



# WHO I AM

*The Real Me*



Security	
Security Total	
My Notes	

Attachment			
S	A	F	D
My Notes			

Barriers	
Barriers Total	
My Notes	

Values	
Feel _____	Develop _____
Be _____	Share _____
Have _____	Offer _____
Seek _____	Convey _____
My single word:	

Personality			
I vs E	N vs S	F vs T	J vs P
+	+	+	+
Group		Type	

HEXACO		
H		
E		
X		
A		
C		
O		

## The traits that are important to me:

<b>A Sense of Humor</b>	<b>Healthy Communication</b>	<b>Clear Values</b>	<b>Appreciative</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>Emotionally Supportive</b>	<b>Great Companion</b>	<b>Achievable Goals</b>	<b>Respectful</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>Shares Resources</b>	<b>Seeks Intimacy</b>	<b>Positive Energy</b>	<b>Trusting</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>Open &amp; Vulnerable</b>	<b>Desires Growth</b>	<b>Displays Gratitude</b>	<b>Kind</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>Manages Emotions</b>	<b>Conflict Receptive</b>	<b>Lives Authentically</b>	<b>Accepting</b>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>Totals</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



SECURITY	
Recognition	
Responsibility	
Acceptance	
Authenticity	
Transparency	
Consistency	
Trust	
Kindness	
Gratitude	
Forgiveness	
<b>Total</b>	

	S	A	F	D
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
<b>Total</b>				
	<b>S</b>	<b>A</b>	<b>F</b>	<b>D</b>

S	
A	
F	
D	
S	
A	
F	
D	
S	
A	
F	
D	

BARRIERS	
Pleasing	
Dependency	
Boundaries	
Egoism	
Instability	
Avoidance	
Self-Abuse	
Suffering	
Drama	
Regret	
<b>Total</b>	

Confident	Adaptable	Awareness	Adventure	Balance	Accountability	Compassion	Appreciation
Content	Assertive	Courage	Connection	Confidence	Authenticity	Honesty	Certainty
Enthusiastic	Decisive	Curiosity	Fairness	Cooperation	Community	Humility	Empathy
Fearless	Forgiving	Discipline	Growth	Honesty	Discretion	Kindness	Generosity
Optimistic	Mindful	Faith	Harmony	Initiative	Enthusiasm	Openness	Gratitude
Passionate	Responsible	Patience	Simplicity	Resolve	Humor	Support	Integrity
Playful	Spontaneous	Perseverance	Variety	Tolerance	Responsibility	Transparency	Positivity
Proud	Thankful	Stability	Warmth	Worthiness	Vulnerability	Trust	Respect

Harmony	Balance		Generosity	Kindness		Authenticity	Curiosity