

Usual 🖂		SOCIAL ENERGY		Needs □ Stress ■
	80	AVERAGE	57	
	38 99 99 98 99 92 20 98	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	17 61 92 98 9 62 20 98	

**USUAL BEHAVIOR** 

Low: Independent, one-on-one

communicator, selectively

sociable

High: Encourages group and team

efforts, socially at ease

UNDERLYING NEEDS

Low: Opportunities to be and work alone, freedom from social

demands

High: Support from groups, casual

interactions, a broad social

group

STRESS BEHAVIOR

Low: Impatient with social demands

and group dynamics

High: Dependent on group approval,

values the group more than

1

the individuals



Usual 🖂		PHYSICAL ENERGY		Needs □ Stress ■
	86	AVERAGE	51	
	76 82 66 97 97 76 97	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	41 49 41 73 66 41 20 73	

**USUAL BEHAVIOR** 

Low: Efficient in using energies,

balances action with thought

High: Physically active and industrious, responds

immediately and vigorously

UNDERLYING NEEDS

Low: Freedom to set own pace, time Low: Exhaustion from prolonged

for quiet reflection and stimulation of ideas

High: Opportunities for varied

physical action, social outlets

for energy

STRESS BEHAVIOR

 Exhaustion from prolonged physical demands, magnifies tediousness of projects

High: Acts without thinking, busy for

the sake of it, generates

restless tension



Usual 🖂		EMOTIONAL ENERGY		Needs □ Stress ■
	41	AVERAGE	59	
	64 69 51 20 10 51 46 20	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	64 59 51 33 92 64 78 33	

**USUAL BEHAVIOR** 

Low: Objective, provides perspective, focuses on

solutions

High: Expresses warm feelings, emphasizes values and

intangibles, is intuitive

**UNDERLYING NEEDS** 

Low: Logical solutions to problems, Low: Too concrete and unreflective, detached, matter-of-fact interactions, objective

sounding board

High: Ongoing outlet for subjective feelings, opportunities to

confide inner feelings

STRESS BEHAVIOR

suppresses and downplays the importance of feelings, loses

sensitivity to others

High: Allows emotions to affect

judgment, magnifies problems

and personal setbacks



Usual 🖂		SELF-CONSCIOUSNESS		Needs □ Stress ■
	9	AVERAGE	45	
	21 8 14 1 1 21 1	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	14 19 62 8 94 94 57 8	

**USUAL BEHAVIOR** 

**UNDERLYING NEEDS** 

Low: Candid, direct, at ease, focus is Low: Frank and direct relationships, Low: May be insensitive,

on tasks

High: Values diplomacy, focus is on High: Respect, focus from

self and others

candor

significant individuals

STRESS BEHAVIOR

downplaying individual needs High: Could easily become hurt, defensive and/or embarrassed



Usual 🖂		ASSERTIVENESS		Needs □ Stress ■
	52	AVERAGE	62	
	87 14 96 49 10 96 14 49	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	75 14 81 49 51 81 94 49	

**USUAL BEHAVIOR** 

Low: Suggests, is deferent and

agreeable, democratic

High: Seeks to influence and convince, self-assertive, expresses differences of opinions

UNDERLYING NEEDS

Low: Agreeable relationships, autonomy, suggesting style

from others

High: Clarity of accountability, defined lines of authority, opportunities to discuss and

debate

STRESS BEHAVIOR

Low: Avoids open disagreement, resists firm and assertive

management, may concede

under pressure

High: Argues aggressively, provocative, may become domineering, loses effectiveness without

authoritative direction or clear

accountabilities



Usual 🖂		INSISTENCE		Needs □ Stress ■
	75	AVERAGE	40	
	76 30 92 99 42 85 79	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	42 15 55 71 16 29 20 71	

**USUAL BEHAVIOR** 

Low: Acts on personal initiative, makes simple broad plans

High: Meticulous in planning and

detail, operates on carefully

calculated risks

UNDERLYING NEEDS

Low: Freedom from close control,

minimal routine, easy access

to others

High: Defined systems and procedures, predictability,

organizational support

STRESS BEHAVIOR

Low: Could postpone and

procrastinate, over-generalizes

High: Dreads the unpredictable, over-

emphasizes processes and

controls



Usual 🖂		INCENTIVES		Needs □ Stress ■
	19	AVERAGE	55	
	71 3 25 10 16 16 3	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	34 41 79 19 62 86 99 19	

**USUAL BEHAVIOR** 

Low: Trustful and team-spirited, aware of long-term benefits,

values intangibles

High: Opportunity minded, resourceful, naturally bargains,

sells, trades

**UNDERLYING NEEDS** 

Low: A minimum of competitive

rivalry, a trustful, serving

environment

High: Opportunities to compete,

tangible benefits

STRESS BEHAVIOR

Low: May feel taken advantage of,

underestimates others' selfprotective natures

High: Opportunistic and distrusting,

self-promotional, self-

protective



Usual 🖂		RESTLESSNESS		Needs □ Stress ■
	44	AVERAGE	25	
	90 18 90 18 17 96 2 18	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	6 7 52 7 17 68 32 7	

**USUAL BEHAVIOR** 

Low: Concentrative, not easily distracted, patient with long-

range projects

High: Ready to start new things,

easy to stimulate, responsive

and attentive

**UNDERLYING NEEDS** 

Low: Opportunity for input before

changes are initiated, minimum of abrupt changes

High: Alternating work

responsibilities, opportunities to shift priorities when new

interests arise

STRESS BEHAVIOR

Low: Overly concentrative, inflexible

in thinking and attitude

High: Difficulty concentrating,

restless for quick results, self-

discipline may become

difficult



Usual 🖂		THOUGHT		Needs □ Stress ■
	34	AVERAGE	43	
	62 2 48 2 32 32 90 2	JOHN Q. PUBLIC CINDY BILLINGS BETSY BROWN JACK DEMBY DAN DAVIS CHRIS COOPER RONALD CHALMERS JOHN DEMAGGIO	62 12 32 12 74 92 51 12	

USUAL BEHAVIOR

Low: Decisive, matter-of-fact in thought and action, grasps

situations quickly

High: Thoughtful and reflective, thinks before acting, weighs

both sides of issues

UNDERLYING NEEDS

Low: Work and decisions that involve little ambiguity, freedom to take immediate

action

High: Ample time to think carefully and to consider options and

implications

STRESS BEHAVIOR

Low: Sees things "black or white", frustrated by ambiguity, may

act impulsively

High: Fearful of making mistakes,

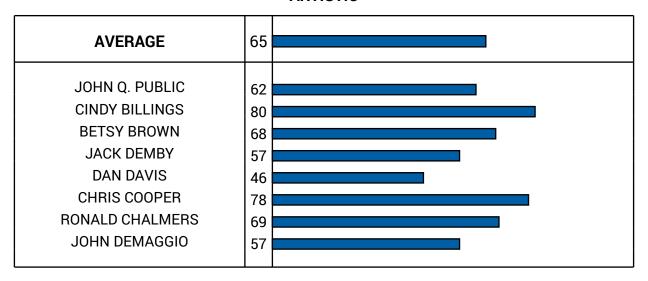
postpones decisions

unnecessarily, over processes

information



### **ARTISTIC**



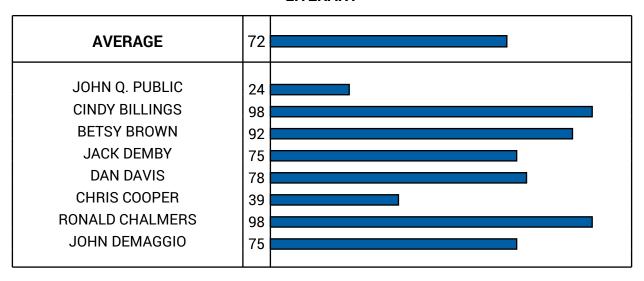
#### **ARTISTIC:**

Creation, appreciation for arts, aesthetics

Activities include: Painting, appreciating art, designing



### **LITERARY**



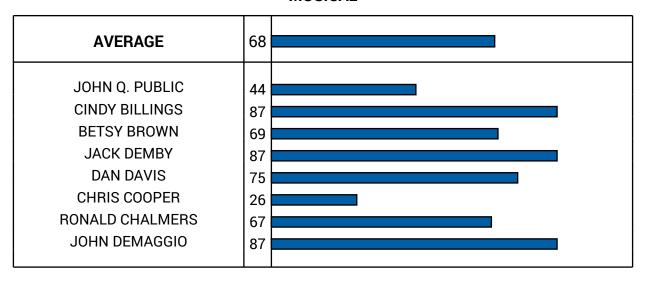
#### LITERARY:

Appreciation for language

Activities include: Writing, reading, editing



### **MUSICAL**



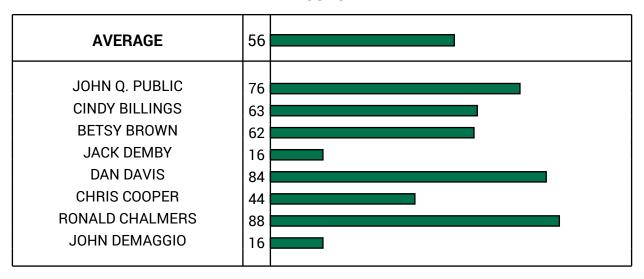
#### MUSICAL:

Playing, singing or listening to music

Activities include: Attending concerts, collecting and appreciating music



### **PERSUASIVE**



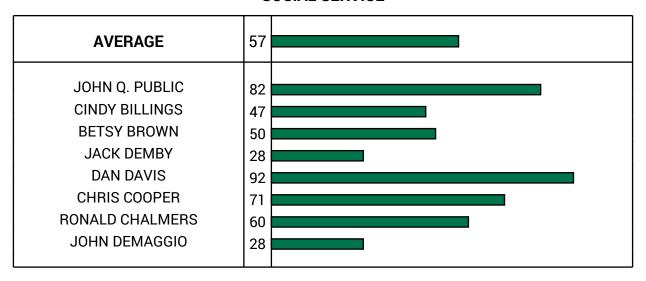
#### **PERSUASIVE:**

Persuading, motivating, selling

Activities include: Debating, influencing, promoting



### **SOCIAL SERVICE**



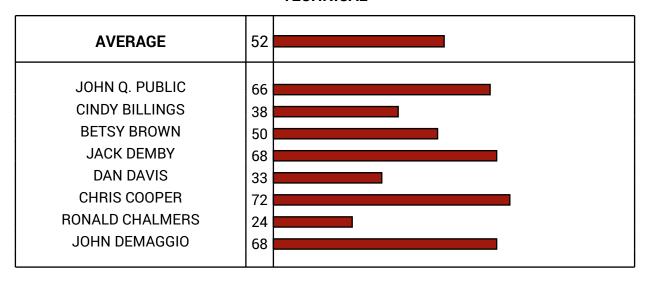
### **SOCIAL SERVICE:**

Helping, advocating for people

Activities include: Teaching, counseling, volunteering



### **TECHNICAL**



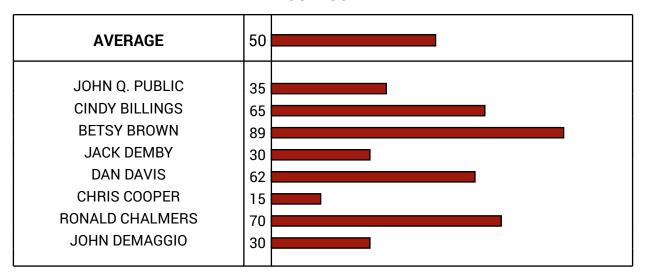
#### **TECHNICAL:**

Hands-on work with technology and machinery

Activities include: Programming, assembling, using gadgets



### **OUTDOOR**



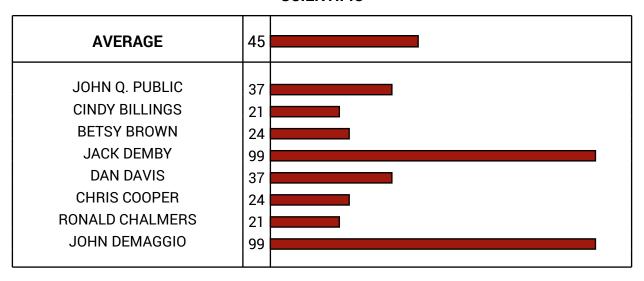
#### **OUTDOOR:**

Work in an outdoor environment

Activities include: Being outdoors, farming, gardening



### **SCIENTIFIC**



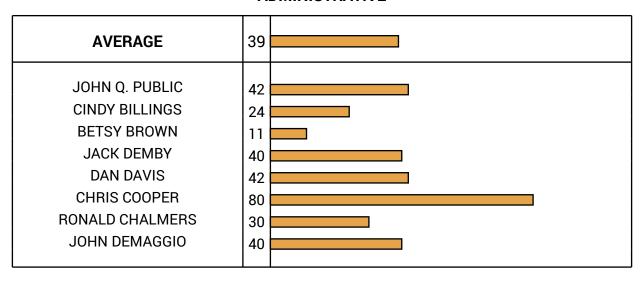
#### **SCIENTIFIC:**

Research, analysis, intellectual curiosity

Activities include: Investigating, exploring medicine, experimenting



### **ADMINISTRATIVE**



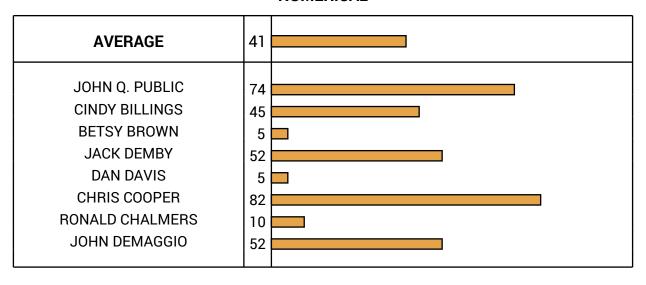
#### **ADMINISTRATIVE:**

Systems, order and reliability

Activities include: System tracking, record keeping, categorizing



### **NUMERICAL**



### **NUMERICAL:**

Working with numbers and data

Activities include: Accounting, investing, analyzing