

WHAT TYPE OF PERSON ARE YOU?

SECTION A

Do situations or other peoples' shit keep you from doing what you want to do?

Is it easier to let other people make a decision for you?

Are people sympathetic to your story?

Do you ask other's opinions before making your decisions?

Do you only see the positive in yourself?

If you make a mistake, do you fear others will reject you?

Do you worry that people will abandon you if you follow your dream?

Do you often feel powerless?

"I don't know what I want or need" Is this a true statement?

"My self-esteem can be altered by how others perceive me", Agree or disagree

SECTION 2

Do you struggle to say no to other people?

Is it difficult to ask for what you want?

Do you feel uncomfortable receiving help or compliments from others?

If someone turns down your offer of help do you feel offended?

Would you consider yourself a giver?

Are other people's needs greater than your's?

Do you believe that if you do things perfectly you will be loved by others?

"It's really important to have the right answers", Agree or Disagree?

I like to make other people happy

You are good at solving other people's problems

SECTION 3

"It's not often I'm wrong"

"I can see the positive in others but not in myself"

In discussions you focus on what others are saying and doing

"I sometimes react with too much emotion"

"I sometimes make moral judgements about people I don't know"

Do you believe that your opinion is the only one that matters?

Do you think others should listen to your perspective?

Do you believe that sometimes people don't listen to you?

"It's ok for me to shout at people" Agree or Disagree

Sometimes people behave in a way that makes you act out of sorts

**ANSWER THE QUESTIONS ABOVE
TOTAL UP YOUR YES' FOR EACH SECTION**

WHAT TYPE OF PERSON ARE YOU?

If you had the most 'yes' in Section A then you are a Victim and learned helplessness is a mindset for you.

It's likely that from a young age you learned to get what you wanted by being 'helpless'. You will often seek other people's validation for your feelings you are going through.

You struggle to allow that good things in life to happen to you, and will often make excuses as to why they haven't happened yet in your life. You believe that life will always be like this and that you can't change.

The only way to step out of this 'puller' energy is to recognise that this is you and to take responsibility for your thoughts and actions.

If you mainly answered yes in section B then you are a Rescuer or Protector, someone who is always there to help others before themselves.

Although it might seem like a good position to be in, you are actually disempowering yourself. You are putting the feelings and the problems of other people before your own even when you don't necessarily want to.

There is often a co-dependency linked to being a rescuer, you will often help others knowing that there is an unwritten/ unspoken contract that they should return the favour one day.

Releasing all of your "Protector patterns" and aligning to new beliefs will allow you to step into the new paradigm

If you mainly answered yes in section C then you are a Pusher, someone who finds it easy to use the finger of blame

In conflict you will show the other person what they are doing and saying is wrong, you find it easier to see in others what you can't see in your own behaviour, thoughts and beliefs. You tend to push your energy onto other people and if they disagree with you, you will get angry or emotional. Venting is a form of release for you and taking responsibility for your actions is not an easy thing for you to do.

We all experience being a Pusher at some stage, it's important to recognise that our perspective isn't going to be the same as someone else's.

REMEMBER, WE CAN CHANGE FROM ONE TYPE TO ANOTHER AT DIFFERENT STAGES OF OUR LIVES AND IN DIFFERENT RELATIONSHIPS