

You are viewing the Personality Profile for:  
**Someone in Anytown, USA**

## Premium Personality Profile

### Reports Category

#### Agreeableness

Modesty ▶

Generosity

Social Awareness

Openness

Emotional Stability

Conscientiousness

Extraversion



## Agreeableness

Taking care of others or  
 taking care of yourself.

### Agreeableness - Introduction:

In earlier paragraphs you were described on a scale that included Taking Care of Others and Taking Care of Yourself. The following paragraphs refine what was described in those preceding paragraphs. You will find below descriptions of three specific character traits that are sub-sets of Taking Care of Others and Taking Care of Yourself. The three describe your qualities of Modesty, Social Integrity, and Generosity.

### Modesty - Introduction:

While taking care of others and taking care of yourself, to what degree do you try to put yourself in the spotlight or keep your caring acts hidden? Are you out to make a name for yourself as "someone who really cares", or are you content with the actions themselves and comfortable if no one recognizes you for your efforts? Is some desire for personal gain hidden in your acts of kindness? Are you or are you not a modest person?

### Modesty: Your Personalized Description

If someone you care about expresses a clear need to you, you keep focused on the other person; in conversations you would listen closely and carefully. But in interactions that lack such urgent or affectionate energy, your natural inclination is to pay pretty close attention to yourself. You realize that you have a limited amount of time and energy available and you simply cannot take care of everyone's desires and needs in addition to your own. So if it comes down to making a decision on whether you will take care of yourself or others - and sometimes this decision seems to you like a real competition - more often than not your choice will be to take care of yourself.

Try this little experiment with yourself. Notice the conversations you have with people

throughout the coming day - think about who controls the flow, who stops and starts discussion of topics, who most of the conversation is about. More likely than not you'll notice that in many conversations you maintain a good deal of control of the interaction. Not always, by any means, but when you are talking with someone you work with or just know casually, if they speak two minutes, you may talk for three. If they mention an accomplishment, how do you react? Do you come back with an accomplishment of your own?

Interactions may feel like a relational see-saw for you when this happens. You feel better when you control things and a bit worse if someone else clearly dominates the conversation or a lot worse if someone finds a way to put you down. The truth seems to be that it just feels more natural for you to stay in control of interactions.

In reality your ability to take control of interactions with others has a lot of advantages - to yourself and others as well. Leaders need to be able to step up and take control of things. This may be the case with you. A question for you to consider is whether this trait is something you use positively? Particularly with those your heart is attached to.

It seems that when those close to you need you to listen, you do so. When they need you to care, you do know how to care. You can wrap your thoughts and your affections around them in ways that they appreciate. But again, it's not your most natural gift. Perhaps if you recognize this there will be times when you will choose to do something to change it. You could, you know. You could pay more attention, open up to others, be more willing to see the world through their eyes. But before you can get on with that, you need to step back, look at your interactions and decide if you want to change.

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