



## MOST FREQUENT CORE *and* EXTREME BEHAVIORS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

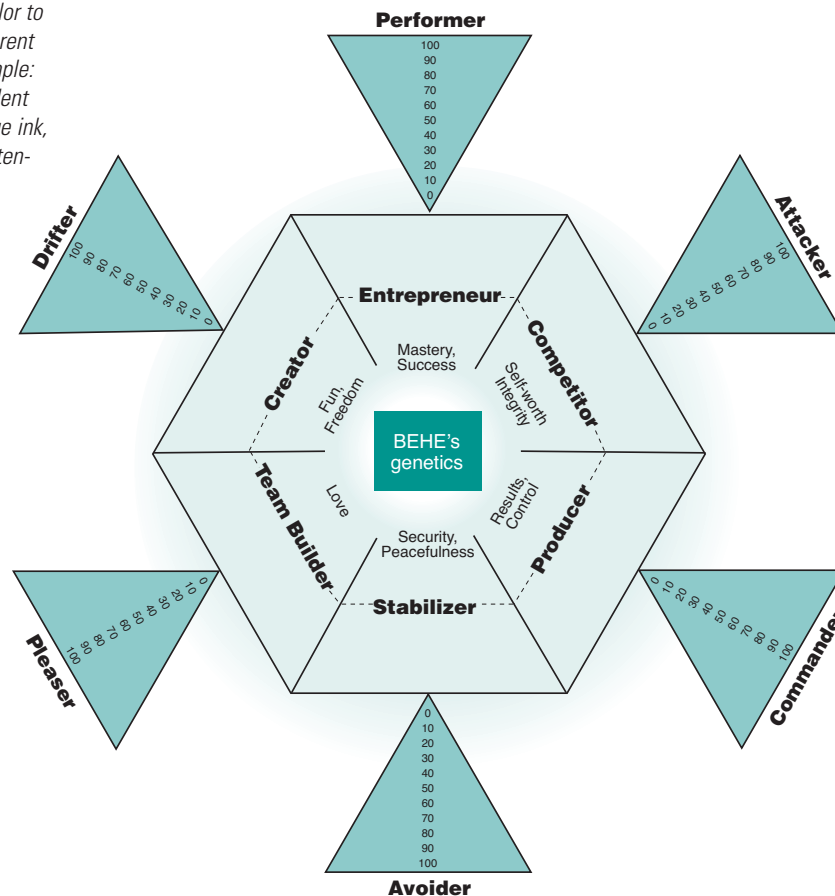
### Instructions

Using the following tables, categorize your most frequent behaviors into the six Core Competencies and six Extreme Personality Patterns. Draw from the following sources of information:

- 1 Your written Strengths and Weaknesses from your Bell Personality Profile.\*
- 2 The lists of 25 Strengths and Weaknesses from your homework.\*
- 3 The Knowing Your Self homework – the worksheet of 32 qualities that you and a spouse, partner, or friend were asked to rate.\* \*\*
- 4 Your three to five highest self-ratings on the Core Competency behaviors presented in class.
- 5 Your three to five highest self-ratings on the Extreme Personality behaviors presented in class.
- 6 Other key behaviors that you know about yourself.

*\*Suggestion: Try using one ink color to record your comments and a different color for others' comments. [Example: If a spouse says you are an excellent listener write this comment in blue ink, and if you say you are good at listening write this comment in black.]*

*\*\* For those who have completed this assignment.*



**Performer Behaviors:**

**Entrepreneur Behaviors:**

**Stabilizer Behaviors:**

**Avoider Behaviors:**

**Attacker Behaviors:**

**Competitor Behaviors:**

**Teambuilder Behaviors:**

**Pleaser Behaviors:**

**Commander Behaviors:**

**Producer Behaviors:**

**Creator Behaviors:**

**Drifter Behaviors:**