

The following exercise is an excerpt from the book *Your Personal Guide to FINDING YOURSELF When You Didn't Know You Were Missing*, by Danna G. Hallmark. The purpose of the exercise is to provide a means by which readers can determine for themselves how much of their life is spent playing roles in the lives of others as opposed to how much is spent living their life true to their own wants and likes.

This downloaded document is provided to the readers of the book as an option if they choose not to mark the exercise in the book, itself. But, the key to the exercise is contained in the book. It is also provided for the reader's friends and family if they want to share. You can buy the book at www.GlobalTANetwork.com if you are interested in what your score means.



Finding Yourself

The real unaffected person – you – is detectable if you know what to look for and where to look. However, your perception of yourself may be clouded by your opinions, expectations, hurts, fears, wants, needs and memories good and bad (your Rules of Life and Life Script that you refer to in order to avoid discomfort in your life).

Let's pause here a moment and have some fun with an exercise. In this exercise you will be considering the three collections from chapter 7:

- Knowledge,
- Experiences, and
- Feelings.

Overall each of us takes on a certain ratio of the influence of one of these collections over another like we were a mixture of paint colors. And, as we go through life we develop a unique, one-of-a-kind mix when all these components of our thought processes blend together to create a color, or hue that is distinctly us.

Typically, the collection that is more connected in your mind with what is happening to you at the time influences how you respond to the situation, how you speak, the words and voice inflection you use, as well as your body language and the expression on your face – your demeanor. With that in mind, take a few minutes to read the following statements and choose the number that indicates, generally, how often or how much each describes your outward bearing, or inner feelings – how you might typically respond.

The exercise is designed to give you an indication of which one of your three collections influences you the most in your life. This should also show how strongly each particular collection directs your response at any one time, as well as what those around you expect to encounter the most when interacting with you – the way you typically act – your style.

You are looking for the real you, determining how much of your life you live as your true self.

Although every scenario has its different nuances and it might seem difficult to find an exact fit, there is no right or wrong to this exercise, so pick out the number that comes closest to

describing how often and how strongly each statement describes you. Use the numbers as they are listed below to grade the extent each statement fits you.

0	Never: That never describes you.
1	Seldom: That rarely describes you (maybe once or twice a year).
2	Occasionally: That describes you often enough for it to be noticeable to those around you (semi-monthly or maybe once on each project).
3	Regularly: That describes you quite a bit (a 50-50 chance).
4	Often: That describes your preferred way of doing.
5	Always: That describes the way that people have come to expect you to act.

After choosing the number that seems to be the best fit for you, place it in the gray (shaded) box to the right of the statement. Remember to answer truthfully.

NOTE: It will do you little good to record your *wishes* in this exercise. If you wish you acted a certain way and you don't, please go ahead and mark the square that represents realism so you can get all the benefits that are available to you from this exercise.

Statement	1	2	3	4	5
1. I'm the first person people call when they need something.					
2. I don't do well with incompetent people.					
3. People describe me as a fun loving and easygoing person.					
4. I like to see different points of view before I make decisions.					
5. When others don't perform up to standards, I correct them on the spot.					
6. I feel guilty when I don't do what I should do.					
7. I seem to always be able to make time to help someone out.					
8. When I'm sad, I cry.					
9. I have a duty to honor my commitments.					

Statement	1	2	3	4	5
10. I want all the facts I can get before I make a decision.					
11. I don't like to try new things.					
12. If someone I know were down on his luck, he could come and stay with me.					
13. I say, "Rules are rules".					
14. I'd usually rather watch than participate.					
15. My comments and observations make people think.					
16. I like to go with my impulse.					
17. I expect others to do what I say.					
18. I've loaned a lot of small sums to people over the years.					
19. I don't get swept up by other people's emotional judgments, hysteria or alarm.					
20. I try to live up to the standards that have been set for me.					
21. People have fun when they are around me.					
22. Fear keeps me from doing things I really want to do.					
23. I don't mind giving direct orders to someone.					
24. I like to create new things.					
25. I always give people a second chance.					
26. I am spontaneous.					
27. People rely on me to be objective.					
28. When I buy something that's not as advertised, I take it right back to the store.					
29. If I see someone falling behind, I'll stay and help them catch up.					
30. I feel uneasy when things don't go the way I planned.					
31. I don't like to do the same old things.					

Statement	1	2	3	4	5
32. I don't lose my head when things go wrong.					
33. I recognize when people need help even before they ask.					
34. I don't like to speak up at meetings.					
35. I say, "Either lead, or get out of the way".					
36. My word is my bond.					
37. I like to meet new people.					
38. In a group, I am the voice of reason.					
39. I am known as someone who likes to have fun.					
40. I get data before I take action.					
41. When others are struggling, I give encouragement.					
42. I like to train people.					
43. People don't seem to listen to me.					
44. I can make business decisions with little or no emotion.					
45. I'm easily embarrassed.					
46. I'm good at setting people straight when they aren't doing their job properly.					
47. I'd like to go to a new place every year for vacation.					
48. I feel uncomfortable around new people.					
49. I remain calm in a crisis.					
50. I enjoy helping others.					
Totals					

Scoring: Now, you can tally up the numbers in each column (1-5) to give you some insight into yourself. Your totals for each column can range from 0 to 50. A score of zero “0” in any one column indicates that this part of your mental processes is for the most part inactive. The larger your score in one column, the more often you use that part of your mental processes in day-to-day activities. Here’s what your column totals might be telling you:

0	That part of you is never heard or seen.
1-5	That part of you has very weak input into your life.
6-15	That part of you contributes some, but is probably overpowered by other parts.
16-34	That part seems to be contributing a fair share of input.
35-50	That part might be inclined to take over your life at times.

For explanations of your scores, refer back to your book *Finding Yourself*.

You can purchase this book as well as others at www.GlobalTANetwork.com.

