accurately and easily. Can be a good reader or prefer the spoken word more; has excellent memory for names, dates and trivia; likes word games; enjoys using tape recorders and often musically talented.

MOTIVATING TIPS – Encourage creation of own word problems. Have child dictate a story to you and watch while you write it or type it out on a word processor — then child can share it with you. Read aloud together and tape session for later playback. Consider purchasing some book/ tape selections.

4. LOGICAL LEARNER – Thinks conceptually, likes to explore patterns and relationships; enjoys puzzles and seeing how things work; constantly questions and wonders; capable of highly abstract forms of logical thinking at early age; computes math problems quickly in head; enjoys strategy games, computers and experiments with purpose; creates own designs to build with blocks/Legos.

MOTIVATING TIPS – Do science experiments together and have child record results; use computer learning games and word puzzles. Offer context clues as a reading aid. Introduce non-fiction and rhyming books. When reading fiction, discuss relation of story to real-life situations and people.

LEARNING STYLES

There are nine sets of four words listed below. **Rank order** each set of four words assigning a **4 to the word which best characterizes** your learning style, a 3 to the word which next best characterizes your learning style, a 2 to the next most characteristic work, and a **1 to the word which is least characteristic** of you as a learner. Be sure to assign a different rank number to each of the four words in each set. Do not make ties.

1.	Discriminating	Tentative	Involved	Practical
2	Receptive	Relevant	Analytical	Impartial
3	Feeling	Watching	Thinking	Doing
4	Accepting	Risk-taker	Evaluative	Aware
5	Intuitive	Productive	Logical	Questioning
6	Abstract	Observing	Concrete	Active
7	Pressure-oriented	Reflecting	Future-oriented	Pragmatic
8	Experience	Observation	Conceptualization	Experimentation
9	Intense	Reserved	Rational	Responsible
	CE: 2 3 4 5 7 8	RO: 1 3 6 7 8 9	AC: 2 3 4 5 8 9	AE: 1 3 6 7 8 9

LEARNING STYLES DEFINITIONS

Abstract – concerned with ideas or concepts rather than actual particulars or instances

Accepting – to understand or construe

Active – working hard or with energy; busy, energetic or effective

Analytical – concerned with or based on analysis; using analysis as a method or process

Aware – having knowledge, realizing

Conceptualization – the process of making or forming an idea

Concrete – existing as an actual object, not merely as an idea or as a quality

Discrimination – to show a difference in treatment

Doing – action, performance or execution

Evaluative – capable of estimating the importance

Experience – what happens to a person, what is seen, felt, done or lived through

Experimentation – the act of trying in order to find out something

Feeling – the capacity for emotion

Future-Oriented – geared toward what is to come

Impartial – without bias

Intense – full of vigorous activity or strong feelings

Intuitive – perceiving or understanding immediately and without reasoning

Involved – include, to have an effect on

Logical – reasonable

Observation – the act, power or habit of seeing and noting

Observing – watchful

Practical – having good sense

Pragmatic – concerned with the practical results or values

Pressure-oriented – geared toward a compelling influence or force

Productive – producing much

Questioning – inquisitive

Rational – able to think or reason clearly

Receptive – able, quick or ready to receive

Reflecting – to think carefully

Relevant – bearing upon or connected with the matter at hand

Reserved – set apart, having or showing self-restraint

Responsible – trustworthy, reliable

Risk taker – one who takes chance of possible loss

Tentative – hesitating

Thinking – reasoning

Watching – to look carefully or attentively

Train up a child in the way he should go, and when he is old he will not depart from it.
Proverbs 22:6

The area of greatest challenge in training is:

Training Focus

Character Quality

Boundaries

Consequence

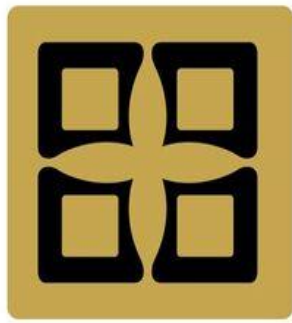
Reward

Notes

7. Baron Emotional Quotient- Inventory



The EQ-i measures one's ability to deal with daily environmental demands and pressures. A growing body of research suggests that emotional intelligence is a key determinant of success in life. Respondents self-report on their life and workplace performance in 15 key areas of emotional skill that have been proven to contribute to proficiency in complex business activities such as conflict resolution and planning. By identifying the areas that need improvement, the client can immediately begin developing those areas. At the same time, areas where the client excels can be leveraged to their full potential to maximise effectiveness in daily tasks.



iKnow
MyDesign[®]
EQ

Instructions

1. Your participation in this survey is completely confidential.
2. You can be ensured and feel free to answer any question **HONESTLY** as you feel about it.
3. When you answer the questionnaire, think about the way in which you operate and how the statement relates to you right now.
4. Let me repeat” **be bluntly honest** with yourself
5. Complete the survey by following the instructions below

1 – Very seldom true of me

2 – Seldom true of me

3 – Sometimes true of me

4 – Often true of me

5 – True of me Almost always

1.	I am happy with my strengths.	1	2	3	4	5
2.	I do have feelings of insecurity.	1	2	3	4	5
3.	I feel confident about my abilities.	1	2	3	4	5
4.	It is not difficult for me to win the trust of others.	1	2	3	4	5
5.	I feel good about myself.	1	2	3	4	5
6.	I have a clear inner mission concerning my contribution to this world.	1	2	3	4	5
7.	I feel uncertain.	1	2	3	4	5
8.	I am proud of who I am.	1	2	3	4	5
9.	I do not know what my real value (unique significance) is.	1	2	3	4	5
10.	I observe compliments with suspicion.	1	2	3	4	5
11.	I do not feel I have any contribution to make.	1	2	3	4	5
12.	I do not understand the significance of this specific phase of my life.	1	2	3	4	5
13.	I do not trust someone giving me compliments.	1	2	3	4	5
14.	It is very difficult for me to discern my gifts/talents.	1	2	3	4	5
15.	I struggle with immaturity.	1	2	3	4	5
16.	I do not feel supported.	1	2	3	4	5
17.	I do not know if I have got what it takes.	1	2	3	4	5
18.	I have a longing for more meaning in life.	1	2	3	4	5
19.	My life is meaningful and I know what gives life to that meaning.	1	2	3	4	5
20.	I know exactly what I am really passionate about.	1	2	3	4	5
21.	I know what makes me come alive.	1	2	3	4	5
22.	I am satisfied with the direction my life is taking.	1	2	3	4	5
23.	I have a clear picture of where I want to go.	1	2	3	4	5
24.	I am pursuing my dreams and passions in meaningful ways.	1	2	3	4	5
25.	I do not know where I belong/fit.	1	2	3	4	5
26.	I do not have a clear purpose /calling in life.	1	2	3	4	5
27.	I do not have a clear set of values that I live by.	1	2	3	4	5
28.	I am uncertain which choices to make.	1	2	3	4	5

29	I sometimes become aggressively defensive.	1	2	3	4	5
30	I do not know who I am; I have identity confusion.	1	2	3	4	5
31	I am satisfied with my life	1	2	3	4	5
32	I like everyone I meet	1	2	3	4	5
33	I am sensitive to the feelings of other	1	2	3	4	5
34	This season of my life right now is packed with fun, growth and fulfilment.	1	2	3	4	5
35	I am not bored right now.	1	2	3	4	5
36	I am fully aware of my deepest inner drives and motivations.	1	2	3	4	5
37	I know what is most important to me and I live according to my priorities.	1	2	3	4	5
38	The words joy and balance consistently describe my life.	1	2	3	4	5
39	I feel emotional connected to other people.	1	2	3	4	5
40	I enjoy ongoing emotional and even deep closeness.	1	2	3	4	5
41	I never tell lies.	1	2	3	4	5
42	it's hard to act independently and with accountability.	1	2	3	4	5
43	I am able to figure out the reasons behind different emotions.	1	2	3	4	5
44	I can be impulsive.	1	2	3	4	5
45	It's hard to understand why others feel the way they do.	1	2	3	4	5
46	I examine the feelings, thoughts and actions of others.	1	2	3	4	5
47	I appreciate other people's feelings and emotions.	1	2	3	4	5
48	I take my "emotional temperature" before I make important decisions.	1	2	3	4	5
49	I am committed to keeping my relationships fresh and alive.	1	2	3	4	5
50	I find being assertive challenging.	1	2	3	4	5
51	I give praise or compliments with ease.	1	2	3	4	5
52	When I am annoyed I express it without difficulty.	1	2	3	4	5
53	I do not have a problem with making requests.	1	2	3	4	5
54	I start conversations with ease.	1	2	3	4	5
55	I do not have a problem showing that I am hurt.	1	2	3	4	5
56	I do not hesitate to raise my opinion at the appropriate time.	1	2	3	4	5
57	I generally stand up for my rights when the need arises.	1	2	3	4	5
58	I am able to persuade people to work with me.	1	2	3	4	5
59	I have an efficient information system.	1	2	3	4	5
60	I behave in a way which enables others to trust me.	1	2	3	4	5
61	I am skilled in presenting ideas and proposals.	1	2	3	4	5
62	I adopt a 'tell it like it is' style.	1	2	3	4	5
63	I have difficulty expressing affirmation.	1	2	3	4	5
64	I tend to worry about whether things will go wrong.	1	2	3	4	5
65	Setbacks often cause me to feel incompetent.	1	2	3	4	5
66	I often focus on the potential for failure when thinking about the future.	1	2	3	4	5
67	When something goes wrong, my first reaction is often to exaggerate how bad it is.	1	2	3	4	5
68	When people give me feedback, which is both positive and negative, I tend to overlook the positive experience it as negative	1	2	3	4	5
69	When things are going badly, I begin to think that something is wrong with me.	1	2	3	4	5
70	I inspire people with my optimistic views.	1	2	3	4	5
71	I am a rather determined person.	1	2	3	4	5
72	I feel mentally fit.	1	2	3	4	5
73	I wish my life had been significantly different.	1	2	3	4	5
74	I would like to change basic aspects of the way I live my life.	1	2	3	4	5
75	I lack deep emotional satisfaction.	1	2	3	4	5

76	I greatly enjoy what I do.	1	2	3	4	5
77	I seem to get the short end of the stick.	1	2	3	4	5
78	I have been continually frustrated in my life because of bad breaks.	1	2	3	4	5
79	I am excited about my life.	1	2	3	4	5
80	When I am under stress I become impulsive.	1	2	3	4	5
81	There is no one with whom I can share my innermost thoughts.	1	2	3	4	5
82	I do not seem to break out of the rut that I am in.	1	2	3	4	5
83	I cope well with all pressures.	1	2	3	4	5
84	My anger tends to be explosive.	1	2	3	4	5
85	I am a demanding person.	1	2	3	4	5
86	I avoid confrontations.	1	2	3	4	5
87	I genuinely care about another human being.	1	2	3	4	5
88	I wish to communicate fully with another person but is not possible.	1	2	3	4	5
89	I feel a strong sense of loneliness.	1	2	3	4	5
90	I genuinely display real empathy.	1	2	3	4	5
91	I am able to express satisfaction to others.	1	2	3	4	5
92	I feel that I have an abundant source of inner strength.	1	2	3	4	5
93	I express how I feel with love when someone upsets me.	1	2	3	4	5
94	I am not sure if people really accept (love) me.	1	2	3	4	5
95	I probably deserve nothing.	1	2	3	4	5
96	I support the underdog.	1	2	3	4	5
97	I struggle to identify my real deepest feelings.	1	2	3	4	5
98	I struggle to manage my emotions.	1	2	3	4	5
99	I am pestered by huge bouts of shame and fear.	1	2	3	4	5
100	I have a negative approach to most things in life.	1	2	3	4	5
101	I am not confident to correctly interact with others emotionally.	1	2	3	4	5
102	I sometimes feel emotionally threatened by others.	1	2	3	4	5
103	Things bother me.					
104	I effectively deal with things that annoy me.	1	2	3	4	5
105	I engage in activities that make me feel positive.	1	2	3	4	5
106	I demonstrate positive moods and emotions.	1	2	3	4	5
107	I handle stress situations effectively.	1	2	3	4	5
108	I explore the causes of things that upset me.	1	2	3	4	5
109	I feel emotionally well.	1	2	3	4	5
110	My work is stimulating.	1	2	3	4	5
111	I am proud of what I do and enjoy telling people about it.	1	2	3	4	5
112	I am performing at my peak.	1	2	3	4	5
113	I have clear, well defined personal goals.	1	2	3	4	5
114	I am in touch with others people's emotions.	1	2	3	4	5
115	I am deeply satisfied with my life.	1	2	3	4	5
116	I have feelings of inner peace and well-being.	1	2	3	4	5
117	I feel energetic.	1	2	3	4	5
118	I like myself just the way I am.	1	2	3	4	5
119	I feel in control of my life.	1	2	3	4	5
120	My life needs my deepest needs.	1	2	3	4	5
121	There are some people I've never forgiven.	1	2	3	4	5
122	I have been continually frustrated in my life.	1	2	3	4	5
123	I can be impulsive.	1	2	3	4	5
124	I behave inappropriately when angry.	1	2	3	4	5
125	I hold back my initial reaction when something upsets me.	1	2	3	4	5
126	Faced with conflicts, I find constructive solutions.	1	2	3	4	5
127	I exercise patience in making decisions.	1	2	3	4	5
128	I tend to explode with anger easily.	1	2	3	4	5

129	I change my priorities to accommodate unexpected events.	1	2	3	4	5
130	I relate to the emotions of others.					
131	I effectively deal with things that annoy me.	1	2	3	4	5
132	I provide positive feedback.	1	2	3	4	5
133	I effectively express optimism.	1	2	3	4	5
134	I focus on facts related to the problems when trying to derive a solution.	1	2	3	4	5
135	I deal with frustrations effectively.	1	2	3	4	5
136	I demonstrate to others that I have considered their feelings in making decisions.	1	2	3	4	5
137	Where necessary I effectively demonstrate empathy.	1	2	3	4	5
138	I easily solve problems.	1	2	3	4	5
139	I help people with effective ways of responding to upsetting events.	1	2	3	4	5
140	I have completed this assessment with utmost integrity.	1	2	3	4	5

After reading each statement, decide on the degree to which the statement accurately describes you right now using the following guidelines:

1. Decide if you tend to be more to the left or to the right.
2. If you tend to be more to the left, then decide if it is **completely** to the left (a 10 rating), **mostly** to the left, or **slightly** to the left
3. Apply the same guideline if you tend more towards the right: **completely** to the right (a 1 rating), **mostly** to the right or **slightly** to the right

	Item											Item
141	Physically Energetic/Strong	10	9	8	7	6	5	4	3	2	1	Physically Exhausted/Tired
142	Emotionally Encouraged/Up	10	9	8	7	6	5	4	3	2	1	Emotionally Discouraged/Down
143	Mentally Challenged/Content	10	9	8	7	6	5	4	3	2	1	Mentally Bored/Discontent
144	Spiritually Growing/Full	10	9	8	7	6	5	4	3	2	1	Spiritually Depleted/Empty
145	Geographically Near/Together	10	9	8	7	6	5	4	3	2	1	Geographically Distant/Alone
146	Relationally Close/Warm	10	9	8	7	6	5	4	3	2	1	Relationally Alienated/Cold
147	Internally Hopeful/Happy	10	9	8	7	6	5	4	3	2	1	Internally Hopeless/Sad
148	Personally Secure/Confident	10	9	8	7	6	5	4	3	2	1	Personally Insecure/Unsure
149	Secretly Forgiving/Accepting	10	9	8	7	6	5	4	3	2	1	Secretly Bitter/Angry

150	Deeply Appreciated/Love	10	9	8	7	6	5	4	3	2	1	Deeply Wounded/Hurt
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Four words or phrases appear in each of the following sixteen rows. Choose one word or phrase per row that best represents your thoughts and feelings about how you are feeling during the past 12 months.

	A	B	C	D
151	Discouraging	Exciting	Satisfying	Uncertain
152	Hopeless	Happy	Peaceful	Confusing
153	Empty	Hopeful	Committed	Stressful
154	Harsh	Nurturing	Secure	Frustrating
155	Resentful	Open	Trusting	Tired
156	Destructive	Fresh	Relaxed	Distant
157	Rejection	Anticipation	Appreciation	Apprehension
158	Tension	Sharing	Honest	Drifting
159	Give up	Making plans	Teamwork	Apathetic
160	Critical	Caring	Connected	Concerned
161	Angry	Joyful	Understanding	Burned out
162	Disappointed	Optimistic	Comfortable	Neglectful
163	Untrusting	Tender	Supportive	Afraid
164	Withdrawn	Growing	Attached	Detached
165	Cold	Alive	Content	Prideful
166	Unforgiving	Willing to change	Overlook flaws	Growing apart
Total				

8. INSECURITIES

- You can be ensured and feel free to answer all the questions honestly as you feel about it.
- When you answer the questionnaire, think about the way in which how often you experienced these symptoms.
- Remember – there is no right or wrong answer, it is how committed you are about these statements that is important – your opinion is valued.
- Let me repeat” be **bluntly honest**. I have learned that most interpersonal problems will not be resolved without being confronted
- Complete the survey by following the instructions below

1 – Not true

2 – Seldom true

3 – Sometimes true

4 – Often true

5 – Absolutely true

	Neglect of conferring identity Questions 1-12	+2	+1	0	-1	-2
1.	I do not know where I belong/fit (orphan spirit)	1	2	3	4	5
2.	I do not know my unique significance	1	2	3	4	5
3.	I drift in an anchorless boat	1	2	3	4	5
4.	I am plagued by insecurities	1	2	3	4	5

5.	I find my identity in my work/performance	1	2	3	4	5
6.	I do not know who I am; I have identity confusion	1	2	3	4	5
7.	I mask my real self by adopting a different identity that will be accepted	1	2	3	4	5
8.	I sometimes become aggressively defensive	1	2	3	4	5
9	I am uncertain which choices to make	1	2	3	4	5
10	I do not have a clear set of values that I live by	1	2	3	4	5
11	I do not have close souls mates (intimate Friends) in my life	1	2	3	4	5
12	I do not have a clear purpose /calling in life	1	2	3	4	5
	Neglect of emotional security: questions 13-23	+2	+1	0	-1	-2
13	I am not sure if people really accept (love) me	1	2	3	4	5
14	I probably deserve nothing	1	2	3	4	5
15	I can never get enough attention/care	1	2	3	4	5
16	I support the underdog	1	2	3	4	5
17	I struggle to identify my real deepest feelings	1	2	3	4	5
18	I struggle to manage my emotions	1	2	3	4	5
19	I try to earn respect/love	1	2	3	4	5
20	I am pestered by huge bouts of shame and fear	1	2	3	4	5
21	I have a negative approach to most things in life	1	2	3	4	5
22	I am not confident to correctly interact with others emotionally	1	2	3	4	5
23	I sometimes feel emotionally threatened by others	1	2	3	4	5
	Neglect of affirmation: questions 24 -36	+2	+1	0	-1	-2
24	I do not know what my real value (unique significance) is	1	2	3	4	5
25	I observe compliments with suspicion	1	2	3	4	5
26	I do not feel I have any contribution to make	1	2	3	4	5
27	I always feel uncertain	1	2	3	4	5
28	I always question myself	1	2	3	4	5
29	I try to impress people all the time	1	2	3	4	5

30	I struggle with immaturity	1	2	3	4	5
31	I do not understand the significance of this specific phase of my life	1	2	3	4	5
32	I do not trust someone giving me compliments	1	2	3	4	5
33	It is very difficult for me to discern my gifts/talents	1	2	3	4	5
34	I do not feel supported	1	2	3	4	5
35	I do not know if I have got what it takes	1	2	3	4	5
36	I am not sure if I will ever meet up to expectations	1	2	3	4	5
	Neglect of establishing sound moral authority: questions 37-51	+2	+1	0	-1	-2
37	I struggle to submit to absolute norms	1	2	3	4	5
38	I do not like to be held accountable	1	2	3	4	5
39	I have not learned, through the distillation of wisdom, the right basic orientation to life	1	2	3	4	5
40	I am void of clear convictions that guide my decisions	1	2	3	4	5
41	I struggle to listen to and to obey my conscience	1	2	3	4	5
42	I do not own responsibility easily	1	2	3	4	5
43	I cannot apply delayed gratification easily (I want everything now)	1	2	3	4	5
44	I struggle to stand under authority	1	2	3	4	5
45	I find it difficult to respect superiors	1	2	3	4	5
46	I want to do things my way	1	2	3	4	5
47	I struggle with receiving or applying discipline	1	2	3	4	5
48	I do not know how to use power/authority the right way	1	2	3	4	5
49	I find it difficult to differentiate between right and wrong	1	2	3	4	5
50	I do not know healthy ways of leading people	1	2	3	4	5
51	I tend to manipulate myself out of direct submission	1	2	3	4	5
	Source: Cassie Carstens: The World needs a Father					

9. Natural Behaviour and Disc Profile

DIRECTIONS

- **FOCUS:** The focus for this survey is your typical behaviour. Respond on how you most naturally behave. Think of your core self and answer based on your instinctive behaviour, regardless of whether you consider it to be good or bad
- **RESPOND:** Rate each group of four lines on a 1, 2, 3,4 scales with 1 being the word **LEAST** like you and 4 being the word **BEST** describes your natural motivated behaviour
- Use all ratings (1,2,3,4) in each group and use each rating (1,2,3,4) only once in each group

A		
	Enthusiastic	Energetic, eager, or zealous
	Loyal	Faithful, dependable or steadfast
	Detailed	Particular, meticulous, pays careful attention
	Commanding	Directs others with authority, exercises dominating influence
B		
	Lenient	Not strict nor harsh, merciful or generous
	Expressive	Easily communicates thoughts, feelings, ideas or moods
	Decisive	Conclusive, firm, comfortable in decision making or problem solving
	Particular	Concerned with and attentive to details, meticulous
C		
	Convincing	Believable, plausible, able to be persuasive
	Tough Minded	Determined, not easily swayed, realistic
	Meticulous	Extremely careful and precise, concerned with details
	Kind	Friendly, generous and warm-hearted
D		
	Independent	Self-reliant, prefers to operate free from influence and control of others
	Follow Rules	Likes to follow established procedure, instructions or guidelines
	Peaceful	Calm, tranquil, free from hostility and conflict
	Fun loving	Playful, amusing, enjoys yokes, pleasure, amusement
E		
	High Standards	Insists on excellence, high quality or precision
	Understanding	Tolerant, accepting, responsive to thoughts and feelings of others
	People oriented	Likes to interact with different people, social, outgoing
	Daring	Adventurous, bold, willing to take risks
F		
	Charitable	Generously gives to the needs of others, lenient, concerned with others
	Lively	Energetic, vigorous, full of life and spirit
	Risk taker	Daring willing to take chances, open to uncertainty
	Serious	Sober, grave, in earnest, concerned
G		
	Cheerful	Happy pleasant, merry willing in disposition
	Courageous	Faces danger with confidence, brave, valiant
	Precise	Likes to be exact, definite accurate or correct
	Merciful	Full of compassion, kind, forgiving
H		
	Confident	Full of assurance and certainty, bold, self-assured
	Logical	Prefers to use clear reasoning, analytical, rational
	Supportive	Furnishes assistance with practical needs, aids in the causes and interest of others
	Inspiring	Stimulates the mind, actions or emotions of others, arousing, guiding

I		
	Conscientious	Thorough, painstakingly, careful principled
	Patient	Capable of calmly enduring tolerant, understanding
	Good mixer	Sociable, interacts easily with people outgoing
	Fearless	Bold, unafraid, brave
J		
	Non-conforming	Resists rules, beliefs, bounds, or customs of others
	Talkative	Inclined to talk frequently, verbal
	Gentle	Kind, patient, amiable, tender
	Analytical	Given to careful, methodical examination studious logical
K		
	Organized	Orderly, systematic, structured
	Assertive	States one position boldly, confident self-assured
	Popular	Widely liked and appreciated or sought after for company
	Even-paced	Steady, consistent, balanced
L		
	Good listener	Pays careful attention to what is said, makes effort to listen well
	Factual	Relies on facts rather than rumour, or innuendo, realistic
	Take charge	Assumes responsibility command or control
	Uninhibited	Open, free from traditional constraints, unrestrained
M		
	Aggressive	Bold, assertive, enterprising
	Cooperative	Works well with others, compliant willing
	Vibrant	High energy or activity, vigorous, lively, vital
	Accurate	Free from error, wants to be correct, conforming to fact
N		
	Efficient	Works with a minimum of wasted or unnecessary effort
	Direct	Candid, frank, straight forward
	Gracious	Kind, courteous, compassionate, warm
	Excitable	Capable of being easily excited aroused or stirred-up
O		
	Influencing	Can cause others to change their minds able to sway of other's action
	Accommodating	Responsive or helpful to others, obliging adaptable
	Focused	Able to concentrate attention, not easily distracted, able to direct towards a purpose
	Frank	Candid, straightforward, direct, open, sincere
P		
	Agreeable	Pleasant and pleasing to others, suitable and conforming
	Animated	Lively, vigorous, energetic, zestful
	Forceful	Pushy direct or strongly persuasive
	Systematic	Methodical, purposeful, orderly, procedure oriented