**Traits Worksheet**

Traits are groupings of behaviors and attitudes that we use to meet challenges we face in our lives. All traits are useful. What makes a trait good or bad is what situation it is used in. All traits are good when used at the right time.

We can improve our life by

1. Choosing the right traits for the right situation
   1. Identify the traits we use too often and hold back on them
   2. Identify the traits we don’t use enough and push ourselves to use them more
2. Improve our skills at any traits we are not that good at

**EXAMPLES OF TRAITS:**

* Take control (and direct others)
* Intimidation
* Submission (follow others’ lead)
* Information-gathering/research
* Information-giving
* Practice
* Problem-solving/thoroughly think things through
* Trial-and-error/experimenting
* Try harder/keep trying
* Avoidance
* Wait-and-see
* Love languages (physical affection, verbal affirmations etc.)
* Manipulation/deception
* Negotiation
* Look for problems/critique
* Kindness/nurturance
* Protect others/look out for others
* Be dramatic
* Perspective taking
* Take action immediately/act now, think later
* Seek help
* Help-giving
* Aggression (verbal/physical/other)
* Self-promotion

**WHICH TRAITS ARE USED IN EACH OF THESE STORIES?:**

Michael has been dating Lucy for two weeks when Lucy tells him that next weekend is going to Florida with her girlfriends for their annual girl’s trip. Michael is afraid that she is leaving him or that she will cheat on him while in Florida. He asks her not to go. She explains how they have gone every year for the last 5 years and bought the non-refundable tickets 6 months ago. He commands her not to go. She hugs him and tells him she will miss him too. He throws a fit and starts throwing things. While she is on the trip he sends her texts several times each hour asking for pictures and her to tell him what she is doing. When she is late texting back he sends texts hinting that she is being unfaithful. When she comes back from the trip she slaps him and then breaks up with him. Michael starts swearing and screaming at her “You F\*\*\*\*\*\* B\*\*\*\*! I knew that if you F\*\*\*\* went it would be F\*\*\*\*\* end of our relationship!”

What traits do you see Michael use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What traits do you see Lucy use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alex has a job interview and asks her roommate to pick out her clothes. On the way, she stops for lunch. She looks at the menu several times, but eventually asks the waiter what he likes and orders what he suggests. At the interview, she is given a scenario and asked how she would handle it. She said she would ask her supervisor what to do. The interviewer asks what she would do if the supervisor was not available. Alex excuses herself for a moment while she calls her mother to ask her advice.

What trait(s) do you see Alex use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phil’s back hurts, so he made an appointment with Dr. Oppah. Dr. Oppah interviews him about his symptoms and about any recent activities that may have affected Phil’s back. When done, Dr. Oppah explains to Phil what is going on with his back and what he can do to make his back feel better.

What traits(s) are used here by Phil?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By Dr. Oppah? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Libby tries to sew herself a bag. She looks for videos on YouTube on how to do it. She realizes that her stitches look bad, so she sews a few pieces of fabric together before starting to sew the purse itself.

What traits(s) are used here by Libby?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Andreas is making a board-game. While trying out the first version, he looks for anything that is not working and then thinks about it until he finds a way to fix it. He then tries a new version and looks for more problems to fix. He then asks others to try the game and give him feedback. At first he tries his game with family and friends, but he find that they are so nice to him, that they don’t give him useful feedback. He eventually reaches out to a friend in a board-game group and asks if they are willing to try out the game.

What trait(s) are used here by Andreas? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What trait is used by his friends/family? \_\_\_\_\_\_\_\_\_\_\_ What trait(s) did he want them to use?\_\_\_\_\_\_\_\_\_\_\_\_\_

Kirsten’s boss asked her if she had delivered the proposal to the Exempo Investment Group. Kirsten said her assistant delivered it yesterday. Kirsten knew she never gave it to her assistant. When Kirsten next saw her assistant, she asked her how it went delivering the proposal. When the assistant seemed confused, Kirsten yelled at her and swore at her for having failed at her job and having cost the company a lot of money until eventually the assistant cried and apologized for having forgotten about it. Kirsten then went back to her boss and begged her boss not to fire her assistant.

What trait(s) did Kirsten use here? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bill is writing up his resume/CV and a cover-letter for applying for a job. He makes sure to provide any experiences and education he has that would be useful to the employer and does his best to express his strengths.

What trait(s) is Bill using here? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jack wants to call a friend to ask him to make him move. He keeps thinking about how to say hello, and how to ask, and what to do if someone else answers the phone, and how to say that it is Jack calling and… He keeps thinking about it, making him increasingly nervous to call.

What trait(s) is Jack using? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ What trait(s) should he use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Marjorie is designing a suitcase meant for business executives. She tries to imagine the things she would be doing if she was a business executive to come up with ideas for the design.

What trait(s) is Marjorie using here? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHAT TRAIT(S) WOULD BE BEST TO USE IN THESE STORIES?:**

Lisa is driving on the highway when the check engine light comes on.

Trait(s) for Bob to use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

While De’Juan is driving, a police officer pulls him over.

Trait(s) for De’Juan to use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pat is working in sales for ergonomic chairs for Back-to-Back. A store is already selling such chairs from a different company. Pat is now calling them and it Pat’s job to get them to switch to Back-to-Back chairs.

Trait(s) for Pat to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chris is cleaning in the garden when a squirrel bites his hand and won’t let go.

Trait(s) for Chris to use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lauren is watching some children and she walks into the room where they are playing. They have set the curtains on fire, and the curtains are burning quickly.

Trait(s) for Lauren to use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mitch is trying to hail down a Taxicab, but the cabs seem to not notice him.

Trait(s) to Mitch to use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Susanne is waiting at the doctor’s office, but after 45 minutes, she has not yet been called.

Trait(s) for Susanne to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Espen accidentally ate his boss’s lunch. She now comes and asks him about it.

Trait(s) for Espen to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All day, Cindy has been trying to move a rock in the garden by rolling it. It has not even moved an inch.

Trait(s) for Cindy to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Different kinds of apples have different texture and taste. Marcus wants to figure out what apples he like best

Trait(s) for Marcus to use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lucy’s girlfriend feels unhappy, and Lucy is not sure why.

Trait(s) to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SELF-ASSESSMENT:**

1. What traits do you think you use too much? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Think about some times you used that trait. What other traits would have been better to use?

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If there are one or two traits that keep being better to use, create a sign for yourself

For example: “Use information giving, not manipulation,” “use submission, not taking control,” “Don’t be dramatic, calmly gather information instead.”

2. What traits do you think you need to use more? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Create a sign for yourself reminding you to use it more. For example: “Be kind,” “be patient,” “just do it”

3. What traits do you feel like you need to develop better skills in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ways to improve your skills in a trait:

* Find someone good at the trait and learn from watching them
* Find someone willing to teach you
* Seek out safe situations where you can practice the skill
* If you have a therapist, ask your therapist if you can walk on it in therapy. Most, but not all, traits can be practiced in therapy while also working on others things at the same time
* If you work with an occupational therapist, OTs can often help improve skills in many traits