The Personality Self-Portrait
John Oldham, M.D. & Lois B. Morris

Profile Report

Name: Rex Darlington
Administration Age: 20
Gender: Male
Duration: N/A
Administration Date: March 28, 2002
Introduction
The Personality Self-Portrait is an assessment tool designed to reveal the structure of an individual's personality. The Personality Self-Portrait assesses the individual on a wide range of normal personality styles, and combines the results to create a unique personality profile. This report illustrates how each personality style influences one's relationships, work, and home life. It is important to note that the Personality Self-Portrait does not diagnose personality disorders.

Personality Self-Portrait Percentiles
The following graph shows the percentages of each personality style score obtained.

About Your Personality Self-Portrait Profile
This is your personality self-portrait. Each of the 14 personality styles contributes to an individual's overall personality pattern. While the specific score on any style is not in itself significant, the relationship between the scores reveals the complexity of the person's personality pattern.

An individual's personality pattern is strongly shaped by the strongest (highest) scores in his or her profile. These are the person's leading or dominant styles and are most pertinent. The remaining styles should be interpreted with less weight—they still exert an influence, but to a lesser degree.

Some people will score high overall, indicating intense personalities compared with individuals who score low overall. However, those who score low may not have answered the questions confidently because they lack the experience and self-knowledge to agree or disagree strongly with the statements.
Many people score extremely high in one or two styles. They are clearly and powerfully influenced by these dominant styles, and the strengths and the vulnerabilities of these styles will be prominent in their lives.

A low score on any style should not be considered a deficiency. For example, a low score on the Self-Confident style does not indicate a lack of self-esteem. It simply means the style has less importance in the individual's personality pattern than the other styles. Styles least characteristic of an individual can provide important information. For example, a predominantly Idiosyncratic person marches to his or her own drummer. Highly spiritual, this person has difficulty operating according to conventional beliefs and rules. An Idiosyncratic person with little or none of the Conscientious style in his or her pattern may be advised to avoid a job or a relationship in which toeing the conventional line in personal beliefs, interests, or lifestyle is imperative.

Dominant styles are readily apparent to the individual and others. Low-scoring styles are also obvious due to their relative absence. Styles of only moderate strength may help to pinpoint a person's unrecognized personality assets. For example, a person who is predominantly Leisurably is unlikely to be hard-driving at work. Discovering that he or she has a moderate amount of Self-Confident style could alert him or her to inherent ambition and frustration tolerance, the discovery of which might enable this person to establish a more solid direction in life.

Your three most prominent personality styles are detailed below:

**Your Strongest Personality Style is Conscientious ("The Right Stuff")**

Conscientious individuals are dedicated to work and are capable of immense, single-minded effort. They have strong moral principles and values. Opinions and beliefs are rarely held lightly, and they stick to their convictions. Everything must be done "right," and the Conscientious person has a clear understanding of what that means, from the best strategy to achieve the boss's objectives, to how to get every single dirty dish into the dishwasher. They like orderliness and tidiness and are good organizers, catalogers, and list-makers. Thrifty, careful, and cautious, Conscientious individuals do not give in to reckless abandon or wild excess. They have a tendency to collect things and are reluctant to discard anything.

Conscientious types believe strongly in hard work and loyalty. Their work is central to their lives. Whenever they commit to a task, they do the job completely and thoroughly. They are the "A" students in school and the achievers in society.

Detail and order are the main priorities of the Conscientious person. They like things done a certain way and have difficulty adjusting to change. When a problem arises, they work tirelessly until it is solved. They can be paralyzed by the lack of a perfect solution, however. Their drive for perfection and their fear of making mistakes can become a burden. People who are extremely Conscientious have difficulty making decisions and completing their work on time. They require encouragement to delegate tasks, which they tend to avoid since they prefer to do things their own way.

Conscientious people do not display their emotions and can seem dry and lacking in spontaneity. They're "head" people rather than "heart" people. They are not without emotion inwardly, however, and often are attracted to partners who are openly emotional (e.g., Dramatic individuals). Their lack of emotion can be problematic in their relationships. The partner often mistakenly believes that the Conscientious person, who can't easily say "I love you," is without feeling. Conscientious people make excellent partners, however—they are not quitters and are extremely loyal.

This is a high-stress personality style prone to Type A health risks when extreme. For all their enviable self-control and direction, many Conscientious people find it difficult to relax and experience pleasure.

**Your Second Strongest Personality Style is Adventurous ("The Challenger")**

Adventurous types live by their own values. They are not strongly influenced by others or the norms of
Adventurous types live by their own values. They are not strongly influenced by others or the norms of society. They love the thrill of risk and routinely engage in high-risk activities. They don't worry very much about others—they expect everyone to be responsible for him- or herself. They are silver-tongued, gifted in the art of winning friends and influencing people. In their childhood and adolescence, Adventurers are usually high-spirited hell-raisers and mischief-makers. They are courageous, bold, and tough, and will stand up to anyone who dares take advantage of them.

Adventurous people live in the present and are governed by feelings, not logic. They need thrilling challenges the way most people need food and shelter. Their thrills may come from sports, their careers, their sex lives, the stock market, or the gambling tables. A little of this personality style goes a long way towards building a meaningful, interesting life. A predominance of this style can be a problem, because these individuals may not sufficiently calculate their risks.

A 9-to-5 job can be hard on Adventurous people. However, when their jobs are exciting and highly stimulating, they give a high-quality performance. They appreciate newness and are not loath to undertake a difficult or dangerous project, but dislike routine jobs. They love to keep moving and have an urge to explore. They do not worry about finding work and live well by their talents, skills, and ingenuity.

While they are not motivated toward settling down with one person, they are drawn to people like themselves who like action and excitement and who are highly sexual. They don't tolerate relationships well when the newness fades. They operate best in relationships with partners who are independent and who do not begrudge them their freedom.

Adventurers live in the present. They do not feel guilty about the past or anxious about the future. As they grow older, they may become depressed that they can no longer keep up with younger people or that younger people are no longer attracted to them. Learning to think about the future and considering where they will be in five, ten, or fifteen years can help them prevent this letdown.

Your Third Strongest Personality Style is Idiosyncratic ("The Different Drummer")

Idiosyncratic types are tuned into and sustained by their own feelings and belief systems, whether or not others accept or understand their particular worldview or approach to life. They are self-directed and independent, requiring few close relationships. Though they are inner-directed and follow their own hearts and minds, Idiosyncratic men and women are keen observers of others and particularly sensitive to how other people react to them.

They tend to question common beliefs and expectations. They are highly spiritual and do not close their minds to any possibility, always asking "what if?". They tend to have a deep inner life, act eccentrically, and live in their own world. They may be interested in the occult or the supernatural and are drawn to abstract and speculative thinking.

Fitting into everyday, conventional life can be difficult for Idiosyncratic people. Others may view them as strange, which can be a problem in jobs and relationships. They must live their own way and sometimes regret they cannot do things in the orthodox fashion. The pressure to conform presents intolerable stress for them.

Two key factors affect the quality of Idiosyncratic lives: whether they can find an accepting environment and how well they adapt to others' expectations. Few work settings tolerate eccentricities of behavior, unless the individual has a great deal to offer by way of intelligence or talent. Some Idiosyncratics do well with one ear tuned in to their own personal worlds and one outward to what the boss expects of them. Others, however, have a hard time understanding or accepting authority.

Idiosyncratic people do not need other people to give their lives direction or meaning. If they can't find partners who accept their unconventionality, they usually do well on their own. Some are content to experience several relationships in their lives without necessarily finding their one and only.
Personality influences six key areas of life: Self, Relationships, Work, Emotions, Self-Control, and perceptions of the Real World. These six domains are fundamental in assessing personality patterns. Although each of the 14 personality styles is associated with a "normal" pattern of thinking, feeling, and behaving in each of the six domains, certain domains dominate each style and influence functioning in the other domains as well. For example, since Work dominates the Conscientious style, the Work domain strongly influences the functioning of the Conscientious individual in the other five domains-Self, Relationships, Emotions, Self-Control, and Real World perceptions. For instance, self-esteem and self-image (the Self Domain) would be strongly influenced by success or failure in jobs, tasks, and assignments (the Work Domain).

The Domain of Work

One of your top three Personality Styles influence "Work", indicating that this domain will have an influence on the way that you lead your life. This domain encompasses our style of "doing"—in play, school, career, housework, child care, chores, and hobbies. Personality style is revealed through how we complete tasks, take and give orders, make decisions, plan, handle external and internal demands, take and give criticism, obey rules, and cooperate with others. The Work domain is key to Conscientious, Aggressive, and Serious style individuals. What we choose to do in our lives and how we deal with Work domain difficulties (including being out of work or having to work two jobs) reveals something about our personality style.

Work and the Conscientious Style. For the Conscientious person, Work is the ruling domain. These individuals are always busy doing something, even in their leisure time. Their work defines them and makes them comfortable in life. They are competent, organized, thorough, and determined. They try hard at everything they do. They particularly enjoy intense, focused, detailed activity. Conscientious individuals set very high standards for themselves and need the challenge of working to perfection, no matter how much time a task takes. Because they are willing to devote so much time and hard work, Conscientious individuals tend to move toward the top of many professions. They are loyal and respect authority but sometimes lack skills required for top managerial positions such as making quick decisions, setting priorities, and delegating responsibility. This is why they make good behind-the-scenes individuals who can be counted on to do the detail work. One of their pitfalls is that they expect the same thoroughness and devotion from others, which may not always be appropriate. Career-wise, their mind for facts, categories, and technical detail makes them ideal for work in science, medicine, research, business, accounting, law, engineering, and computers, as well as many skilled crafts or in the technical side of any profession.

Your Conscientious personality style makes you a great organizer and diligent worker, but you need to concentrate on relaxing and enhancing your leisure time. Make a list of leisure activities and pursue them on weekends. When you have difficulty making a decision, always keep in mind that it often makes no difference which decision you make, as long as you do something. To manage your time more efficiently at work, aim for results that are good enough and not necessarily perfect. Occasionally, take time out-turn off your brain and imagine your mind as a calm, blank screen. Allow yourself to make mistakes and make an effort to compliment friends, family, and coworkers whenever possible.

The Domain of The Self
Two of your top three Personality Styles influence "The Self", indicating that this domain will have a considerable influence in the way that you lead your life. This domain includes our sense of self, self-esteem, and self-image—the way we see, think, and feel about ourselves, our place in the universe, and how we think others see us. This domain has the greatest impact on individuals whose personality is characterized by the Self-Confident, Solitary, Leisurely, Idiosyncratic, and Adventurous styles.

**Self and the Adventurous Style.** Self and Self-Control dominate the Adventurous life. Adventurers are action-oriented extroverts. If their Adventurous style is coupled with the Self-Confident style, they are ambitious to break records and make a name for themselves; otherwise, the rush of adrenaline that results from triumphing over danger may suffice. They do not need others to fuel their self-esteem or to give purpose to their lives, and they don’t easily make sacrifices for other people. They’re in it for themselves. They have a definite sense of what’s right and wrong for them and little respect for authority and, if something is important to them, they’ll do it no matter what anyone thinks.

As an Adventurer, your strong points include your spontaneity, your ability to act, your fearlessness, your ability to experience pleasure, and your tendency to live life to the fullest. Occasionally, make a point of worrying about others, and observe your interactions with them, noting all the possible ways in which your behavior or decisions put them at risk. Safeguard them from the risks of your behavior.

**Self and the Idiosyncratic Style.** Idiosyncratic types are sustained by their rich inner worlds. They may not be successful by other people’s standards or fit comfortably into the social order, but to them the greatest reality comes from their internal worlds. If they believe in something, it exists, and they don’t need scientific proof. Their self-esteem is not based on following protocol or being correct. They can break with tradition without worrying what others might think and they tend to lead eccentric lifestyles. Though others may perceive them as strange, they are indifferent to others’ opinions. The degree to which their Idiosyncratic nature will be a problem for them depends on the setting, the prevailing culture, their successes or talents, and the degree of support and acceptance they need from others during times of extreme stress (e.g., the death of a loved one). The Idiosyncratic tendency to continually reinvent the universe can lead to crises of doubt and disillusionment.

Because of your uniqueness as an Idiosyncratic type, you may pay a price in both your personal and professional relationships. To help recognize your differences from others, make a list of all the ways in which you differ from the important people in your life. Look at your list and visualize a world in which everyone, including you, is capable of accepting all these differences. Try to make compromises and learn to detect the needs of others by painting rich pictures of them in your mind. Do something that someone else wants you to do, regardless of your own interests. Instead of buying your child an exotic knickknack from your travels, buy a bicycle or comic book, something from his or her frame of reference.

**The Domain of Self-Control**

One of your top three Personality Styles influence "Self-Control", indicating that this domain will have an influence on the way that you lead your life. The Self-Control domain-control of impulsiveness-rules our level of spontaneity and ability to act on impulse, risk-taking behavior, ability to forestall rewards and fulfillment, planning skills, self-discipline, frustration tolerance, and ability to stop and think before we act. Issues of Self-Control are key for the Adventurous and the Mercurial styles. As in the other domains, there is no “right” or “wrong” way of behaving, unless the style of functioning brings harm to oneself or others. Nonetheless, our culture demonstrates strongly mixed feelings about how a person “should” function in the domain of Self-Control, and those whose personalities are dominated by the impulsive side of the Self-Control domain may feel pressured to bridle their natural passions.

**Self-Control and the Adventurous Style.** Adventurous types love to act on the moment—they couldn’t live any other way. They do not plan for the future or spend much time worrying about the consequences of their actions. They thrive on excitement, thrills, gambles, and risks. Their spontaneity
Personality Self-Portrait Profile Report for Rex Darlington

Personality Self-Portrait Profile Report for Rex Darlington

gives their lives meaning and fuels their daring accomplishments. They don't tolerate frustration and they resist discipline, especially that imposed by others and society. They live for the present without much thought for tomorrow and are happy to deal with whatever happens, when it happens. As well, they are remarkably easy with money. Investing, gambling, spending, even giving it away is stimulating; it makes them feel powerful and exhilarates them.

As an Adventurer, you are spontaneous and fearless, taking great pleasure in living life to the fullest. The trouble you run into results from your impulsiveness and lack of forethought. Think from your head, not from your appetites. Count to ten, concentrate on the thinking part of your brain, and try to experience the difference between that and the feeling, sensation-satisfying part of your brain. Worry a little each time you are about to take a risk and think of two or more unfortunate consequences that may result. Determine at least one way to protect yourself in advance for each risk you are going to take. Finally, take time out to think about what you want out of life five, ten, or twenty years in the future.

The Domain of Real World

One of your top three Personality Styles influence "Real World", indicating that this domain will have an influence on the way that you lead your life. Philosophers have disagreed about the nature of reality since the beginning of civilization. In personality assessment, what's "true" is less important than how an individual perceives the world and how these perceptions influence his or her behavior. The Real World domain is key to the Idiosyncratic style.

Real World and the Idiosyncratic Style. Idiosyncratic individuals often strike people as strange because they perceive the Real World quite differently from everyone else. They do not necessarily believe in ghosts or experience past lives; they simply do not feel compelled to accept the customary explanations of what’s going on in the world. Thus, they may be viewed as eccentric or weird. They’re willing to consider anything as real and they’re not locked into accepted explanations and interpretations that seem unequivocally true to most people. At the same time, they’re not oblivious to what others think and believe. While they’re aware their own belief systems differ from the norm, it doesn’t matter to them what others think. Their own understandings come from inside themselves, not from other people, institutions, books, or newspapers. They are true nonconformists and live their lives according to the sensations, feelings, and ideas that spring from inside them.

As an Idiosyncratic type, you are interesting, original, spiritual, and perhaps gifted. However, because of your uniqueness, you may find difficulties fitting in where you must, such as at work or in your relationships. If conforming to a dress code, for example, is important to your employer, see if you can wear what’s required, remembering that your thoughts are your own and you are free to believe whatever you do. If you are extremely Idiosyncratic, live your life as much as you can in an accepting niche, among people who appreciate you. Remember that other, more conventional types are unlikely to change in fundamental ways, and neither are you. It's okay to be different—it's you.
### Item Response Table

The respondent entered the following response values for the items on the Personality Self-Portrait Form.

<table>
<thead>
<tr>
<th>Item</th>
<th>Response</th>
<th>Item</th>
<th>Response</th>
<th>Item</th>
<th>Response</th>
<th>Item</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>28</td>
<td>2</td>
<td>55</td>
<td>2</td>
<td>82</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>29</td>
<td>3</td>
<td>56</td>
<td>3</td>
<td>83</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>30</td>
<td>1</td>
<td>57</td>
<td>1</td>
<td>84</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>1</td>
<td>31</td>
<td>2</td>
<td>58</td>
<td>2</td>
<td>85</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td>32</td>
<td>3</td>
<td>59</td>
<td>3</td>
<td>86</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>33</td>
<td>1</td>
<td>60</td>
<td>1</td>
<td>87</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>34</td>
<td>2</td>
<td>61</td>
<td>2</td>
<td>88</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>2</td>
<td>35</td>
<td>3</td>
<td>62</td>
<td>3</td>
<td>89</td>
<td>3</td>
</tr>
<tr>
<td>9</td>
<td>3</td>
<td>36</td>
<td>1</td>
<td>63</td>
<td>1</td>
<td>90</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>1</td>
<td>37</td>
<td>2</td>
<td>64</td>
<td>2</td>
<td>91</td>
<td>2</td>
</tr>
<tr>
<td>11</td>
<td>2</td>
<td>38</td>
<td>3</td>
<td>65</td>
<td>3</td>
<td>92</td>
<td>3</td>
</tr>
<tr>
<td>12</td>
<td>3</td>
<td>39</td>
<td>1</td>
<td>66</td>
<td>1</td>
<td>93</td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>1</td>
<td>40</td>
<td>2</td>
<td>67</td>
<td>2</td>
<td>94</td>
<td>2</td>
</tr>
<tr>
<td>14</td>
<td>2</td>
<td>41</td>
<td>3</td>
<td>68</td>
<td>3</td>
<td>95</td>
<td>3</td>
</tr>
<tr>
<td>15</td>
<td>3</td>
<td>42</td>
<td>1</td>
<td>69</td>
<td>1</td>
<td>96</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>1</td>
<td>43</td>
<td>2</td>
<td>70</td>
<td>2</td>
<td>97</td>
<td>2</td>
</tr>
<tr>
<td>17</td>
<td>2</td>
<td>44</td>
<td>3</td>
<td>71</td>
<td>3</td>
<td>98</td>
<td>3</td>
</tr>
<tr>
<td>18</td>
<td>3</td>
<td>45</td>
<td>1</td>
<td>72</td>
<td>1</td>
<td>99</td>
<td>1</td>
</tr>
<tr>
<td>19</td>
<td>1</td>
<td>46</td>
<td>2</td>
<td>73</td>
<td>2</td>
<td>100</td>
<td>2</td>
</tr>
<tr>
<td>20</td>
<td>3</td>
<td>47</td>
<td>3</td>
<td>74</td>
<td>3</td>
<td>101</td>
<td>3</td>
</tr>
<tr>
<td>21</td>
<td>1</td>
<td>48</td>
<td>1</td>
<td>75</td>
<td>1</td>
<td>102</td>
<td>1</td>
</tr>
<tr>
<td>22</td>
<td>1</td>
<td>49</td>
<td>1</td>
<td>76</td>
<td>2</td>
<td>103</td>
<td>2</td>
</tr>
<tr>
<td>23</td>
<td>2</td>
<td>50</td>
<td>2</td>
<td>77</td>
<td>3</td>
<td>104</td>
<td>3</td>
</tr>
<tr>
<td>24</td>
<td>3</td>
<td>51</td>
<td>1</td>
<td>78</td>
<td>1</td>
<td>105</td>
<td>1</td>
</tr>
<tr>
<td>25</td>
<td>1</td>
<td>52</td>
<td>2</td>
<td>79</td>
<td>2</td>
<td>106</td>
<td>2</td>
</tr>
<tr>
<td>26</td>
<td>3</td>
<td>53</td>
<td>3</td>
<td>80</td>
<td>3</td>
<td>107</td>
<td>3</td>
</tr>
<tr>
<td>27</td>
<td>1</td>
<td>54</td>
<td>1</td>
<td>81</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Response Key**

1 = Yes, I agree  
2 = Maybe I agree  
3 = No I don't agree

Date Printed: Friday, January 24, 2003

End of Report