



Links Grouped Traits

[Avoidance of Past](#)

[Balanced](#)

[Fear of the Future](#)

[Eliminates borders with others](#)

[Modesty](#)

[Informality](#)

[Withdrawn/Aloof](#)

[Eager to Move Away from the Past](#)

[Inner Fatigue / Depression](#)

[Losing Interest in One's Environment](#)

[Stinginess / Acquisitiveness](#)

[Defiance and Rebellion](#)

[Impulsive Moods](#)

[Desire to Communicate](#)



Links to Description of Individual Traits

[Acquisitiveness](#)

[Aggressiveness](#)

[Ambivert](#)

[Analytical Thinker](#)

[Anti-Social](#)

[Argumentative](#)

[Attentive to Details](#)

[Cautious](#)

[Comprehensive Thinker](#)

[Concentration](#)

[Cumulative Thinker](#)

[Curious & Investigative](#)

[Defiance](#)

[Desire for Attention](#)

[Desire for Culture](#)

[Desire for more Physical Activity](#)

[Desire for Responsibility](#)

[Diplomacy](#)

[Directness](#)

[Dominant](#)



Links to Description of Individual Traits

[Domineering](#)

[Dual Personality](#)

[Ego Strength](#)

[Emotionally Withdrawn](#)

[Emotionally Responsive](#)

[Enthusiasm](#)

[Extravagant](#)

[Fear of Success](#)

[Fluidity of Thought](#)

[Frankness](#)

[Generosity](#)

[Goals](#)

[High Self-Esteem](#)

[Humor](#)

[Imagination](#)

[Independent Thinker](#)

[Individualistic](#)

[Intuition](#)

[Irritability](#)

[Jealousy](#)

[Likes Variety](#)

[Lives for the Moment](#)



Links to Description of Individual Traits

[Low Self-Esteem](#)

[Loyalty](#)

[Lying](#)

[Manual Dexterity](#)

[Needs a Challenge](#)

[Optimism](#)

[Organizational Ability](#)

[Perfectionist](#)

[Persistence](#)

[Perversion](#)

[Physical Frustration](#)

[Physically Experimental](#)

[Positiveness](#)

[Pride & Dignity](#)

[Procrastination](#)

[Resentment](#)

[Sarcasm](#)

[Secretive](#)

[Selective Listener](#)

[Self-Castigation](#)

[Self-Control](#)



Links to Description of Individual Traits

[Self-Reliance & Leadership](#)

[Sensitive to Criticism](#)

[Socially Selective](#)

[Stubborn](#)

[Surface Thinker](#)

[Talkative](#)

[Temper](#)

[Tenacity](#)

[Too Many Irons in the Fire](#)

[Will Power](#)



Description of Grouped Traits

Balanced - Awareness of Social Boundaries / Poise / Order / Control / Aesthetic Sense.

Avoidance of Past, Sense of Culture, Vitality, Communicative, Courage in Facing Life.

Fear of the Future, Over-Sensitivity, Self - Conscious, Reserved.

Eliminates borders with others, causes strong +/- emotions, talks too much, fears empty space/death.

Modesty, formality, respect shown to the receiver of the letter.

Informality, directness, lack of respect, indifference.

Withdrawn/alooof, sensitive to color/form in surroundings, importance placed on money / artistic.

Eager to move away from past into world / optimistic, impatient.

Inner fatigue or depression caused by haste or overwork. Can't let go of past.

Losing interest in one's environment.. Idealism..alooofness.. Reserve.

Stinginess or acquisitiveness, lack of consideration and reserve.

Defiance and Rebellion to rules, lack of inner order and balance.

Impulsive moods, acts and reactions unreliable.

Desire to communicate / materialism / sentimental / sometimes depressed



Description of Individual Traits

Acquisitiveness is an intense desire to possess or acquire something, especially with no regard for the cost. It is often considered a negative trait, as it can lead to greediness and selfishness. However, acquisitiveness can also be a positive trait, as it can motivate someone to work hard and achieve their goals.

Aggressiveness is a trait that is characterized by a hostile or violent behavior. It is often exhibited in an individual who is quick to anger and has a short temper. This type of behavior can be directed towards others or oneself. Aggressive behavior can lead to problems in personal relationships, at work, or in school. It can also result in legal issues and physical violence.

An **Ambivert** is someone who does not have a preference for either introversion or extroversion, and instead exhibits qualities of both. In other words, they are in the middle of the spectrum and tend to fall somewhere in between the two extremes. Although they may be more inclined towards one side or the other, they are capable of functioning in both social and alone settings. People who are ambiverts are often good at reading people and can adapt their behavior to suit any situation.

An **Analytical Thinker** is someone who can see the big picture and break it down into smaller, more manageable pieces. They are able to see relationships and patterns that others might miss, and use this information to solve problems.

Analytical thinkers are not just good at math or science, but also at understanding people and complex situations. They are able to see both the forest and the trees, so to speak. This ability makes them great at problem-solving, as they can quickly identify the root cause of a problem and come up with a solution.

Antisocial (adjective): opposed to or irritating to the society in which people live together.

Most people crave companionship and hate being alone, but there are a special breed of humans who feel just the opposite. These loners are known as “antisocial”. People who are antisocial typically have no desire to be around others and generally prefer to be alone.

They may find social interaction uncomfortable or even unpleasant. While some antisocial individuals can be shy or introverted, others may come across as cocky or arrogant. Some research suggests that being antisocial is actually a mental disorder, but it is also possible for someone to simply have a preference for solitude.



Description of Individual Traits

Argumentative people are those who enjoy debating and asserting their opinions. They're often quick-thinking and confident in their beliefs, and they're not afraid to stand up for what they believe in.

While they can be excellent at convincing others of their point of view, they can also be quite polarizing. People who are less comfortable with conflict may find argumentative people to be frustrating or even abrasive.

Attentive to details means having the ability to focus on the small, often unnoticed aspects of something and taking care to notice and understand them. This can be important in many areas of life, from work to relationships. When we are attentive to details, we show that we care about the people and things around us. We also demonstrate our ability to take a closer look at the world and see things that others might miss.

A **Blunt person** is someone who speaks their mind without thinking about the consequences. This can be seen as a good thing, because they are honest and direct. However, it can also be a bad thing, because they may not think about how their words will affect other people.

A **Cautious person** is someone who is careful and takes precautions. They are not impulsive and think before they act. Cautious people are not afraid to take their time and make sure everything is safe before moving forward.

This makes them excellent decision-makers as they weigh all the options before making a choice. While some may see them as over-cautious, their level-headedness ensures that they avoid unnecessary risks.

Clannish mentality is a mind-set or attitude characterized by strong loyalty to one's own clan or extended family, at the expense of other groups. This can manifest itself in favoritism towards clan members, exclusion of outsiders, and hostility towards rival clans.

In extreme cases, it can lead to violence and even war between clans. The clannish mentality is often passed down from generation to generation, and can be hard to change.



Description of Individual Traits

A **Comprehensive Thinker** is able to see the big picture and identify all of the relevant factors in a given situation. This type of thinker is able to synthesize information and find creative solutions to problems.

Comprehensive thinkers are flexible and open-minded, and they are able to think outside the box. This type of thinking is invaluable in today's complex world.

Concentration (also known as mindfulness) is the ability to be aware of and focus on the current moment. It is the practice of being present in the here and now, without judgment.

Concentration allows us to slow down, observe our thoughts and feelings, and be aware of our surroundings. By focusing our attention on the present moment, we can learn to control our thoughts and emotions, and become more productive and efficient.

A **Cumulative Thinker** is someone who is always thinking about the past, present, and future simultaneously and incorporating all three into their decision-making process.

This type of thinker is constantly looking for patterns and connections in order to make the best possible decisions. They are able to take into account all of the available information and come up with creative solutions that others might not think of.

A **Curious and Investigative** person is one who is always asking questions and looking for answers. They are never content with just accepting things at face value and always want to know more.

This can often lead them into trouble, as they are always poking their nose into places where it doesn't belong. But it also makes them very interesting people to be around, as they are always full of questions and eager to learn.

A **Defiant** person is someone who stands up for themselves and their beliefs, even when it means going against the grain. They are strong-willed and independent, and they refuse to give in or back down, no matter what the cost.

Defiant people are often seen as a threat by those in power, because they are not afraid to challenge the status quo. While this can make them difficult to deal with at times, it also makes them incredibly brave and admirable.



Description of Individual Traits

Dejection is a state of low spirits brought about by disappointment or misfortune. It is characterized by feelings of sadness, hopelessness, and inadequacy.

When someone is in a state of dejection, they may feel like they are not good enough or that they will never achieve their goals. Dejection can lead to depression if it is not addressed.

A person who has a **Desire for Attention** is often seeking validation and approval from others. They may feel insecure and need constant reassurance that they are liked, accepted, and worth someone's time and energy.

This can manifest itself in many ways, such as being clingy, always needing to be the center of attention, or fishing for compliments. Often, this behavior is motivated by low self-esteem and a fear of rejection. If not addressed, it can lead to further social isolation and feelings of inadequacy.

People with a **Desire for Culture** are those who seek to engage in and learn about the arts and humanities. They may be interested in history, literature, or other forms of artistic expression.

Those with a desire for culture often strive to create an environment that is conducive to intellectual and creative growth. They may seek out opportunities to attend cultural events or visit museums and galleries. They may also encourage others to engage in cultural activities.

A person **Desire for more Physical Activity** may feel the need to move their body more often than others. This could be due to a variety of reasons, such as an increase in energy levels or a need to release pent-up physical tension.

This type of person may also enjoy the challenge of pushing their body to its limits and feeling the endorphins that come with a good workout. They may need to find ways to fit more physical activity into their day, such as taking the stairs instead of the elevator or going for a walk during their lunch break.



Description of Individual Traits

A person with a **Desire for Responsibility** is always looking for ways to be in control and in charge. They feel a need to be the one who is making the decisions and taking care of others.

This can be a positive trait, as it shows that they are reliable and capable. However, it can also lead to them feeling overwhelmed and stressed, as they try to take on too much. It is important for them to learn to delegate and ask for help when needed, so that they can maintain a healthy balance in their life.

A person with **Diplomacy** is someone who is able to tactfully handle relationships and interactions with others. They are able to see both sides of every issue and can easily find common ground.

A diplomat is always calm and collected, even in the most difficult situations. They have excellent communication skills and always maintain a professional demeanor.

A **Direct** person is someone who speaks their mind and tells you what they think, without beating around the bush. They're also usually very straightforward and to-the-point. This can be a good or bad thing, depending on the situation.

On one hand, it's great to have someone in your life who is honest and upfront with you. On the other hand, a direct person can sometimes be too blunt, and their words might come off as hurtful or insensitive.

A **Dominant** person is one who is forceful and commanding in manner, bearing themselves with an aura of authority. Highly aware of their impact and influence, they are not afraid to use it to get what they want or need.

They possess a great deal of self-confidence and think highly of themselves and their abilities, expecting others to recognize and defer to their power. In social settings, they are the ones who take charge, leading the way and setting the tone.

They are natural leaders, but can also be bossy and overbearing, often demanding things go their way. Dominant people are typically ambitious and driven, always striving to be on top and in control. While they can be admirable in many ways, they can also be arrogant and dismissive of those who don't meet their high standards.



Description of Individual Traits

A **Domineering** person is someone who tries to control others and dictate how they should live their lives. This type of person is usually very opinionated and has a hard time listening to others or taking their feelings into consideration.

They may be bossy, demanding, and often seem like they are trying to run the show. While some people may appreciate this type of leadership, it can often be overwhelming and frustrating for those on the receiving end.

It's important to be aware of your own tendencies towards domineering behavior and try to find a balance between being assertive and respecting others' opinions and wishes.

A person who is a **Dreamer** is someone who is always thinking about what could be, rather than what is. They see the potential in every situation and are always looking for ways to make things better.

Dreamers are often creative and innovative, always coming up with new ideas. They can be very inspiring to others, but they also need to be grounded in reality or their dreams may never become a reality.

A **Dual Personality**, also known as a split personality or multiple personality, is a condition in which two or more distinct personalities exist within the same individual.

These personalities may take on different characteristics and may be at odds with one another. In some cases, one personality may be dominant while the other is subordinate. In other cases, the personalities may be more equal.

The individual may be unaware of the existence of the other personalities, or they may be aware of them but have no control over them.

People with a **Strong Ego** are able to maintain a positive self-image and remain confident in their abilities despite setbacks. They are resilient and adaptable, able to bounce back from disappointment and failure.

People with a strong ego have a clear sense of who they are and what they want in life. They are purposeful and motivated, pursuing their goals with determination. They are also able to handle criticism and constructive feedback without taking it personally or letting it undermine their confidence.



Description of Individual Traits

There are many different types of **Emotionally Withdrawn** person. Some may be shy and introverted, while others may be outgoing but have a hard time express their emotions.

There are also those who may seem emotionally distant or uninterested in others, and those who may appear to be cold or insensitive. Whatever the case, an emotionally withdrawn person typically has difficulty connecting with others on an emotional level.

This can make it difficult for them to form close relationships and they may often feel isolated and alone.

An **Emotionally Responsive** person is someone who is attuned to the emotions of others and can respond effectively. They are able to read body language and facial expressions, and they understand the nuances of communication.

They are patient and compassionate, and they create an environment in which people feel safe to express themselves.

An **Enthusiastic** person is one who is excited and eager about something. They are passionate and motivated, and their energy is contagious. Enthusiasm is infectious – it's the kind of enthusiasm that makes you want to get up and do something yourself.

It's motivating, inspiring, and makes you feel good. When you're enthusiastic about something, you just can't help but smile.

An **Extravagant** person is one who spends money freely and extravagantly on unnecessary or luxury items. This spending is often beyond their means, causing them financial difficulties.

Extravagant people are usually materialistic, always wanting the latest and best things. They may have a sense of entitlement and believe that they deserve to have the best of everything. Others may view them as being showy or ostentatious.



Description of Individual Traits

A person who is **Afraid of Success** may have a number of different reasons for feeling this way. Perhaps they grew up in an environment where success was not valued or rewarded, or they may have experienced failure in the past and are now afraid to try again.

This fear can manifest itself in a number of ways, including procrastination, self-sabotage, and negative self-talk. If not addressed, it can prevent a person from achieving their full potential.

A person with **Fluidity of Thought** is able to see the world from multiple perspectives and can easily adapt to new situations. They are constantly thinking of new ideas and ways to improve upon existing ones.

This type of person is often described as being creative, open-minded, and flexible.

A person with **Frankness** is someone who is open and honest with their opinions and feelings. They are not afraid to speak their mind, even if it means upsetting others.

This quality can be both a strength and a weakness, as it can make the person seem blunt or insensitive. However, it also allows them to be more authentic and sincere.

A person with **Generosity** is someone who is always willing to give without expecting anything in return. This type of person is often described as being selfless and always putting others first.

They are always quick to offer help and are always willing to lend a listening ear. A person with generosity has a heart full of love and compassion and their presence can make a world of difference to those around them.

A person who has **Goals** is someone who is always looking to improve their life in some way. They are never satisfied with where they are at and are always striving to reach new heights.

This type of person is always growing and evolving, as they are constantly setting new goals for themselves. While some people may find this type of constant change to be stressful, a person with goals thrives on it.

They enjoy the challenge of pushing themselves to reach new levels, as it keeps them motivated and excited about life.



Description of Individual Traits

Self Esteem is the belief we have in ourselves. It's not about being cocky or thinking you're better than anyone else. Everyone has an equal amount of worth. However, some people think more highly of themselves than others and this is where confidence comes in.

People with good self esteem have a positive view of themselves. They know their strengths and weaknesses and accept them. People with low self esteem may try to hide their weaknesses or may feel they don't have any strengths at all.

When you have a **Guilty** feeling, it is like you have done something wrong. You may feel guilty about something you did not do, or something you did do.

Either way, it is an uncomfortable feeling. You may feel like you need to confess or make up for what you did. Guilt can be a motivating factor to do something good. It can also be a burden that weighs you down.

A **Sense of Humor** is the ability to laugh at oneself and the world around them. It is a form of self-deprecating humor and is often found in people who are able to see the lighter side of life.

A sense of humor can be a great asset in both personal and professional relationships. It can make difficult situations more bearable and can help to build strong bonds between people.

Those with a sense of humor are often seen as more approachable and less intimidating. They are also generally more optimistic and open-minded than those who lack a sense of humor.

"Imagination is the ability to form mental images of things that are not perceived by the five senses. It is a creative quality that is essential for success in many fields, such as the arts, business, and scientific research.

It is also important in problem-solving and critical thinking. The capacity to imagine future events or possible outcomes is what allows us to make plans and prepare for the future.

People with a strong imagination are often able to see things from different perspectives and come up with original ideas. They are usually good at making connections between unrelated concepts and seeing possibilities that others might miss.

This ability can be developed through educational experiences, exposure to different cultures, and life experiences.



Description of Individual Traits

An **Independent Thinker** is someone who is not afraid to question the status quo and think for themselves. They are willing to challenge conventional thinking and come up with new and innovative ideas.

Independent thinkers are not afraid to stand up for what they believe in and are often the driving force behind social change. They are critical thinkers who are always looking for ways to improve things.

Independent thinkers are highly respected for their originality and their ability to think outside the box.

Individualism is the moral stance, political philosophy, ideology, or social outlook that emphasizes the moral worth of the individual.

Individualists promote the exercise of one's goals and desires and so value independence and self-reliance while opposing most external interference upon one's own interests, whether by society, family or any other group or institution.

Intuition is the ability to understand something instinctively, without the need for conscious reasoning. It is a form of intelligence that goes beyond the cognitive and into the realm of the unconscious mind.

Intuition is often described as a “gut feeling” or “sixth sense,” and can be difficult to explain. It is a perception that comes from within, rather than from external stimuli.

Intuition is a powerful tool that can be used in many different ways. It can help us make decisions, solve problems, and see things that we would not be able to see with our conscious mind alone.

Intuition can also be used as a form of guidance or inspiration. Many people believe that we all have intuition, but some are better at accessing it than others.



Description of Individual Traits

Irritability is a feeling of annoyance, impatience, or frustration that can range from mild to severe. It is a normal emotion that everyone experiences at one time or another.

However, some people experience irritability more frequently or severely than others. Irritability can be caused by many things, including stress, fatigue, hunger, and hormones.

It can also be a symptom of certain medical conditions, such as depression, anxiety disorders, and thyroid problems. In most cases, irritability is temporary and can be managed with simple lifestyle changes, such as getting enough sleep and exercise, eating a balanced diet, and managing stress. If irritability is severe or lasts for an extended period of time, it may be a sign of a more serious problem and should be evaluated by a healthcare provider.

Jealousy, at its core, is an emotion that we feel when we perceive a threat to something that we value. It is normal to feel jealous in certain situations, such as when our partner appears to be interested in someone else or when a friend gets a promotion at work.

However, when jealousy becomes excessive, it can lead to problems in our relationships and make us feel anxious, stressed, and paranoid.

If you find yourself feeling jealous frequently, it may be helpful to talk to a therapist, who can help you understand the root of your jealousy and how to manage it.

A person who **Likes Variety** generally has a preference for change and variety in their life and work. They often seek new challenges to keep themselves motivated and engaged.

This type of person is usually energized by change and enjoys working on a number of different tasks at the same time. They often thrive in fast-paced environments and are constantly looking for ways to improve their skillset.

A person who **Lives for the Moment** is someone who does not think about the future and only enjoys what is happening in the present.

This type of person is often impulsive and does not plan ahead. They may also be more likely to take risks. While living for the moment can be exciting, it can also lead to problems if not managed carefully.



Description of Individual Traits

A **Loyal** person is someone who is reliable, trustworthy and remains committed to someone or something over a period of time.

A loyal friend will always be there for you, no matter what the situation is. They are also honest and supportive, which makes them great people to have in your life.

A person with **Low Self Esteem** often feels unworthy or undeserving of love, respect, or success. They may feel like they are a burden to others, or that they are not good enough.

This can lead to them feeling isolated, depressed, and anxious. They may also have difficulty standing up for themselves, or assertive in reaching their goals.

A person who can tell **Lies** someone who is not truthful and is capable of deceiving others. This type of person is often manipulative and can be very convincing.

They may lie to get what they want or to avoid something. Lying can be difficult to catch, but there are usually tell-tale signs.

A person who can lie is someone who is not afraid to bend the truth in order to get what they want. They are often very convincing, and can make other people believe things that are not true.

This ability can be used for good or bad purposes, depending on the person's intentions.

A **Pathological Liar** is someone who compulsively lies without any motivation to do so. This person may lie about their accomplishments, their relationships, or their history.

In some cases, the lies told by a pathological liar are so detailed and elaborate that they can seem convincing. Pathological liars often have difficulty keeping track of their lies, which can lead to them being caught in a lie.

Some research suggests that pathological lying may be a symptom of another mental health condition, such as borderline personality disorder or narcissistic personality disorder.



Description of Individual Traits

A person with **Manual Dexterity** is able to use their hands and fingers to perform tasks that require a high level of precision.

This can include tasks such as sewing, playing the piano, or assembling small parts. People who have manual dexterity often have good coordination, hand-eye coordination, and fine motor skills.

Mental cultivation is the process of training and developing one's own mind. It involves learning how to focus and concentrate, how to think clearly and creatively, and how to develop a positive outlook on life.

Unfortunately, many people today do not take the time to cultivate their minds. They allow their thoughts and emotions to run wild, never taking the time to truly understand themselves or the world around them.

As a result, they suffer from a lack of mental clarity and peace, as well as problems with anxiety, depression, and addiction.

Needs A Challenge: This person has anger at strong members of the opposite sex. Usually attracted to only those who are a challenge. They are bored with the relationship once they feel totally in control.

This person is never content with the status quo and is always looking for ways to push themselves. They need to be constantly challenged in order to stay motivated and engaged.

This can sometimes make them difficult to work with, as they are always seeking out new problems to solve. However, their drive and determination usually result in them being highly successful.

An **Optimistic** person is someone who looks at the positive side of things and expects the best to happen. This type of person is always hopeful and upbeat, even in difficult situations.

An optimistic person sees the glass as half full, not half empty. People who are optimistic often have a sunny dispositions and tend to make others around them feel good too.



Description of Individual Traits

A person with **Organizing Ability** is someone who can keep track of many different things at once and make sure that they are all in order.

This person is good at making plans and then following through with them. This person is also good at delegating tasks to others and then following up to make sure that those tasks are completed.

A **Perfectionist** is a person who sets extremely high standards for themselves and has a strong need for control. They tend to be highly critical of themselves and others, and can struggle with letting go of mistakes.

Perfectionists often put a lot of pressure on themselves to perform perfectly, which can lead to anxiety and stress.

While there are some benefits to being a perfectionist (such as being detail-oriented and motivated), the downside is that it can be difficult to live up to such high standards and achieve true peace of mind.

A **Persistent** person is someone who is determined to continue doing something despite difficulties. This might mean continuing to try to achieve a goal, even when it seems unlikely to be successful.

It can also mean maintaining a positive attitude and refusing to give up in the face of adversity. Persistent people are often successful because they don't give up easily. They might not achieve their goals immediately, but they keep trying until they eventually succeed.

A **Pervert** person is someone who is sexually attracted to someone who is not considered to be a usual or acceptable target for sexual attraction.

This could be because of the person's age, race, gender, or another trait that makes them different from what is typically seen as sexually attractive.

Perverts are often thought of as deviant, and their sexual interests may be seen as taboo or abnormal.



Description of Individual Traits

Physical frustration is a feeling of agitation or frustration caused by the inability to physically express oneself.

It can be caused by a number of factors, including physical pain, exhaustion, and anxiety.

Physical frustration can lead to feelings of anger and helplessness, and can be a major contributor to stress.

"Physically experimental" is a term used to describe a person who is constantly experimenting with their physical appearance. This may include trying out new hairstyles, makeup looks, or clothing styles.

They are always looking for new ways to express themselves through their appearance. Physical experimentation can be a fun and creative way to explore one's identity.

It can also be a way to challenge societal norms and express one's individuality.

Positiveness is always being happy and content with what someone has, rather than longing for what they don't have.

It is resilience in the face of setbacks and disappointments. People who are positive make the best of every situation and rarely dwell on the negative.

They focus on what they can do, not what they can't do. They see opportunity instead of obstacles. They know that success comes from taking action, not just wishing or waiting.

A person with **Pride and Dignity** is someone who maintains a sense of self-respect and confidence in their abilities, even in difficult situations.

This person is able to hold their head up high and walk through life with a sense of purpose. People with pride and dignity are usually respected by others and are looked up to as role models.



Description of Individual Traits

A **Procrastinator** is someone who habitually postpones or delays taking action, usually out of a perceived lack of time or energy.

Procrastination can be quite damaging, as it can lead to missed opportunities, decreased productivity, and feelings of stress and anxiety.

Resentment is an emotion that most people have experienced at one point or another. It is the feeling of anger or displeasure that comes from perceiving that you have been wronged in some way.

Resentment can be directed towards another person, a group of people, or even yourself. When resentment is directed towards others, it can manifest as bitterness, grudges, and a desire for revenge.

Self-resentment, on the other hand, may manifest as self-pity, self-loathing, and a sense of being misunderstood or unfairly treated. Regardless of its target, resentment is often destructive, leading to further negative emotions and behaviours.

It can damage relationships, hinder personal growth, and lead to a general feeling of unhappiness.

Sarcastic people are those who use irony to mock or convey contempt. They may do this for various reasons, such as to make themselves seem more clever or to deflate the ego of someone they perceive as foolish.

Sarcastic comments can be hurtful, so it is important to be aware of the tone and context in which they are used.

A **Secretive** person is someone who does not like to share information about themselves or their activities with others.

They may be afraid of what others will think or say about them, or they may simply prefer to keep things to themselves. Whatever the reason, a secretive person can be difficult to get to know and understand.



Description of Individual Traits

A **Selective Listener** is someone who only hears what they want to hear, and filters out anything that they don't want to hear.

This can be dangerous because it means that you're not really listening to the other person, and you're not getting the whole story.

Self castigation is the act of subjecting oneself to severe criticism or condemnation. It is often seen as a way of punishing oneself for perceived wrongdoings or as a form of self-imposed penance.

Self castigation can take many different forms, from verbal abuse and derogatory self-talk to physical violence and self-harm. In extreme cases, it can lead to suicide.

A **Self Conscious** person is someone who is aware of their own thoughts and feelings and is worried about what other people think of them.

They may feel shy or awkward in social situations and can be very hard on themselves. Self consciousness can be a normal part of growing up and usually goes away with time and experience. However, some people continue to struggle with it throughout their lives.

Self-control is the ability to control one's emotions, thoughts, and behaviors. It is a key component of emotional intelligence and has been linked with success in life.

People who are able to regulate their emotions and behavior are better able to achieve goals, manage stress, and maintain relationships.

Those who lack self-control are more likely to engage in risky behaviours, experience conflict in relationships, and struggle to reach their goals.



Description of Individual Traits

Self Deceit is when someone deceives themselves. It can be about anything, from lying about their feelings to pretending something is true when it's not.

People do this for different reasons; sometimes it's to protect themselves from hurt or disappointment, other times it's to avoid facing up to a difficult reality. Whatever the reason, self deceit can have harmful consequences.

It can make it hard to connect with others and make decisions based on what's really happening, leading to further problems down the road.

Leadership and Self-Reliance are two important qualities that every leader must possess. A leader must be able to take charge and be decisive in order to make things happen.

They must also be able to rely on themselves and their own abilities to get things done. Leaders who lack either of these qualities will find it difficult to achieve success.

Self-reliance is one of the most important qualities a leader can possess. If a leader is not able to rely on themselves, they will not be able to lead others effectively. A leader who is self-reliant is able to make decisions independently and confidently.

They are also able to take responsibility for their own actions and the actions of their team. This type of leader inspires others to be self-reliant as well.

"Sensitive to criticism" means that a person is reacting negatively to criticism. This can be because the person is feeling attacked, defensive, or simply does not like being criticized.

The person may become argumentative, withdraw from the conversation, or even become aggressive.

Paranoia is an instinct or thought process characterized by excessive anxiety or fear, often to the point of irrationality and delusion.

It is often accompanied by feelings of persecution, suspicion, and self-doubt. People who suffer from paranoia often have a hard time trusting others and may even go so far as to believe that everyone is out to get them.

Paranoia can be extremely debilitating, making it difficult for those who suffer from it to function in everyday life. In extreme cases, it can lead to psychosis.



Description of Individual Traits

There are people who tend to be **Socially Selective**, and by that we mean they are choosy about the company they keep. They may have a handful of close friends, but their social circle is relatively small.

And while they enjoy socialising, they prefer smaller gatherings or one-on-one interactions. They like to really get to know people before letting them into their lives.

This can make them seem standoffish or even snobby at times, but it's simply because they want to avoid shallow relationships.

Stubbornness is often seen as a negative trait, associated with inflexibility and a unwillingness to change.

However, there are also positive aspects to stubbornness – it can be a sign of strength and determination, for example. In some cases, being stubborn can help you to achieve your goals; if you keep going when others have given up, you are more likely to succeed.

It can also be helpful in sticking to your principles; if you are unwilling to compromise, you are more likely to maintain your integrity. There are times when it is useful to be stubborn – but it is also important to know when to let go.

A **Surface Thinker** is someone who only thinks about the surface of things and does not consider the deeper implications.

This can lead to a shallow understanding of the world and a lack of critical thinking skills.

Surface thinkers may also have difficulty seeing the big picture or understanding complex concepts.

A **Talkative Person** is someone who loves to talk. They are usually very outgoing and enjoy being around people.

Talkative people are usually very friendly and can be the life of the party. However, they can also be very chatty and sometimes overwhelming.



Description of Individual Traits

A high **Tempered** person is someone who gets angry easily and often. This kind of person may have a short fuse, meaning they get angry quickly over small things.

They may also become agitated or even violent when they are upset. While it's normal to feel anger from time to time, a high tempered person may have difficulty controlling their emotions.

This can lead to problems at work, in relationships, and in other areas of life.

Tenacity (also called doggedness or pertinacity) is the quality of sticking to something despite difficulty or delay in achieving success.

It is often considered a virtue, and people who are tenacious are often seen as admirable for their determination and persistence.

In some cases, however, tenacity can be considered a negative trait if it leads someone to persist in an unproductive or harmful course of action.

"**Too many irons in the fire**" is a common expression that means a person is trying to do too many things at once and is in danger of becoming overwhelmed.

The phrase is often used to describe someone who is overextended and may not be able to complete all of their commitments. It can also be used as a warning to others not to take on too much.

Will Power is the ability to control your own thoughts and actions. It is the ability to resist temptation and stay focused on your goals.

Will power is a key ingredient in achieving success in any area of life. When you have strong will power, you are more likely to stick to your goals and achieve them.