

Personality traits

A Personal Tendency in Two Different Settings

Adults | 10 to 15 minutes

Words such as cautious, outgoing, persistent, or flexible may describe tendencies, but they do not capture every situation. Explore one word you use for yourself and look for variation. The aim is useful self-description rather than fitting a fixed category.

Choose one ordinary tendency and compare two real settings. Include exceptions and the conditions surrounding each example.

Look for context

Describe a setting where the tendency helped and another where it was difficult or less visible. Consider familiarity, safety, energy, expectations, and available support.

Keep room for choice

A tendency is not a command. Identify one response you would like to keep, adapt, or practice in a particular situation without needing to change your whole personality.

1. What tendency do I often notice in myself?**2. Where has it been useful, and what conditions supported it?****3. Where does it create difficulty or show up differently?****4. What context-specific response would I like to experiment with?****Clinical use and adaptation**

Do not infer personality traits from one episode or turn descriptive words into diagnoses. Avoid cultural stereotypes, proprietary test items, and fixed-type claims. Consider state effects such as stress, illness, trauma, and neurodivergence.