

# Fine Tune Your Song

*Under stress, fear or duress, we tend to overuse our strengths, and they become our weakness*

## **ONE:** The Disciplined Reformer

Selfish: I have the best way, and the right way to say and do things. I control and I'm rigid and have high expectations of others. I criticize when people aren't doing things right (my way).

Rigid / Inflexible  
Controlling  
Unable to accept criticism well  
judgmental  
Self-righteous

Overly serious  
Hypercritical of themselves and others  
Can't tolerate ideas that waver from theirs  
Perceive others as lazy, corrupt, or  
incompetent

## **TWO:** The Nurturing Helper

Selfish: I'm not thanked enough, and people don't notice or appreciate my sacrifice. I give silent treatment and use passive-aggressive control tactics to get people to notice my servitude.

Manipulative  
Clingy  
Indirect  
Needs approval from others  
Offended by criticism

Possessive  
Preoccupied with gaining approval  
Over-help (not being asked)  
Difficulty asking for help

## **THREE:** The Successful Achiever

Selfish: I tend to cut corners because efficiency and productivity are most important. I have the propensity of being overly optimistic, and a habit of dismissing negative thinking. My excessive focus on recognition can make me opportunistic, thinking only of myself and the goals I need to achieve.

Overly competitive  
Deceitful  
Driven / Can't stop working  
Overly-responsible

Insensitive  
Opportunistic  
Can't accept failure  
Can't relax

## **FOUR:** The Expressive Romantic

Selfish: "It's all about me. I feel misunderstood. My needs aren't being met. I feel like quitting. I find myself getting lost in the past and things that went wrong."

Self-absorbed  
Hypersensitive  
Impractical  
Self-loathing  
Fixated on what you don't have

Moody  
Depressed  
Envious of those who seem more fulfilled

## **FIVE: The Wise Investigator**

Selfish: "Leave me alone. I don't want to bother with your feelings. I don't need to be part of your establishment - I have a higher understanding."

Withholding	Standoffish
Controlled	Stingy
Cynical	Isolated
Negative	Intellectually arrogant
Difficulty reading others' emotions	Disconnects from feelings

## **SIX: The Loyal Protector**

Selfish: "I need to receive approval, feel taken care of, and avoid being seen as rebellious. I worry a lot. I avoid anything that gives me anxiety. You have to wait for me. It's not a big deal if I'm late or can't decide. I refuse to make decisions because I'm paranoid about making the wrong one. I'm scared of people I love getting hurt."

Anxious	Self-defeating
Hyper-vigilant	Paranoid
Indecisive	Preoccupied with worst-case scenario
Defensive	

## **SEVEN: The Joyful Adventurer**

Selfish: "I'll reject you if you're boring. I will do what gives me pleasure, and don't care about the cost to myself, or to others."

Self-centered	Hyperactive
Self-indulgent	Undisciplined
Insensitive	Problems with completion and long-term commitments.
Impulsive	

## **EIGHT: The Powerful Asserter**

Selfish: "I will bully you (emotionally) to dominate and get what I want. I will demand authority and use anger to control. I will pretend to care about your feelings, but more importantly, I need to get my own way"

Aggressive	Self-centered	Prone to excess
Confrontational	Insensitive	Intimidating
Domineering	Opinionated	

## **NINE: The Easygoing Peacemaker**

Selfish: "I don't want to deal with anything awkward, so I don't validate your pain or abuse, I'm going to pretend it's not a big deal. I don't take the conflict seriously, I just want it to go away."

Indecisive	Undisciplined	Minimizes problems
Spaced-out	Unassertive	Stubborn
Apathetic	Passive- aggressive	

