

Major Choices Exercise

Think of a recent problem that happened to you, and recall your approach from following list, you were:

- Reluctant
- Worried
- Pessimistic
- Feeling Guilty
- Decision maker
- Determinant
- Optimistic
- Responsible
- Violent
- Afraid
- Stuck
- Retreating
- Cautious
- Running away
- Depressed
- Grudge
- Revenge
- Criticism
- Carelessness
- Giving up
- Smiling
- Strong will
- Activeness
- Interacting and exchanging
- In touch with others
- Talking
- Calm
- Forgiving
- Confronting

Major Tendencies

Confidence

He (She) respects himself (Herself) and gives enough consideration, shows his real prospective. He does not feel the need to play any role or achieve any victory. He accepts others as they are but has courage to confront them regarding their behaviors that makes him/her feel uncomfortable. He shares his thoughts and feelings. He trusts himself. He is fully aware of his strengths and shortcomings. Does he/she fail? He/she tries to understand and learn by analyzing situation without blaming himself or others. He/She believes that there is always something to learn from change. He is creative, proactive and has a strong will.

Shyness

He usually demote his value. Every event is another evidence that he/she does not worth anything. Others are always better than him/her. They are successful and lucky but he/she does not have a talent and not up to the needed level of achievement. Is there a problem? He/She blames himself/herself. It is always his/her fault!

He/she thinks he/she is dull and prefers to avoid responsibilities and lean on others. However, he/she tries always to please them and show what he/she thinks is expected from him/her. He/She chooses conformance and rarely appears on the surface. He/She fears bothering others and reluctant to approach them.

Ego

He/She refuses to be blamed, because all mistakes comes from others. He/She is the best and does not stand that he/she could be wrong. He/She fails to delegate and does not trust others. Publically or privately, he/she blames and curs ... He/She will sue them, or because of his/her incredible kindness, he/she takes other on his wing and follow a motto that states: People cannot take care of themselves and he/she has to do everything. He/She is in charge and directs others. He/She a perfectionist.

Indifference

He/She lost hope in everything. He/She is an exhausted violent person. He/She will stay idle for months and "wish for them to die because they destroyed his/her life". He/She is careless and keeps his/her head hidden between his/her shoulders. He/She is conservative and when a problem comes it is everyone's fault and there is noting to do about it anyway.

He/She is passive and expects difficulties to pass by themselves and hold on dreams.

Classification Reference

Trustful	Shy	Dictator	Victim
Decision maker	Feeling Guilty	In revenge	Stuck
Determinant	Afraid	Criticizing	Retreating
Optimistic	Reluctant	Envy	Running away
Responsible	Worried	Violent	Careless
Smiling	Pessimistic		Surrendering
Strong will	Depressed		Cautious
Active			
Interacting and exchanging			
In touch with others			
Talking			
Calm			
Forgiving			
Confronting			

When we face any situation in life, we have four basic positions to choose from:

- **Blame ourselves,**
- **Blame others,**
- **Deny the problem or consider it as a life fact,**
- **Notice what is going on and search for a solution.**