SO . . WHAT ARE YOU GENERALLY LIKE AS OTHERS SEE YOU ?

MAKE AN ESTIMATE THEN MARK THE FACES AND CONNECT THE FACES TO FORM A VERTICAL GRAPH

NAME _____   HELPFUL, KIND, LOVING, OBSERVATIONS & EVALUATIONS BY _____

Positive	Category (rating scale: + + + − − −)	Negative
TAKE RESPONSIBILITY FOR OWN BEHAVIOR, ATTITUDES, FEELINGS	**RESPONSE-ABILITY**	BLAMES - PROJECTS WON'T TAKE OWNER-SHIP OF THEIR PART
INSIGHT LAUGHTER LAUGH WITH RELIEF INCLUSIVE HUMOR	**HUMOR**	PUT-DOWN HUMOR GENDER PUTDOWNS MEAN SPIRITED TEASING
FACTS, NOT FEELING DISTORTIONS OF FACT AUTHENTIC SELF	**REALITY**	FANTASY - ILLUSIONS EXAGGERATED SLIGHTS DISTORT FACTS-FEELING
PERSONAL "BUY-IN" TO SOLVING THE PROBLEM	**INVOLVEMENT**	PASSIVE, WITHDRAW "NOT MY PROBLEM" "YOU, YOU, YOU"
STAYING FOCUSED ON THE PROBLEM SOLUTION OPTIONS	**FOCUS**	SCATTERED - LOSES TRACK OF PROBLEM IRRELEVANT CONCERNS
WILLING TO PAY ATTENTION AND TO SHOW SELF	**OPENNESS**	EMOTIONALLY CLOSED SCARED TO SHOW SELF UNWILLING TO ENGAGE
KNOW WHAT THE PROBLEM IS AND NOT THE SYMPTOM	**CLARITY**	ENDLESSLY LOCKED INTO TRIVIAL DETAILS OR SURFACE ISSUES
USE DESCRIPTIVE AND SPECIFIC CLEAR WORDS CHOOSE SMALL WORDS	**COMMUNICATION**	INTELLECTUALIZATION FUZZY - UNCLEAR USE OBFUSCATION
"ABOVE THE BELT" FAIR DESCRIPTIONS CAREFUL WORDS	**HURTFUL**	NAME-CALLING - TACKY "NOT-FAIR" - PAINFUL UNNECESSARY REMARKS
BILATERAL BASED ON INTERNAL & EXTERNAL FACTS AND GOOD DATA	**DECISIONS**	UNILATERAL BASED ON INTERNAL FEELINGS VALUES & OPINIONS
OK NURTURING LISTEN PATIENTLY GENTLE, HELPFUL	**PARENT EGO-STATE**	CRITICAL-DEMEANING DEMANDING - RIGID CONDESCENDING
INQUIRE ABOUT FACTS & FEELINGS ATTENTIVE-RATIONAL	**ADULT EGO-STATE**	DULL AND BORING NARROW - LOCKED FLAT - MONOTONE
CURIOUS-INTERESTED YES-NO-WOW-OUCH AND A CLEAR NEXT !	**CHILD EGO-STATE -- NATURAL**	RUNAWAY WITH EXCITEMENT DISTRACTABLE
COOPERATIVE TAKES TURNS POLITE - PATIENT	**CHILD EGO-STATE -- ADAPTED**	I CAN'T - I WON'T I DON'T KNOW HOW YOU NEVER / ALWAYS
[VULNERABLE] CAREFUL CHOICE OF WORDS / FEELINGS	DURABLE — **THE "D" TRIANGLES** — DRAMA	[VICTIM] WHINE / SNIVEL HELPLESS / HOPELESS
[PERSEVERE] HANG-IN-THERE BY FOCUS ON PROBLEM	DURABLE — **THE "D" TRIANGLES** — DRAMA	[PERSECUTOR] BLAME - FIND FAULT SHOULDS - OUGHTS
[REACH-OUT] EXPLORE AND DISCOVER - ASK !	DURABLE — **THE "D" TRIANGLES** — DRAMA	[RESCUER] HELPING WITHOUT A CLEAR PROBLEM

THIS INVENTORY CAN BE USED AS A GENERAL PERSONALITY PROFILE OR IT CAN BE USED TO EVALUATE A SPECIFIC AREA - FIGHTING - BUDGET - DECISIONS - IN-LAWS - WORK - VACATIONS - ETC

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

R&M SEMINARS