

SELF AWARENESS REPORT

A Personality Description *

for

Example

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* SELF AWARENESS REPORT: A Personality Description
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Self Awareness Report

A Personality Description

Overview of Predominant Characteristics and Their Implications

The overview identifies this individual's most characteristic personal styles and global personality traits as determined by results from the *Personal Styles Inventory*. Additional information includes implications of these characteristics for accommodating to current situations, coping with stress, modifying personal styles, and obtaining vocational and avocational satisfaction. The possible significance of these findings needs to be considered in relation to this individual's present and past circumstances.

Personal Styles

Styles of Emotion. Results of the Inventory, described in terms of non-pathological behavior, indicate that the most characteristic style of emotion is

Expansive, confident, being a very expressive and self-assured person, enjoying performing in public situations.

A moderately characteristic style is

to be *Confronting, spirited* by reacting quickly and spontaneously to events as they occur.

Also, at the present time it may be important for this individual to express emotions in enthusiastic and cheerful and in self-willed and determined ways.

Styles of Action. The most characteristic style of action as measured by the Inventory is

Restless, searching, seeking out situations with few daily routines, becoming impatient with set schedules and timetables.

Current circumstances may have created a need to act in restless and independent ways. At the time of the current evaluation this person also may be acting in lonely and retiring, in preoccupied and persistent, and in controlled and methodical ways. This person may also act in ways that are venturing and daring.

Styles of Thinking. This person exhibits a variety of thinking styles which, depending on the situation, may differ considerably from each other. Inventory scores show that the most characteristic styles of thinking are:

Individualistic, questioning, viewing events in a questioning and unique way, tending to re-evaluate and re-examine existing ideas,

Analytical, skeptical, viewing events in an analytical and logical way, tending to "try-it-oneself" before believing it, and

Practical, realistic, viewing events in a matter-of-fact way, focusing on the practical implications.

A moderately characteristic style is

to be *Innovative, original* by considering ideas from many points of view.

Although not readily evident at the present time, this person may have an underlying characteristic of being imaginative and abstract.

Personality Traits

Styles of emotion, action, and thinking interact to form general personality characteristics, or traits. Results indicate that the most characteristic traits for this person are *Creating, designing* and *Improvising, inquiring*. A moderately characteristic trait is *Promoting, inspiring*. An individual with these traits often thinks up different ways of doing things, enjoys being the center of attention, and thinks of possibilities in imaginative and creative ways.

These traits often signify preferences and capabilities for everyday activities such as innovating, negotiating, persuading, and experimenting. Currently, preferences for activities such as analyzing and exploring may be emphasized. Satisfactions with everyday life will depend, in part, on the fit between these attributes and current vocational and avocational activities.

Implications for Personal Adjustment

The results of the PSI-120 have implications for describing an individual's personal adjustment in terms of current situations, typical coping strategies, and the potential for behavioral change. Because situations change, the relevance of this information should be considered in relation to this individual's present and past circumstances.

Current Situations

Results of the Inventory indicate that some of the current behaviors of this person may differ from those in the past. Behaviorally, a self-directed style may be emphasized by avoiding contact with others even if contact is desirable; a self-motivated style may be emphasized by becoming quite involved with one's own activities; and an organizing style may be emphasized by becoming somewhat rigid in doing things according to set procedures. Cognitively, an imaginative style of thinking may be somewhat inhibited.

Any personal style has potential for being viewed favorably or unfavorably by some people. For example, a characteristic *Expansive* style of emotion could be interpreted by some individuals as being quite talkative and controlling. The *Restless* style of action may be seen as becoming unsettled and dissatisfied with established routines. The *Analytical* cognitive style may be perceived as overly evaluating situations and postponing decisions. It is important, therefore, for individuals to recognize such possibilities and to cope effectively with them if they occur.

This person appears capable of exhibiting distinctly different ways of behaving. Specifically, Inventory scores indicate that this individual is able to express emotions openly and sometimes dramatically but also to think about things in realistic and practical ways. Consequently, some misunderstandings may occur if this person believes that a particular way of behaving is typical but another person sees the "opposite" behavior as typical of that person. The capability of shifting from one behavioral style to a markedly different style, however, can serve as an effective means of coping.

Coping Strategies. This individual may tend to cope effectively with difficult situations by becoming assertive, by seeking out novel situations and taking risks, and by placing importance on understanding ideas and concepts. Results also indicate that it may be helpful for this person to try to exhibit, when appropriate, behaviors such as to relate to others without dominating the interaction, to go along with the group where consensus is needed, and to acknowledge the value of established traditions and procedures.

Potential for Behavioral Change. Very characteristic personal styles tend to stay relatively the same over time. If considered important, however, it may be easy for this person consistently to express feelings openly and enthusiastically (an enthusiastic emotional style) and to spend time in solitary activities (a self-directed style) because these behaviors are already more or less characteristic. On the other hand, it could be somewhat difficult to consistently act in very modest and very traditional ways because these personal styles are some of the least characteristic.

Vocational and Avocational Considerations. This person may find considerable satisfaction from spending time and effort, vocationally or avocationally, in activities such as analyzing and investigating, directing and persuading, and creating and improvising. In contrast, this individual may find it less satisfying to spend much time and energy in situations that require being very tolerant and accepting, very cautious and orderly, and very procedural and systematic.

Summary. This person's most characteristic styles as measured by the Inventory are: an *Expansive, confident* style of emotion, a *Restless, searching* style of action, and an *Analytical, skeptical* style of thinking. Emotionally, the general tendency is to be very assertive and self-assured. Behaviorally, the tendency is to be energetic and willing to take risks. At present, this person may feel a need to be independent often pursuing individual interests. Cognitively, the tendency is to be very discerning and logical. An individual with these traits often thinks up different ways of doing things, enjoys being the center of attention, and thinks of possibilities in imaginative and creative ways.