

## The Personal Strengths Survey

In each box, circle every word or phrase that describes a consistent character trait of yours. Total the number circled in each box, then double your score.

Next, take the total score from each box and put it on the graph. Take a few minutes now to complete the survey ...

### L

Takes charge  
Determined  
Assertive  
Firm  
Enterprising  
Competitive  
Enjoys challenges

Bold  
Purposeful  
Decision maker  
Leader  
Goal driven  
Self-reliant  
Adventurous  
"Let's do it now!"

Double the number circled \_\_\_\_\_

### B

Deliberate  
Controlled  
Reserved  
Predictable  
Practical  
Orderly  
Factual

Discerning  
Detailed  
Analytical  
Inquisitive  
Precise  
Persistent  
Scheduled  
"How was it done in the past?"

Double the number circled \_\_\_\_\_

### O

Takes risks  
Visionary  
Motivator  
Energetic  
Very verbal  
Promoter  
Avoids details

Fun-loving  
Likes variety  
Enjoys change  
Creative  
Group oriented  
Mixes easily  
Optimistic  
"Trust me! It'll work out!"

Double the number circled \_\_\_\_\_

### G

Loyal  
Non demanding  
Even keel  
Avoids conflict  
Enjoys routine  
Dislikes change  
Deep relationships

Adaptable  
Sympathetic  
Thoughtful  
Nurturing  
Patient  
Tolerant  
Good listener

"Let's keep things the way they are."

Double the number circled \_\_\_\_\_

### Personal Strengths Survey Chart

	L	B	O	G
30				
15				
0				

Scoring high on the L line are those we call *lions*. Lions are take-charge leaders. They're usually the bosses at work, or at least they think they are! They're decisive, bottom-line folks who are the doers — not watchers or listeners. They love to solve problems. Unfortunately, however, if they don't learn to use both sides of love, their natural hard-side bent can cause problems with others.

Scoring high on the B line are those we call *beavers*. Beavers have a strong need to do things "right" and "by the book." In fact, they're the kind of people who actually read instruction manuals! They like maps, charts, and organization. And they're great at providing quality control for a home or office, but learning to balance the two sides of love usually involves adding the ability to communicate that softness and warmth in a way that's felt clearly and understood by others.

Scoring high on the O line are the *otters*. Otters are excitable, fun-seeking, cheerleader types who love to yak, yak, yak. They're great at motivating others and need to be in an environment where they get to talk and have a vote on major decisions. But because of their strong desire to be liked, they can often fail to be hard on problems and cause further problems as a result.

Scoring high on the G line are the *golden retrievers*. These people are just like their counterparts in nature. If you could pick one word to describe them, it would be *loyalty*. They're so loyal, in fact, that they can absorb *the* most emotional pain and punishment in relationships — and still stay committed. They're great listeners, empathizers, and warm encouragers — all strong soft-side skills. But they tend to be such pleasers that they can have great difficulty in adding the hard side of love when it's needed.

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