

# PERSONAL STYLE SPECTRUM

Each style represents various personality features. Many people will identify shared experiences of these styles and will likely identify with a combination of features on both sides of the spectrum, illustrating the complexity and luminosity of being human.

The spectrum is designed to give you more insight into your own and others' way of being in the world. No place on the continuum is right or wrong, worse or better. Once we are aware of ours and others' styles, we can learn to communicate more effectively with different people.

## INTROVERSION

- Prefers to think alone to solve challenges
- Reflective, contemplative
- Tends to be reserved in social situations or avoids them
- Tends to be quiet

## BIG PICTURE

- Needs to know overall picture before being able to focus on specific details
- Likes ideas, concepts, theories
- Tends to be intuitive
- May leave out/neglect details

## FEEL

- Makes decisions based on feelings (compassion, warmth, personal values)
- Gets along well with others
- Cares about others' feelings
- Likes conciliation & harmony
- Tends to be swayed by feelings rather than rational argument

## PRESENT

- Prefers to be spontaneous/in the moment
- Likes to see all sides of an issue – ok with changing their mind
- Goals are subject to change based on new information
- May become involved in many tasks/activities at the same time

## EXTRAVERSION

- Prefers to work through challenges with others
- Outgoing, enjoys social situations
- Interested in pleasing others
- May become bored when alone

## DETAIL

- Needs to know the facts/specific details before focusing on overall picture
- Likes the concrete – real, factual, tangible
- Thinks in detail-by-detail accuracy
- May miss the big picture

## THINK

- Makes decisions based on rational thinking (logic & factual evidence)
- May step on others' feelings without realizing it
- Tends to be swayed by rational argument rather than feelings

## FUTURE

- Likes to think/plan the future
- Firm, clear, sure – makes decisions & sticks to them
- Sets goals and works toward them
- Likes to finish one task before moving on to the next