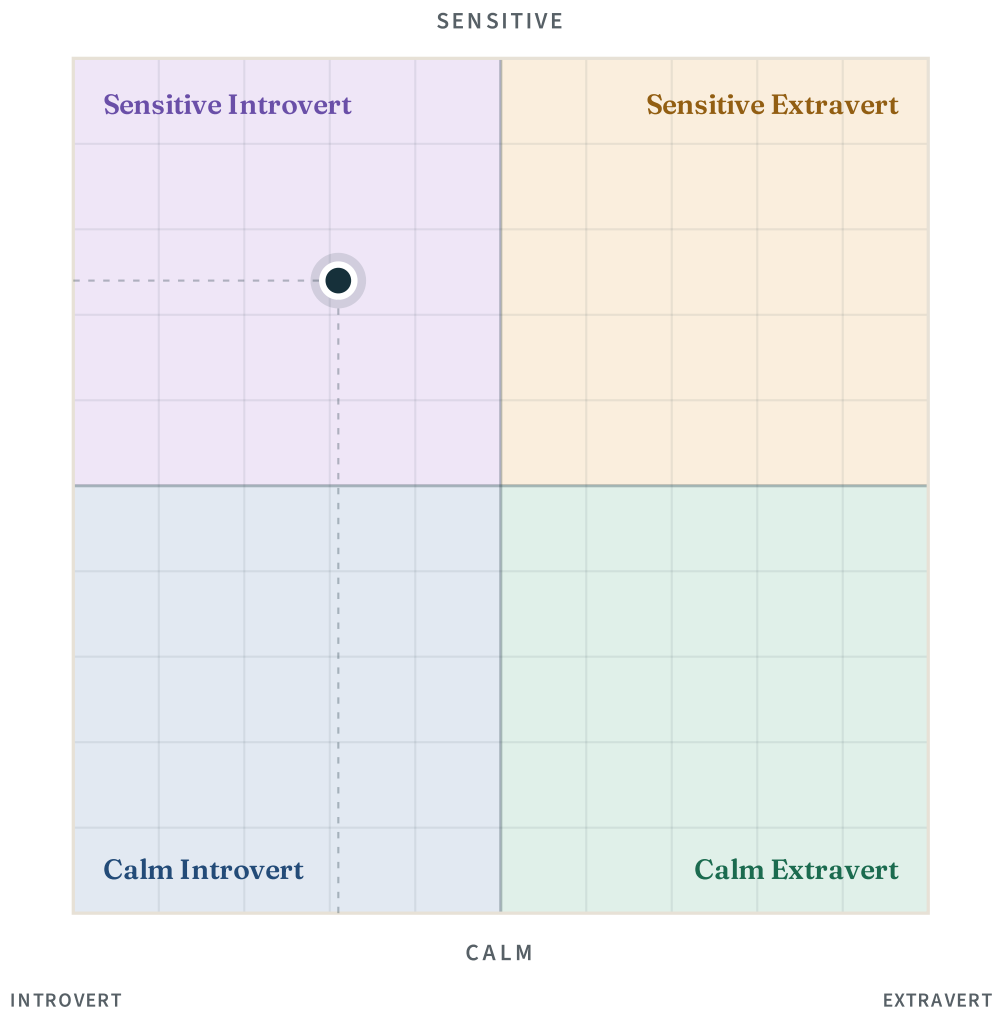


Sensitive Introvert

Social Energy 31 · Emotional Style 74



Sample report — fictional profile · personalitystrategy.com

Social Energy

31/100



You measure as a clear Introvert.

Emotional Style

74/100



You measure as clearly Sensitive.

What is in this report

ORIENTATION

How to Read This Report

WHERE YOU SIT

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THE RECORD

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Your Map on One Page

How to Read This Report

The free result told you where you sit on the map. This report is about what it's like to live there — and what to do with it. It was assembled from your own answers and changes when they do. Read every number in it as “about”: the scores are estimates, and the Science section near the end says what we have and haven't measured.

Sensitive Introvert is a region, and you sit a comfortable way inside it: the patterns here should fit clearly, with normal day-to-day variation. Every description in here is the setup for something you can try.

Your Position, Read Closely

An ordinary Tuesday for your pattern: the day's events don't just happen to you — they register, in detail, and keep processing after the room empties. You run on a quiet social budget and your inner channel runs loud. Both scores sit well clear of the middle. Your richest hours are often the ones nobody else witnesses. Your most expensive ones are the crowded, unstructured, noisy stretches you couldn't shape.

Behind each of your two scores sit the smaller dials it was built from. Within Sensitive Introvert the social dial furthest from the middle is **stimulation appetite**, and it runs quiet. On the emotional side it's **worry**, which runs high. Those two dials, more than the region itself, are where this report keeps returning, because they're where your pattern is most distinctly *yours*.

Your answers said this plainly: you strongly agreed that "after making a mistake, you replay it in your head for days" and you strongly disagreed that "you trust your decisions once you've made them". Statements like these did more to place your dot than any single score. The next section puts the ones that mattered most on the record, in your own words.

Your Answers, On the Record

Before this report interprets anything, it should show its evidence. Every number in this document was computed from the statements you answered — nothing imported, nothing assumed. These are the answers that did the most work.

SOCIAL ENERGY

You agreed: *“Crowded, noisy places drain you quickly”* — one of the answers that pulled your stimulation appetite dial down (24/100).

You agreed: *“You need a good stretch of alone time to recover after socializing”* — one of the answers that pulled your sociability dial down (26/100).

You disagreed: *“You find it easy to strike up a conversation with someone you’ve just met”* — one of the answers that pulled your social confidence dial down (38/100).

You disagreed: *“People who know you would call you talkative”* — one of the answers that pulled your expressiveness dial down (41/100).

EMOTIONAL STYLE

You strongly agreed: *“After making a mistake, you replay it in your head for days”* — one of the answers that pushed your rumination dial up (78/100).

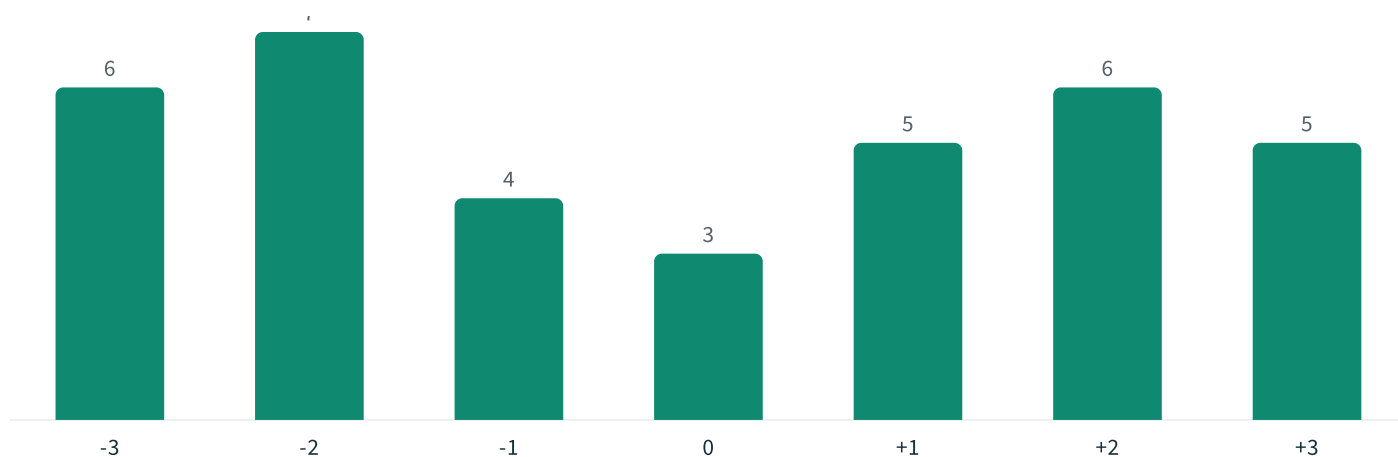
You strongly disagreed: *“You trust your decisions once you’ve made them”* — one of the answers that pushed your self-doubt dial up (71/100).

You strongly agreed: *“You often worry about things that may never actually happen”* — one of the answers that pushed your worry dial up (82/100).

You agreed: *“Small setbacks can throw off your whole day”* — one of the answers that pushed your stress reactivity dial up (66/100).

Your answers mix conviction with care: 11 of 36 used the strong end of the scale, and the rest stayed measured. Read the answers listed above as the load-bearing beams.

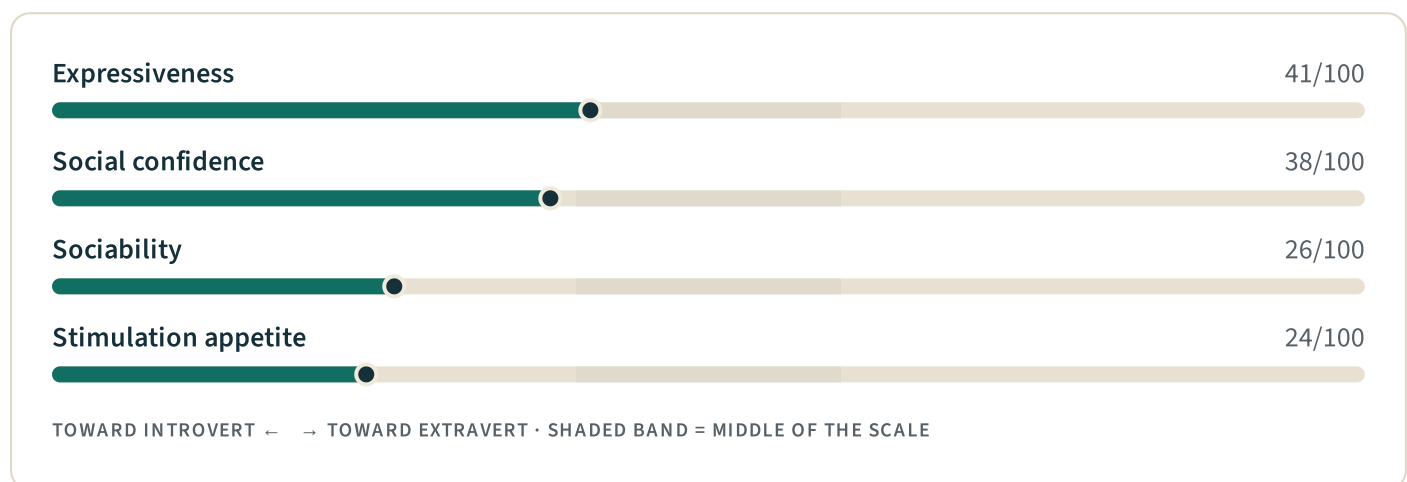
How decisively you answered



Your Social Battery, Dial by Dial

One number says you're a clear Introvert, but a single number is like the average temperature of a house: true of no single room. Your Social Energy score is the average of four smaller readings, which this report calls dials. Each answers a different question: how much company you want, how easily you start it, how much noise you can take, and how much of yourself reaches the air.

How to read a dial: the shaded band on each row is the middle of the scale. A dial inside it is flexible — context decides. A dial outside it is settled enough to plan around rather than against. Each dial averages three to six of your answers, so treat it as a rougher reading than the axis score, which averages eighteen. Yours are drawn below.



Now each dial on its own, since they are four different facts about you:

Sociability — runs lean. This dial is about wanting company for its own sake, and a free Saturday is where it shows: time alone tends to win outright. A solo stretch often turns out more interesting than the plans you skipped, and errands, exercise and studying go better without company. You're probably a private person who prefers to act without an audience. That needs no apology. **The move:** when contact lapses (it will, because keeping in touch costs you more than it costs others), say so. Your silence is rarely a verdict on the relationship, but only you know that.

Social confidence — runs low. The sharpest everyday marker here is the cold start: walking up to an interesting stranger, or joining a conversation between people you don't know. Cold starts cost you. You'll often wait for someone else to open the conversation, and can pass a whole event without one if nobody does. **The move:** treat cold starts as logistics. Arrive with one anchor person, or one prepared question, and the room becomes usable. You'll also tend to rate your own half of a conversation far more harshly than the other person does. The discomfort is real. The grade is usually too low.

Stimulation appetite — runs quiet. Dense, loud, fast places wear on you, and a long stretch in a crowd with no way to step back drains you fast. The drain shows up later, out of sight of the people you were just with. **The move:** pick a walk over a bar and a corner table over the middle of the room.

Expressiveness — sits mid-scale. You transmit selectively: enough signal that people rarely call you closed, enough held back that nobody gets the whole picture. That's an editor's setting. What reaches the air has been chosen, so your words tend to carry more weight than their volume suggests. **The move:** say the warm thing you almost said.

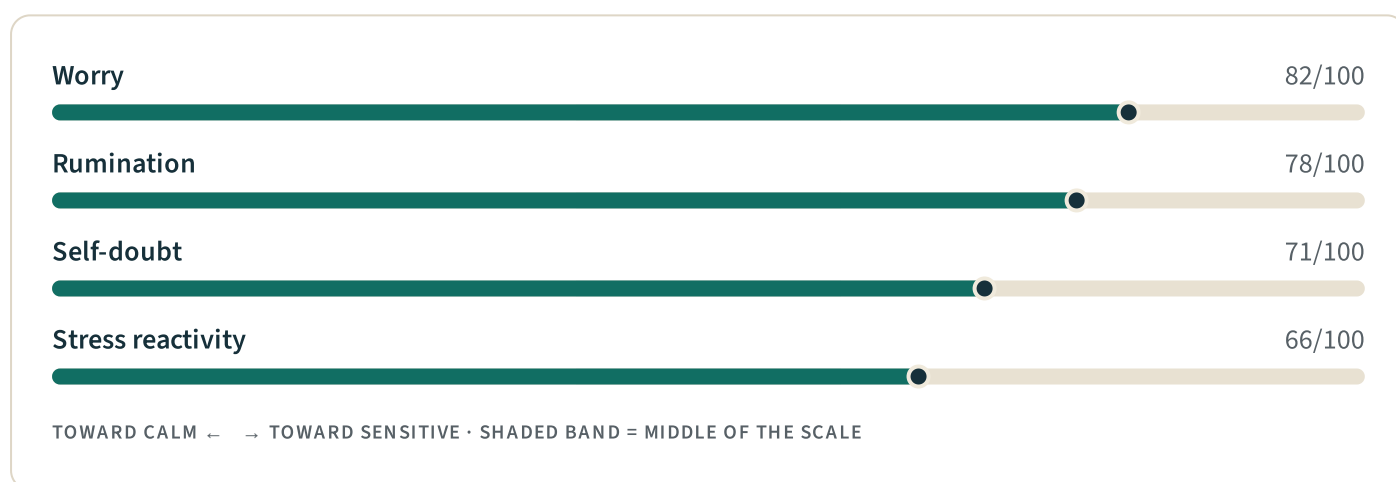
The standing risk of an edited channel is the file marked "obvious, no need to say it." Those items are usually not obvious to anyone else, and they're where the people close to you are working from guesses.

The shape of these four dials matters as much as their heights, and yours tell one story: no dial breaks away from the others, which makes your social pattern easy to read. What the ladder shows is what people get, in most rooms, most days. That predictability is useful. The one cost is that on the rare day you act out of pattern, people notice. A one-line heads-up on those days covers it.

YOUR INNER SIDE

Your Inner Weather, Dial by Dial

This is the dimension most tests hide in a suffix, and one the research tradition has studied closely for decades. You measure as clearly Sensitive. High Sensitivity means stress registers loudly. The same setting tends to point your attention at what could go wrong, and to make you thorough about what already did. Self-confidence also tracks this axis more closely than people expect: at this end of it, people commonly rate themselves lower across the board, a report on how things feel from inside rather than on how they went. This page is about how they feel.



Read these the same way as your social dials above. Inside the shaded band, context decides. Outside it, plan around the dial rather than against it.

Worry — runs high. Your worry runs ahead of events: unpredictable situations start weighing on you before anything has happened, and the how-did-I-come-across scan (the impression on someone new, the unanswered message) runs near-constantly. The size of the trigger says little about the size of the response, so a small trigger is no reason to grade yourself on the reaction. For you, predictability is relief. **The move:** pin down times, plans and expectations in advance. That's a reasonable way to run a week. The stress playbook later gives you a way to sort these worries.

Rumination — runs long. This is the replay dial, and the replay is your signature: past mistakes get kept in long, vivid detail and can resurface after everyone else involved has forgotten. Telling the loop to stop doesn't work — but closure rituals with a defined end tend to: a processing window with a start time, paper, and a stop time. A mistake also tends to get filed as a failure of the self rather than an event in the world. File it as "that happened" rather than "I am that." **The move:** give the replay a window with an end. Open-ended journaling can feed this loop. Structured, time-boxed reflection serves it better.

Stress reactivity — runs hot. A moderately stressful hour tends to color the hours around it, and once one thing goes wrong, everything can seem to keep going wrong. That cascade is usually the stress response feeding on itself. Ordinary loads do feel heavier for you, so shape the load: smaller pieces, and recovery sized to the hit. **The move:** when the urge to quit arrives, shrink the next step instead.

Self-doubt — runs high. After a mistake, you're likely to question your abilities rather than review the events. The inner commentary is fluent, confident, and often wrong. Treat what it says as a claim to check. **The move:** keep a decision receipt, one line on why you made a significant call, written when you make it, so that when the doubt comes back you can read the receipt instead of re-deciding. Your experiment plan comes back to this. Two things to hold onto. Low periods tend to be less permanent than they feel from inside. Self-forgiveness that never arrives on its own can be put on a schedule: write it down with the date and treat the case as closed.

The last reading on this page is the shape. Your four inner dials tell one story: no dial breaks away from the others, so this reads as one weather system. Whatever a hard week does to one of them tends to show up in the others too, so the playbooks later can treat your emotional style as a single pattern.

Your Corner of the Map

Type-based tests stop at the label, but *where* you sit inside Sensitive Introvert changes what the label means. Sharing a region is like sharing a country: the name tells you something, but the climate, the neighbors, and the border crossings depend on the town you live in. Your dot sits a comfortable way in from the center, with **Sensitive Extravert** as your nearest neighboring region.

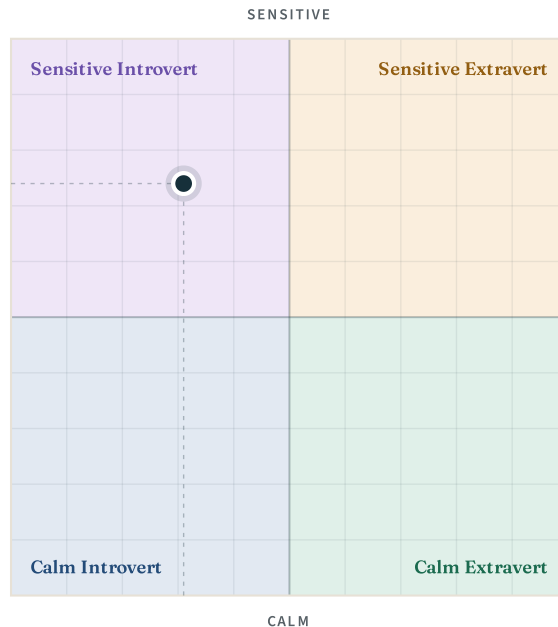
That border is about appetite: cross it and the sensitivity stays but people start reading as fuel instead of cost. You likely visit in seasons, in weeks when the room calls you. The after-processing comes along on either side of the line.

You sit far enough from that line that this report reads you from one region, not two. The neighbor is a mode you may visit when a situation calls for it.

Your mirror opposite is the **Calm Extravert**, the pattern that will most often puzzle you and be most puzzled by you. The same lively evening that repairs their long week is often the thing your week has to recover from, and risk that reads as threat from your side of the map reads as fuel from theirs. When their breeziness looks careless to you, or your carefulness looks joyless to them, nobody is doing it wrong; you're reading one event off two different meters.

How the two axes meet in you: your sensitivity does its thinking in the quiet your introversion makes, so the quality of your alone time matters more than almost anything else in this report. Good solitude, and both halves of you settle. Scrolling-and-worrying solitude, and each half makes the other worse. So plan for two kinds of tired after any social evening: the tired from the people, and the tired from replaying them. Rest that only covers the first will leave you short.

Saying something personal is hard for you twice. Once in the saying, where reserve makes the words slow to leave, and again afterward, because sensitivity keeps replaying how they landed. That's why a disclosure you were glad to make can still bring a wave of regret later. The regret is the pattern talking, not the evidence. Check it against the response you got, which is usually far kinder than the replay's version.

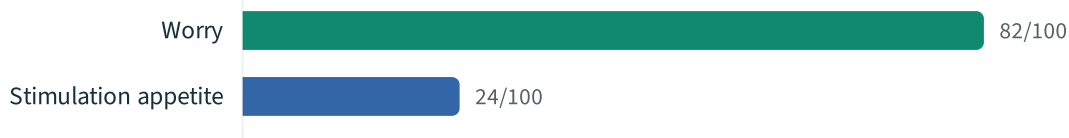


Your dot, both lines, and the nearest border.

A clear resident

You sit inside Sensitive Introvert, clear of both borders.

The two dials furthest apart, one from each axis



How Others Experience You

Keyed to: expressiveness (mid) · social confidence (low)

There's what happens inside you, and there's the signal that leaves the building. For your pattern the gap has two layers, one per axis.

WHAT THEY SEE

Someone measured and even: present and engaged, without much of it showing on the surface.

WHAT'S ACTUALLY HAPPENING

More than reaches them. What you take in runs ahead of what you send back, so an evening you're still turning over the next day can look, from outside, like one that barely registered.

WHAT THEY SEE

Someone selective with their presence: the early exit, the declined invitation, the calm corner of the event rather than its center.

WHAT'S ACTUALLY HAPPENING

Mostly it's about cost. At your end of this axis the calmer corners tend to be where the event is enjoyable, and time in a dense crowd drains you in a way that only shows up later, out of sight. Your social confidence runs low, so rooms with no familiar face are close to unusable, and what looks like avoiding people is often avoiding cold starts.

The practical consequence of both layers: the people closest to you go by your *signal*, not your experience. With expressiveness that sits mid-scale, your signal is an edit: true, chosen, and missing everything you filed under "obvious, no need to say it." Those items are rarely obvious to anyone else. Send one thing from the obvious file, the warm thing or the hard thing you almost said and cut.

What you feel vs what you show



Reading the People Around You

Keyed to: your home region, Sensitive Introvert · expressiveness sits mid-scale · worry runs high · rumination runs long

So far, every page in this report has pointed at you. This chapter turns the map outward, because the two lines that place your dot also place everyone you know: the partner, the close friend, the parent, the colleague, the person who's gone quiet on you. The four folds below read each region of the map from where you sit: how someone who lives there tends to operate, where friction with your pattern predictably starts, what the pairing does well, and one sentence to say. Regions describe defaults, never whole people — use them as a first guess, held loosely, corrected by the person in front of you.

You'll never have anyone else's numbers, so place people by what you can see — two questions, four regions. Whether contact seems to *charge* or *drain* them puts them on one side of the social-energy line. Whether what happens to them passes through or stays puts them on one side of the emotional line. Your own dot sits a clear way back from both lines, but just as a dot near a border lives in two regions at once, the people you're reading can straddle two folds. When someone seems borderline, read both neighboring folds and keep whichever survives contact with them.

THE CALM EXTRAVERT IN YOUR LIFE

The most outgoing pattern on the map: the person who proposes the plan, opens the conversation, and moves past friction with strikingly little residue. They tend to run on contact, on rooms and plans and back-and-forth, and to recover from setbacks fast enough that others wonder whether anything landed at all. The signature blind spot is quiet signal: slow-building trouble, their own or anyone else's, can coast right past an alarm system tuned for louder events.

You'll suspect this region when the reply lands before your message finishes sending, plans materialize around the person without visible effort, yesterday's disagreement is today's business as usual, and the tenth arrival at the gathering gets the same brightness as the first.

This is your far corner: the one region you'd have to cross both lines to reach. Everything here is read across two borders, and neither line runs close to where you live. The friction is the residue gap: what costs you days costs them minutes, and their "we're fine — moving on" can close a matter you are still very much inside. Nothing about their speed is a comment on you. Their pattern doesn't carry things forward. The complement cuts the other way: they initiate the contact you let lapse, and their low-residue steadiness makes them one of the safer places to bring a replay. It will not knock them over. The caution in reverse: your signal is an edit. It sends the summary, and this region won't ask for the missing pages, so attach them yourself when something matters.

Say it when it fits: "You move on faster than I do — if I bring something back tomorrow, it isn't a relapse, it's my first real answer."

THE SENSITIVE EXTRAVERT IN YOUR LIFE

This pattern runs loud on both channels: a full social life next to a vivid inner one. They tend to process out loud and in real time, so warmth, worry, and heat all reach the room fast. The deeper processing comes afterward, replaying the evening once it ends. What you see is genuine, but it isn't final. The first version of anything they say is usually a draft delivered at full volume, and the considered version arrives a day later, quieter.

You'll suspect this region when you always know how the evening is going for them, enthusiasm and worry both arrive in real time and at volume, and the story of the party gets retold, with feeling and with edits, for days afterward.

You already share this region's side of the emotional line. The whole distance between you is one border, the social-energy line, and your dot sits well back from it. Friction is scheduling: they process in the room at full volume while you process after it, alone, so their biggest moments arrive exactly when you have the least to give, and your considered reply lands after they've already moved through three newer drafts. The complement is depth: their inner channel runs as loud as yours, just pointed outward. They'll say in the moment the sentence you'd rehearse for a week, which, watched closely, is a free education. In reverse: with worry running as high as yours, you'll be tempted to treat their loudest statements as final, and to answer their in-the-moment worry with a forecast of your own. Let theirs finish first. With this pattern, the next-day version is the one that counts.

Say it when it fits: "I know I go quiet when you go vivid — it isn't distance. Here's where I actually stand, in one sentence."

THE CALM INTROVERT IN YOUR LIFE

The quietest pattern on the map, outside and in: level inner weather behind a quiet outer channel. They tend to process before speaking, sometimes long before, and their calm is usually real, not managed. The cost of the combination is under-reporting in both directions: warmth that never gets broadcast, and trouble that never gets flagged. Their silence is almost never a verdict. Usually something is still being worked out behind it.

You'll suspect this region when answers arrive complete but a beat late, gatherings are left early and without drama, big news gets a small reaction, and you learn what actually mattered to them weeks later, in passing.

You already share this region's side of the social-energy line. The whole distance between you is one border, the emotional line, and your dot sits well back from it. Friction hides inside the resemblance: you're both quiet on the outside, but their inside is quiet too, so the closure and reassurance your pattern needs is exactly what theirs never thinks to transmit. You'll wait for a signal that isn't coming, not withheld, just never drafted. The complement: company that doesn't drain your social battery, steadiness your replay can lean on, and a shared preference for depth over noise. Ask for the words. They have them, and they won't offer them unprompted. In reverse: your edited channel sits against their closed one, and neither side volunteers much, so put the things that matter on the record deliberately.

Say it when it fits: "Take the time you need — and I'll ask once more this week, in case you were still getting to it."

THE SENSITIVE INTROVERT IN YOUR LIFE — SOMEONE WHO LIVES WHERE YOU LIVE

This pattern pairs a quiet outer channel with a loud inner one: little reaches the room in the moment, and a great deal happens afterward. They tend to absorb now and reply later, sometimes days later, carrying unresolved moments privately in the meantime. In this region ambiguity tends to cost more than plain bad news. Explicit closure is maintenance.

You'll suspect this region when someone is quiet in the room and precise about it afterward (the next-morning message that shows they registered everything), when small ambiguities get revisited, and when departures are early and unannounced.

Your own dot sits well inside the introvert side and well inside the sensitive side. From there, this region is the accent you read every other region with. Two people who live here understand each other without translation: the double bill, the replay, the rehearsed sentence that never gets sent. That last part is the risk, doubled: two archives of unsent drafts, each waiting for the other to open first. The ambiguity you both find expensive is the one thing you reliably generate for each other. The fix is asymmetric kindness: go first, and go half-finished. From someone in this region, half-finished is already a lot.

Your opening move: "If last week is still sitting with you, it's probably sitting with me too — bring it half-finished; I'll finish my half out loud."

How to use all four folds: this page is at its best the week a specific person is confusing you. Make your best guess at their region, reread that fold from where you sit (the borders it describes are yours), and then say the sentence. The map can't tell you who someone is. It can tell you where your defaults and theirs will collide first, and hand you the first move. The reading runs both ways: whoever you just placed on this map is working from a guess about you that nobody wrote down and nothing corrects. You're the one with a map, so you go first.

Your 4 Named Strengths — and Their Shadow Sides

Four things your pattern is good at, each with the answers that earned it and the way it overreaches. None was chosen to flatter you. A strength lands here only when a specific dial crossed a specific line, so every card names the dial that earned it, the moment you'll recognize it in, and the point where it tips over.

Your top pair works as one move. **Deep Focus × Early-Warning Radar:** your attention runs ahead to what could go wrong, and you have the uninterrupted hours to do something about it before it does.

Deep Focus

EARNED BY · Social Energy — clearly on the introvert side

Long, uninterrupted stretches are where you'd rather be — quiet you don't have to talk yourself into.

What it looks like: Given a door that closes and an afternoon nobody has claimed, you tend to settle into one thing and stay there, and the hours pass without you checking who else is around.

Watch out: Protecting focus can turn into avoiding the people who'd multiply your work.

Early-Warning Radar

EARNED BY · worry — running high

Your attention runs ahead to what could go wrong. You'll be the one asking "and if it doesn't?" while the plan is still being celebrated.

What it looks like: Reading a plan, your eye usually goes to the step that depends on someone else being on time, and you've thought about the backup before anyone asks whether one is needed.

Watch out: Left on all the time, this flags harmless things as threats. Decide in advance which alarms get acted on.

Thorough Processing

EARNED BY · rumination — running long

Experiences don't slide past you: events keep your attention after they end, and you rarely skip the debrief.

What it looks like: Two days after a conversation, you're often still turning over one line from it. The replay tends to arrive uninvited, on a walk or in the shower, and brings back a detail you missed at the time.

Watch out: Processing has diminishing returns; the tenth replay teaches nothing the second didn't.

Emotional Resolution

EARNED BY · Emotional Style — clearly on the sensitive side

Shifts in rooms and people get your attention: a change of tone, a pause, a cooler reply. The noticing is automatic. What you do with it is the part you can work on.

What it looks like: A reply a shade shorter than usual tends to register while the conversation is still going, and stays with you after it ends. You'll likely have a theory about why before you've decided whether to ask.

Watch out: High resolution shows you signals that aren't about you. Check attribution before absorbing them.

Managing Your Energy

Keyed to: Social Energy (low) · Emotional Style (high) · stimulation appetite (low) · social confidence (low)

Your battery charges in quiet and spends in company. The spend rate is steepest in noisy, unstructured, many-people settings, because your stimulation appetite runs quiet. None of this needs fixing. It's a budget to run. The goal is to stop the accidental spend.

Your recharge protocol follows your stimulation appetite, and yours runs quiet. Recovery for you means low-input time: a walk, a quiet room, one thing at a time. "Relaxing" in a loud, busy place is spending dressed as saving.

Two tactics cover the ends of an evening. **Entries:** your cold starts are expensive, so arrive with an anchor (one person, or one prepared question) and the room opens. **Exits:** decide the leaving time before you arrive. An exit you chose in advance is a plan; one you negotiate at the door, tired, is a scene.

One correction for your emotional style, because it changes what recovery has to do. Leaving the room does not end the event for you: the conversation carries on internally afterwards, so the quiet block has to be long enough for the replay as well as the rest. Budget the evening *and* the following morning. And give the replay somewhere to finish — written down, or said once to one person — because an unresolved exchange is what keeps it running, not the amount of company you had.

IN PRACTICE

- 🕒 Pre-pay recovery, and size it for the replay: for every event this week book the quiet block *before* it, and make it long enough to cover the following morning as well as the night itself.
- 🕒 Say the plan out loud, in advance: "I'll come for the first hour — that's my good hour." Leaving early with a plan beats not showing up.
- 🕒 Audit one recurring commitment against your stimulation appetite and try moving it to a quieter format: a walk, one-on-one, or written.
- 🕒 Protect one fully unscheduled evening, treat it as booked, and end any conversation still running in your head before it — written down, or said once to one person.

Stress, Recovery & Early Warnings

Keyed to: worry (high) · rumination (high)

Of your four inner dials, the two that run loudest are **worry** and **rumination**, and this playbook is built for that pair.

Worry and rumination book both ends of an event: the run-up before, the replay after. The tools bracket the event. Before it, run the two-column worry sort below, so only the ones you can act on survive. After it, use the processing window with a start, paper, and a stop. The event itself is usually the easiest part of your day. Spend your effort on the hour before and the hour after.

A plain-language note: this is about everyday stress patterns, not mental health. If what you're carrying feels bigger than a personality pattern, a conversation with a professional is worth more than any report.

YOUR TOOLS

Each is explained once here. The experiment plan points back to these.

The alarm triage rule

Every worry goes in one of two columns: something you can act on within 48 hours, or not. Only the first column gets your energy. You'll notice more things to worry about than anyone could act on. The two columns are the filter.

Observe: by the end of a week, how long is the first column next to the second?

The 15-minute processing window

Once a day, same time, set a 15-minute timer and give the replay three lines of paper, in this order: what happened; what I'd do next time; the one thing worth keeping. Then close the notebook — the closing is part of the exercise. When the loop fires outside the window, note the time and go back to what you were doing.

Observe: by the end of the week, how often does the replay wait for the window?

The decision receipt

One line per real decision, written when you make it: what you decided, why, and what new fact would reopen it. When doubt comes back, read the receipt instead of re-deciding. Self-doubt is quality control. Give it a filing system.

Observe: how often does new information arrive?

Learn your first physical tell. For many people it's the jaw or the shoulders. The body often notices before the mind does.

Communication & Conflict

Keyed to: expressiveness (mid) · rumination (high) · worry (high)

Your default channel is selective. You transmit when it counts and hold the rest. Under pressure, the Sensitive Introvert pattern has one signature trap: **the delayed detonation**. You absorb the moment, replay it for days, and either re-open it long after the other person moved on, or never re-open it and carry it privately.

With a replay as long as yours, the carrying phase is long and vivid. Tuesday's moment is still with you on Friday. The scripts below exist to shorten the distance between the event and the sentence.

The other half of communication is receiving. Feedback lands at your Emotional Style's volume, not the speaker's. A passing note can arrive as a finding. The habits that protect you: ask for specifics ("what did you observe?") so the claim gets smaller and more specific, and answer on a delay when stakes are high. You'll often be a harsher witness against yourself than the person speaking intended to be.

In conflict specifically: with cold starts as expensive as yours, you tend to wait for the other person to open the door. In a stand-off, they may be waiting too. Every script below works as a first sentence.

Three sentences for the hardest moments:

YOUR SCRIPTS

- 🕒 "Something from Tuesday is still sitting with me — can we take five minutes on it?"
- 🕒 "I have a real answer to this — I need until tomorrow to say it right."
- 🕒 "I've been building this up in my head — help me right-size it: how big is this for you?"

Relationships & Closeness

No compatibility verdicts here: any pairing of map positions can work when both people know where the other one sits. What your own spot on the map does predict is *what closeness costs you and what it gives you*: connection competes with recovery for the same limited hours, so your closest bonds are few and deep by design. Alone-time needs contracting, or it gets taken personally. Meanwhile your sensitivity makes closeness high-stakes: shifts in warmth tend to get your attention, and a worry dial as loud as yours can turn an unanswered message into a narrative.

SHOW THE PEOPLE CLOSE TO YOU

Three asks, earned by your own answers. Say them as written, out loud, to the person they're about:

- "When I go quiet or take a slow week, it's maintenance, not distance. Keeping in touch costs me more than it costs you — and my silence is almost never a verdict on us."
- "Not knowing where we stand is harder for me than bad news. A two-word reply beats silence, every time."
- "If it looks like I don't feel much, ask me. Less reaches the surface than is going on underneath — and you'll get the real answer."

Chosen for you by: sociability (low) · worry (high) · expressiveness (leaning reserved)

Your 30-Day Experiment Plan

Below are 6 small experiments matched to your answers, sequenced over the month ahead. These are *try and observe*, not self-improvement homework. The data you collect on yourself is the deliverable.

START HERE — THIS WEEK

Of the experiments below, begin with **The 15-minute processing window** — one experiment, one week, nothing added to it. Everything else in here can wait for week two. It will still be true.

WEEK 1

START HERE

The 15-minute processing window

Run the processing window from the stress playbook, every day this week: same time, a 15-minute timer, three lines on paper, then close the notebook. When the loop fires outside the window, note the time and return to what you were doing. Observe: by week's end, how many fires landed outside the window?

WEEK 1

The recovery-first calendar

When your battery charges in quiet, recovery is fuel. This week, put recovery blocks in the calendar before social commitments instead of after they've drained you. Keep one protected quiet block on every day that has a social event. Observe: how does the same event feel with recovery pre-paid?

WEEK 2 **The alarm triage rule**

Use the alarm triage rule from the stress playbook for a full week: one page, two columns (something you can do within 48 hours, and everything else), and every worry goes in one or the other. Act only on column one. Column two just gets counted. Observe: by the end of the week, how long is the first column next to the second?

WEEK 2 **The decision receipt**

Self-doubt as busy as yours keeps reopening decisions you've already made. For each real decision this week, write one line: what you decided, why, and what would have to be true to reopen it. When doubt returns, read the receipt instead of re-deciding. Observe: how often does new information arrive?

WEEK 3 **The first-line rehearsal**

For you, the cold start is the expensive part of any room. Before one social situation this week, script only the first two sentences — nothing more. Observe: once past the opening, does the rest carry itself?

WEEK 4 **The attribution check**

Shifts in people's moods tend to get your attention early. This week, each time you register one, privately guess the cause, then check where you can. Observe: how many times does "it's about me" turn out to be right?

The Science, the Limits, and What We Won't Claim

This report rests on two personality dimensions with a long research record: Extraversion and emotional stability, which we call Social Energy and Emotional Style. Two dimensions, measured carefully, can say a lot about how life feels from the inside. They also have hard limits, and you should hear those from us first.

What these two dimensions cannot do — and this report therefore never does:

- Tell you which career fits you. Neither dimension tells you what work you'd be good at or enjoy, and we don't sell career matching — from this test or any other.
- Diagnose anything. Sensitivity is a personality dimension, not a clinical assessment.
- Predict relationship compatibility. Map coordinates inform how a relationship works, never whether it will.

- Measure your intelligence, values, creativity, or character. Different instruments, different constructs.

Measurement honesty: your scores are estimates with a margin of error, not readings off a caliper. Every score is a position on a 0–100 scale, where your own answers placed you between the two poles, not a ranking against other people. The 50 line on the map is the midpoint of the answer scale, the point where your agreeing and disagreeing would have balanced out. It is not the average person. Until our norm sample is large enough, no number in this report says how you compare with others; every number says how you answered. We have not yet measured how much scores move when people retake the test; expect some movement — a score taken in a hard week can differ from one taken in a calm one. We treat any score within about 10 points of a line as straddling both regions: a lean, on the same ten-point rule the dials use. That is why we show you a map position rather than stamping you with a type.

Where the two dimensions come from. Their pairing goes back to Hans Eysenck's two-factor model of the 1940s–60s. Across decades of Big Five studies since, these two have been consistently among the strongest personality correlates of well-being, stress, and everyday mood. That is why all 36 questions on this test go to those two dimensions rather than being spread across five.

This report's provenance

Instrument	The Personality Map v1 · 36 items
Your answers	completed September 5, 2026
Scoring	deterministic — every number computed from your responses
Norms	no percentiles yet — our norm sample is still too small to rank you honestly

This report reflects the norms in force when it was generated. If we ever regenerate it against a larger norm sample, we will tell you — it does not change on its own.

Sources: DeNeve & Cooper, 1998; Steel, Schmidt & Shultz, 2008; Anglim et al., 2020. Full methodology, including how the instrument was built and what we publish about its reliability: personalitystrategy.com/methodology

Your Map on One Page

Here is the whole report, folded small. You run on a social battery that drains in company, next to an inner channel that runs loud. That's the Sensitive Introvert pattern, led in your case by stimulation appetite on one axis and worry on the other. The hard part of the pattern is the double bill: time with people, then the quieter time it takes to process them afterward. The good part is where all that processing goes: your attention tends to land on the change of tone, the pause, the thing left unsaid, and the debrief happens whether you schedule it or not. The whole strategy of this report is protecting the conditions that let the good part outrun the hard part.

YOUR THREE LINES, VERBATIM

The three sentences this report gave you for the hardest moments, kept here so you can find them in thirty seconds:

- "Something from Tuesday is still sitting with me — can we take five minutes on it?"
- "I have a real answer to this — I need until tomorrow to say it right."
- "I've been building this up in my head — help me right-size it: how big is this for you?"

WHEN TO OPEN THIS AGAIN

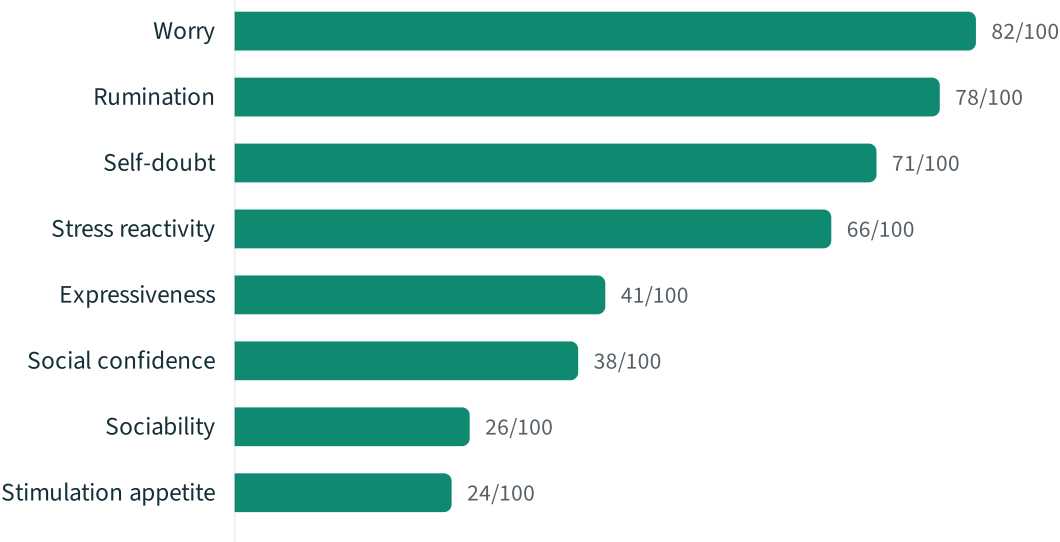
- The week you change something big: reread **Your Corner of the Map**. Where you sit on the map is the best guide to where the new situation will press on you first.
- The night a small thing won't stop arguing: the **worry triage in the stress playbook**. With worry running as high as yours you'll need it more than once. That's the design.
- The mistake still replaying days later: the **processing window in the stress playbook**. It gives the loop a place to run and a time to stop.
- The decision you keep reopening: the **written case-closing ritual**. For you, the receipt beats the rehearsing every time.
- The day everything cascades: the **stress-reactivity dial in Your Inner Weather**. Shrink the next step. Don't exit.

Scores can move between sittings, and when yours do, this page will still be here. What we know and don't yet know about that movement is on the record in the Science section, where it belongs.

You're the person who strongly agreed that "after making a mistake, you replay it in your head for days". That answer is yours, not your region's, and every page in here was shaped around it. The same sensitivity that keeps replaying the mistake is the one that tends to notice the change of tone and the thing left unsaid. This report was written for both.

You're holding the only version of this document that exists, the one drawn from your answers.

All your dials, one picture



Your report also lives online permanently. The access link in your email opens it on any device.