

15 Questions that Lead to Self-Discovery

Instructions: For each question, choose the one answer that most closely matches how you would respond.

- 1. My office mate eats a smelly fish sandwich.**
 - a. I figure he's making me look like a more considerate person
 - b. I consider telling him he's stinking up the place
- 2. My IT consultant leaves after fixing my computer - it goes down the next day.**
 - a. I call him up and tell him what a miserable job he did
 - b. I call him up and let him know what happened
- 3. I am waiting in the express line at the bank that says: "loan payments only."**
 - a. I check my voicemail and texts while I wait
 - b. I look ahead to see who's got a deposit slip or cash in their hands
- 4. The news reports stories about foreclosures.**
 - a. I believe people who can't pay their loans knew they were taking out mortgages they couldn't repay
 - b. I believe a lot of people were victims of bad loan deals or lost their jobs unexpectedly
- 5. There have been times when I was very angry with others.**
 - a. I was always able to control any desire to lash out physically
 - b. I have impulsively hit or pushed someone
- 6. An online news source discussed the causes and costs of drug addiction.**
 - a. I wish society had more effective options for drug abuse prevention and treatment
 - b. People involved with substances get what they deserve
- 7. The emergency room is packed with people.**
 - a. People who don't have healthcare insurance are irresponsible
 - b. Healthcare insurance is priced out of range for many people and their families
- 8. I sometimes argue with a colleague or client.**
 - a. I use profanity; it's common now even on television
 - b. I rarely use curse words or off-color language
- 9. A driver cuts me off on the road.**
 - a. I honk and consider speeding up to return the favor
 - b. I decelerate to put some room between our cars
- 10. Something extremely important must be done at work.**
 - a. As usual, I take it on myself so that it's done right
 - b. I ask a co-worker if she can pitch in
- 11. Frequently I let an angry feeling:**
 - a. Come and go, because it avoids making a big deal out of something small
 - b. Be the catalyst for my speaking my mind; it's not good to hold anger in
- 12. Someone criticizes something I've done.**
 - a. I feel annoyed
 - b. I try to decide if there is merit in the criticism
- 13. I overhear an unkind comment about me.**
 - a. I typically forget about it after a short while
 - b. I think about it for hours, sometimes longer
- 14. My co-worker is asking a lot of questions about a project we're working on.**
 - a. I assume she is trying to prevent some problems she thinks may be ahead of us
 - b. I assume she's not capable or confident about her part of the project
- 15. My friend expresses an ignorant belief about politics.**
 - a. I set her straight on-the-spot
 - b. I let the comment pass and expect she'll figure out the truth on her own

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SCORING

This is an assessment of hostility, which has three components: 1) cynicism, 2) anger and 3) aggression. The quiz had five questions for each component. See below for the questions associated with each one.

Let's look at an example: Q3 (b). First, you see the question number. Next to it you see the answer that is a positive indication of that specific form of hostility. So in this example, if you checked the answer (b) for question three, then you would give yourself one point for having a response that reflects cynicism.

Give yourself one point for each answer that matches the scoring guide below. For each component (cynicism, anger or aggression) add up in the total "matching" answers from your quiz. Then, put the total number of your matching answers for that component above the blank line that follows the = sign.

Scoring Guide

Cynicism: Q3 (b), Q4 (a), Q7 (a), Q10 (a), Q14 (b)

Your **Cynicism** Score = ____/5 questions

Anger: Q1 (b), Q6 (b), Q9 (a), Q13 (b), Q12 (a)

Your **Anger** Score = ____/5 questions

Aggression: 2 (a), 5 (b), 8 (a), 11 (b), Q15 (a)

Your **Aggression** Score = ____/5 questions

Understanding Your Scores

In general, a score of 2/5 is typical for any of these indicators. So, if you scored 2/5 on any of them, cynicism, anger and aggression: you fall within the average of hostility for that component.

In general, a score of 3/5 or 4/5 on a component may represent some problems that others may see in your performance at work or in other relationships. You may be struggling with self-regulation: 1) self-awareness, 2) empathy and compassion, 3) knowing how things generally work, and 4) flexibility in your behavior.

In general, if your score is 5/5 on any component, it's time to consider what may be triggering that magnitude or general condition of hostility. It's probably something that's floating around in your "ocean of negativity." That means there may be something in your personal past or work history that has not been resolved. What has not been resolved will be repeated, until the resolution or healing takes place.

How Does Hostility Impact Your Persona Brand Triad HELPER Dimension?

A score of 3-5 on any component may hinder your ability to identify your HELPER dimension, because cynicism, anger and aggression often mask your authentic, positive qualities when you are with other people.