

The Power of Understanding Yourself

Extracting “Me”

Presented by

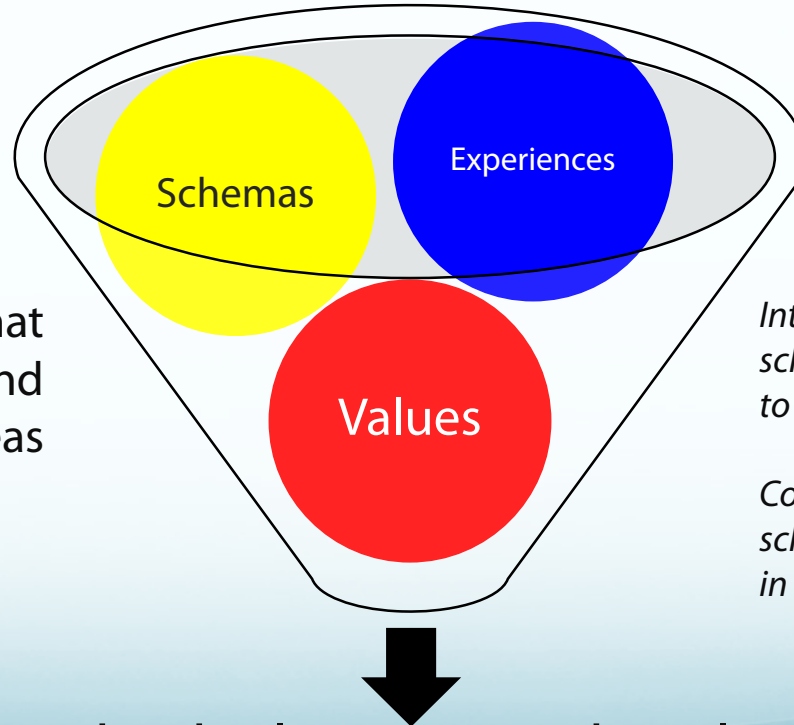
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Metacognition

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The process of thinking about how you think



Schemas are the ways that we organize thoughts and ideas

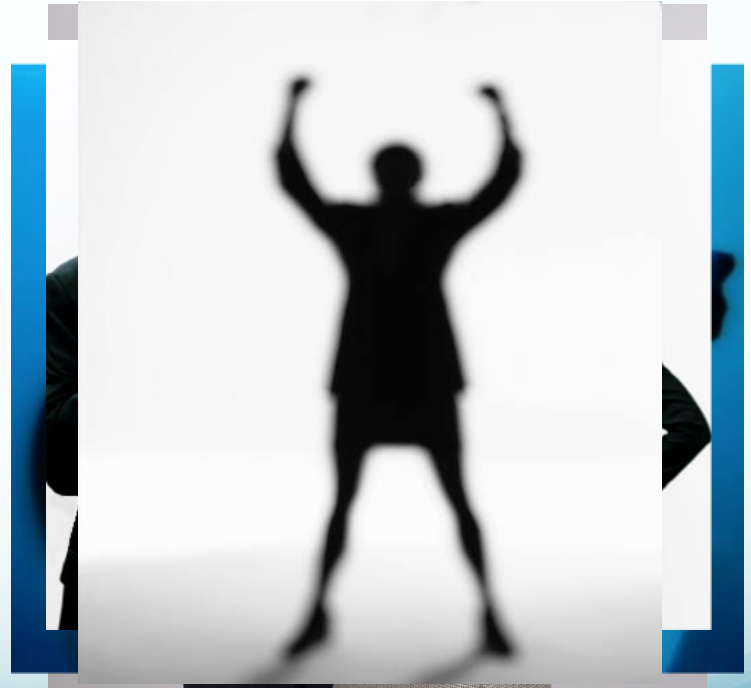
Interactive style is a form of cognitive schema that defines how we appear to others initially – the sizzle

Core ideology is a form of cognitive schema that defines what we value in life – the steak

Individual Interpreted Reality

The Styles

- The Romantics
- The Warriors
- The Experts
- The Masterminds



Modes of Each Style

Style	Sensitivity	Value	Intrinsic Need	Communicates
Romantic	Emotion	Relationships	Appreciation	Indirectly
Warrior	Logic	Results	Independence	Directly
Expert	Details	Consistency	Security	Thoroughly
Mastermind	Concepts	Flexibility	Options	Systemically

Modes of Each Style

Style	Strength
Romantic	The ability to interpret the emotional components of situations and anticipate the reactions of others
Warrior	The ability to assess the value of situations and identify the most efficient path to the desired result.
Expert	The ability to discern details and facts and ensure that processes are consistent and reliable.
Mastermind	The ability to envision an idea and imagine a desired future state that does not currently exist.

Defining Your Style

Some questions from the **Extracting Me Worksheet**:

- What is my primary style?
- How would I describe the influence of my primary style on Me?
- What is my secondary style?
- How would I describe the influence of my secondary style on Me?
- How does my distribution pattern influence me?

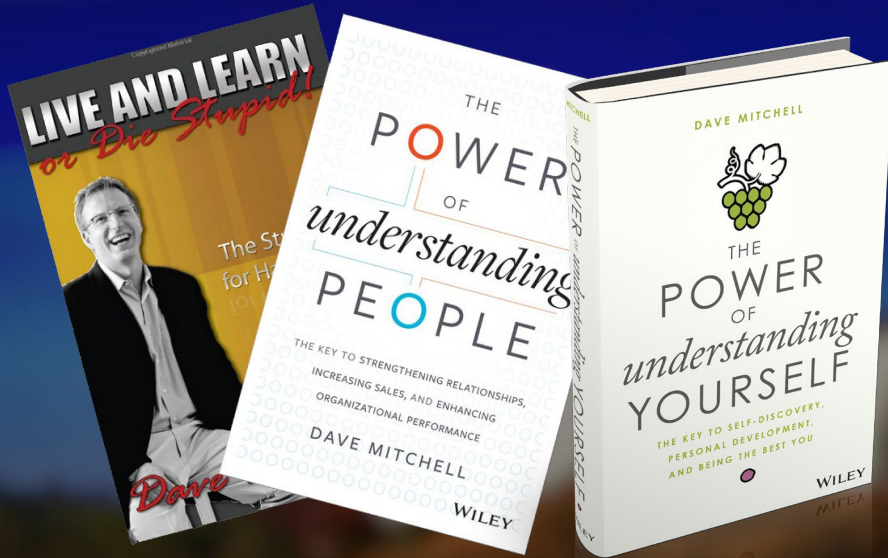
Defining Your Style

Some questions from the Extracting Me Worksheet:

- What is my primary style?
A dual preference for Romantic and Warrior
- How would I describe the influence of my primary style on Me?
A struggle between wanting to be liked and wanting to win
- What is my secondary style?
See above
- How would I describe the influence of my secondary style on Me?
My duality creates a tension of benevolence and intensity. A desire for “world peace” that must be logically pursued and achieved.
- How does my distribution pattern influence me?
My wide gap between my two primary preferences and my tertiary and quaternary styles make it stressful for me to do deep adjustments

Veraison

- *Life long learning*
- *Dialectic thinking*
- *A commitment to physical wellness*



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