

Flexible	Rigid
Creative	Fearful of new & unfamiliar
Independent	Inappropriate conformity
Able to manage change	Defensive
Willing to admit & correct mistakes	Over compliant
Benevolent	Over controlling
Cooperative	Fear of / Hostility towards others
Expresses self	Proves self
Seeks challenges	Seeks safety of familiar & undemanding
More honest communications	Evasive/inappropriate communications
Better equipped to cope	Less equipped to cope
Quicker to recover	Less quick to recover
More ambitious to experience life	Less aspiration
Form nourishing relationships	Form toxic relationships
More persistent in difficult times	Gives up
Solves problems	Worries about problems
Takes risks	Avoids risks