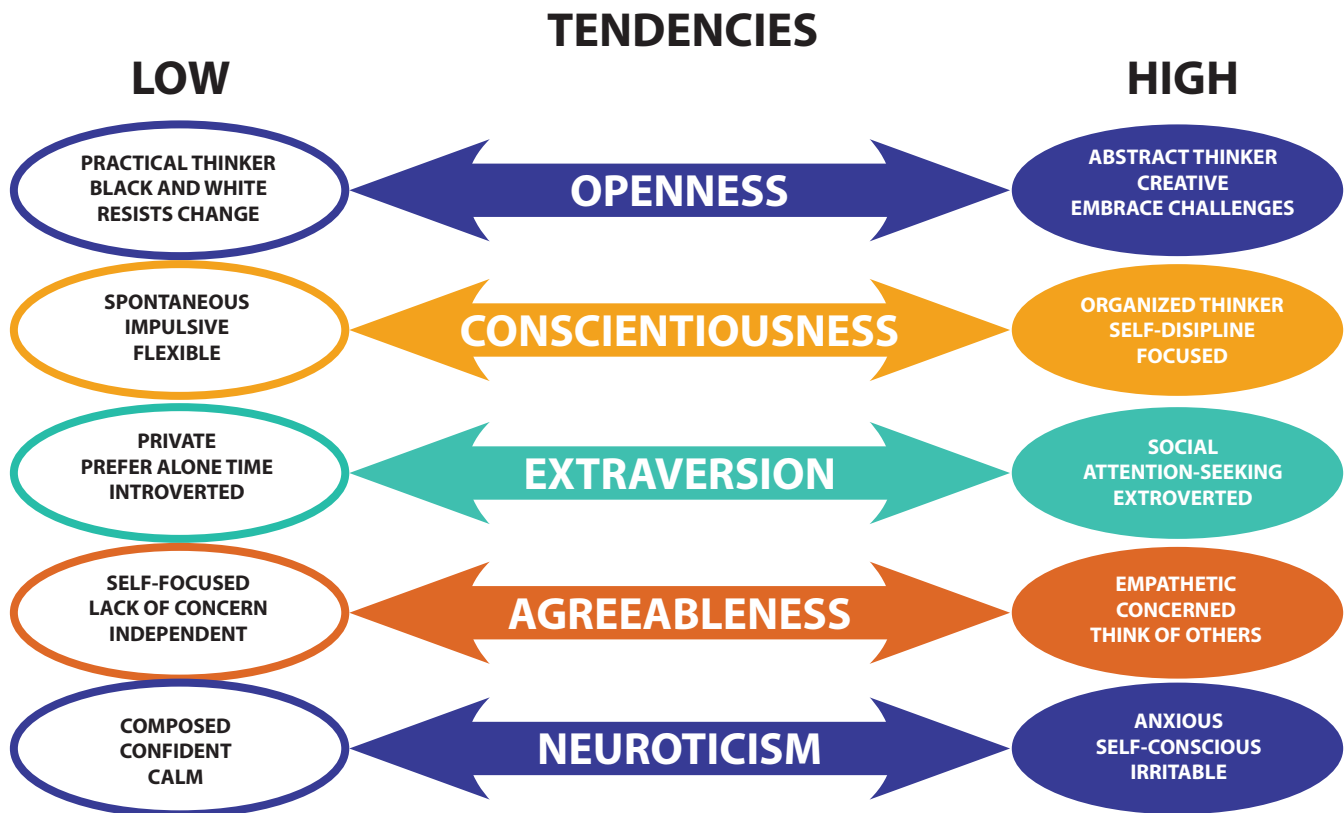


Through some self-reflection, you can develop an honest picture of your personality, strengths, weaknesses, and relationships.

Personality:

Every personality has tendencies. You could have a “high” tendency towards openness and a “medium” tendency towards extraversion. Look at the chart below and decide where you rank inside each tendency.



Remember, no one’s personality is wrong, and you don’t have to take a personality test. Looking at the “big five” personality trait spectrums will help you understand your personality more. This way of understanding personality is the most scientifically accepted because it doesn’t box people into categories.¹ Instead, it encourages people to reflect on where their personality falls on five different spectrums that represent five aspects of personality. Some of these might even correspond to real differences in brain activity!^{2,3,4}

Strengths & Weaknesses:

A person’s strengths comes up in a lot of job interviews: “what are your strengths?” One way to find your strengths is to think through each of the five personality trait spectrums, and pick a strength you think you have in each trait.

For weaknesses, everybody needs help being more honest about their weaknesses without letting it become self-hatred. Knowing your weaknesses is the first step in the process of growing past them! Again, one way to find your weaknesses is to try to figure out how your personality might tend toward one weakness in each area of the big five personality trait spectrums.

Relationships:

There are lots of ways to have healthy relationships with close family, friends, and mentors, but here are some general signs that you have overall healthy relationships:

- You've kept some close relationships for many years.
- You share fun experiences together.
- Both you and your close friends share your burdens and hard experiences with each other.
- You can give and receive kind critiques when necessary.
- You're able to problem-solve on your own and face challenges without falling apart.
- You're also able to ask for help and rely on others without feeling guilty.

Some other important relationships are your relationship with yourself and your relationship with God. Most people have some negative thoughts about themselves, but this isn't the best relationship to have with yourself. It's ideal to know your weaknesses but not hate yourself for them.

For your relationship with God, there's lots of opinions out there. A good relationship with God is very important to many people, but others may not care about him or have had a bad religious experience in the past. Whatever your perspective, it's important for you to think through your relationship with God, and to work toward having a healthier relationship with him.

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