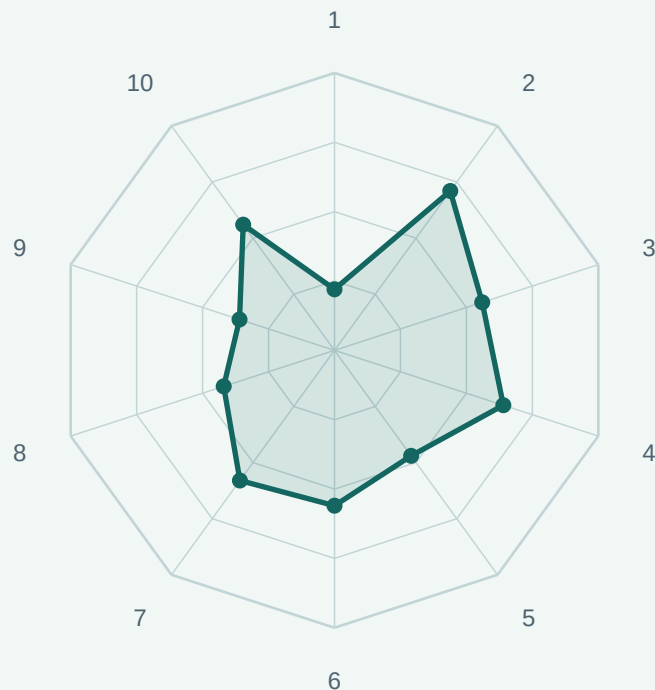


Your personal development workbook

An integrated reading of your preferences, practical experiments and space to make the interpretation your own.

YOUR PROFILE AT A GLANCE

Your preference pattern



1 Social entry

Observe first / Enter quickly

3 Structure preference

Open shape / Defined shape

5 Expression style

Layered and tactful / Plain and direct

7 Emotional intensity

Even current / Strong current

9 Attention scale

Concrete particulars / Underlying patterns

2 Social bandwidth

Few deep channels / Many active channels

4 Change response

Preserve continuity / Explore novelty

6 Cooperation stance

Protect own position / Accommodate the group

8 Recovery rhythm

Long processing arc / Quick reset

10 Completion rhythm

Iterate in motion / Close deliberately

Inside = the first preference in each pair; outside = the second. Neither end is better. The shape describes preferences, not ability, performance or population rank.

Read this as a working hypothesis

Your starting point

You show a distinctive blend of cautious social entry and broad relational energy. You tend to observe before joining new groups, yet you also keep many active social channels and enjoy moving among varied contacts. This combination suggests that while you are not quick to enter unfamiliar spaces, once engaged you distribute your attention widely. In work settings, you combine a preference for defined structure with a reflective, deliberate approach under pressure. You value clear processes and standards, and you prefer to slow down and assess the whole situation before acting. This supports reliability and thoughtfulness, especially in complex or high-stakes tasks. You also have a strong attraction to novelty and change. Even when routines work, you are drawn to explore different routes. This can fuel innovation and adaptability, though it may sometimes conflict with your need for stable structures. Your emotional life tends toward strong currents, and you process disruptions over a longer arc. Intense feelings are likely to color your experience, and you may need time to metabolize setbacks or critical feedback before returning to equilibrium. In communication, you adapt your directness to the relationship and context. You can be tactful or plain depending on what feels appropriate, and you generally lean toward accommodating the group while still being able to hold your own position when necessary. Overall, you present as a systems-minded, reflective person with a high capacity for social connection, a taste for novelty, and a rich emotional interior. Your profile suggests strengths in designing reliable processes, maintaining broad networks, and bringing fresh perspectives, balanced by a need for structure, time to process, and clear constraints.

Hold the interpretation lightly

Use this synthesis as a starting hypothesis. Context, workload and the situations you recalled can all shape your responses. Check a recent example and a counterexample before treating a statement as a dependable pattern.

Your priorities and observation method

Priority 1

Create structured novelty: When pursuing new ideas or changes, define a simple framework or milestone first. This satisfies both your need for novelty and your preference for clear boundaries.

Priority 2

Practice quick entry in low-stakes settings: Choose one unfamiliar social situation this week and deliberately engage earlier than usual. This can help you leverage your broad social bandwidth more fully.

Priority 3

Build a recovery ritual after intense events: Since you process emotions over a long arc, schedule a deliberate transition after stressful situations-such as a short walk or journaling-to help you regain equilibrium.

How to use this workbook

Read one chapter, mark the claim that fits and find an example that does not. Try its exercise in a reversible situation. Record what happened before accepting any conclusion. Positions describe your own answers, not a population rank, ability score or recommendation about a job or relationship.

YOUR WORKBOOK

Your profile as a whole

Your pattern in context

You present as a systems-minded, reflective person with a rich emotional interior. Your strongest signals are observing before entering social space, maintaining many active connections, and eagerly exploring novelty. At work, you prefer defined structures and a deliberate pace under pressure, contributing to reliable processes rather than quick improvisation. This blend of cautious entry, broad engagement, and structured exploration shapes your distinct style.

How the pieces fit

Your social pattern is unusual: you watch carefully before joining unfamiliar groups, yet you sustain a wide array of relationships. In work, your preference for clear frameworks coexists with a pull toward new possibilities, so you likely seek fresh challenges inside stable boundaries. Under pressure, you slow down to read the whole situation, which can prevent impulsive errors but may delay action when speed is needed.

A concrete example

For example, imagine you join a new project team. You might first observe meetings quietly, noting roles and unspoken rules. Once the structure is clear, you could then propose a novel process improvement, mapping out clear steps to test it. This hypothetical approach leverages your observation, your process focus, and your taste for novelty without abandoning your need for definition.

Another possible explanation

An alternative reading is that your high novelty-seeking could sometimes override your structural preference, leading you to start many initiatives without finishing them. Your broad social bandwidth may also make you spread attention thinly across connections, leaving fewer deep relationships than you might want. Recognizing these tensions can help you choose when to slow down or narrow your focus.

Your profile as a whole / continued

Try this in practice

1. Identify one new project and define its first milestone before starting; this anchors novelty in structure. 2. In one low-stakes social gathering, enter a conversation within the first five minutes rather than observing first. 3. After an intense event, schedule a 15-minute transition ritual, such as a quiet walk or journaling, before moving on.

Your observation exercise

Set up an 'entry experiment' for a new social or work setting. Before entering, decide on a specific early interaction: ask one question or introduce yourself to one person within the first five minutes. Observe what happens internally-does it feel rushed or empowering? Record your energy level and the outcome of the interaction. Review after three trials: Did earlier entry change the quality of connections? A successful observation is noticing a moment of genuine engagement despite initial reluctance. A counterexample is feeling so drained that you withdraw completely, indicating the timing was too early for that context.

Reflection: In what situations does my initial observation phase serve me well, and when does it delay opportunities I actually value?

YOUR WORKBOOK

Social entry

Your pattern in context

Your responses place you firmly on the observing end of social entry. In unfamiliar gatherings, you tend to watch before joining, and when a new group forms you learn the atmosphere rather than create it. This preference is strong and consistent across many items, suggesting caution is your default in new social spaces.

How the pieces fit

This observing tendency coexists with broad social bandwidth. You maintain many active channels and enjoy moving among varied contacts, but entry is selective. The combination means you may be socially expansive once oriented, yet you rely on initial observation to read the room and decide where to engage.

A concrete example

For example, at a networking event you might spend the first twenty minutes listening to conversations and noting who seems open, then join a few promising circles. This is a hypothetical illustration of your pattern, not a claim about your history. It shows observation as a deliberate strategy rather than avoidance.

Another possible explanation

Alternatively, this pattern could reflect a need for environmental information before investment. You may not be shy but rather selective, using observation to conserve energy for channels that seem worthwhile. The caution at entry might also stem from a desire for contextual understanding or a learned preference for low-risk openings.

Try this in practice

1. Set a timer for five minutes at the next unfamiliar gathering, then introduce yourself to one person before it expires. 2. Identify a low-stakes setting, such as a hobby meetup, and deliberately greet the first person who makes eye contact. 3. After observing for a set period, ask one open-ended question to enter a conversation, noting how it feels.

Social entry / continued

Your observation exercise

Choose an unfamiliar social setting you would normally observe for at least 15 minutes, such as a lunch table with new colleagues or a community event. Set an intention to enter within 5 minutes. Your action is to approach one person or small group and make a simple comment or question related to the context. Record how long you waited before acting and what you did. Evidence: your entry time, your emotional state before and after. Review criteria: Did you enter earlier than your usual pattern? Did the interaction continue? Note any failure to act within 5 minutes and what you noticed instead.

Reflection: What information do you hope to gain by observing first, and could you obtain it more efficiently through a single early interaction?

Social bandwidth

Your pattern in context

You report a strong preference for maintaining many active social channels rather than focusing on a few deep ones. Your responses consistently favor variety, range, and lighter threads across groups and events. This suggests you value breadth of connection and draw energy from a wide network. The pattern is stable across different contexts, from long events to weekly rhythms. It is a descriptive preference, not a measure of relationship quality or social skill.

How the pieces fit

This breadth interacts with your cautious social entry: you observe before joining unfamiliar groups, then distribute attention widely once engaged. The combination may mean that in new settings you spend time reading the room before activating your broad network. Existing relationships may feel more effortless than first encounters because you already know the landscape. In structured, activity-based gatherings-clubs, teams, or projects-your bandwidth likely finds more natural outlets than in purely unstructured mixers where entry is slower.

A concrete example

For example, at a conference, you might not approach a stranger immediately. Instead, you might scan the room, notice clusters, and listen to conversations from the edge. After a session, you might then speak with several people briefly, exchange details, and follow up later with many of them via messages or shared notes. This example is hypothetical, not a claim about a real event in your history, but it illustrates one coherent way your scores could play out.

Another possible explanation

An alternative reading is that your high bandwidth reflects a liking for social stimulation rather than deep mutual commitment. You might enjoy the movement among people without needing every channel to be intimate. Some situations may pull you toward depth if the context rewards it-for instance, a long car ride with one friend-so your pattern is not rigid. The spread of your responses suggests moderate consistency, not an absolute trait.

Social bandwidth / continued

Try this in practice

1. Choose one low-stakes event this week where you will approach three different people early, rather than waiting to observe the whole room first. 2. Audit your current contacts: list all the people you have interacted with in the last month and mark which ones you want to deepen versus maintain lightly. 3. Set a monthly rhythm: send a brief personal message to five different people, tailored to their current situation, to sustain your broad network without overwhelming you.

Your observation exercise

For one week, track your social bandwidth in real time. Each day, record every social interaction that lasts more than two minutes, whether in person or online. Note whether the interaction felt deep (personal, emotionally significant) or light (informational, casual, fleeting). At the end of the week, count the total interactions and the proportion that were deep versus light. Compare this to your ideal balance: do you want more depth, more breadth, or is the current mix satisfying? Evidence to record includes the numbers and a short reflection on which interactions energized you most. A success observation is that you notice a mismatch between your actual and ideal balance, because that awareness allows you to adjust. A counterexample would be if you forget to track for several days or dismiss the data as unimportant, since then the exercise gives no useful signal.

Reflection: Which specific social interaction this week made you feel most like your bandwidth was being used well, and what exactly made it satisfying?

YOUR WORKBOOK

Structure preference

Your pattern in context

Your answers place you on the defined-shape side of structure: you often want a visible sequence, agreed milestones, and a settled standard before you begin. This preference appears across work and leisure, from roughly mapping a free weekend to needing a firm finish line near a task's end. Structure seems to reduce ambiguity, letting you orient and act rather than discover the route as you go. But your score is not extreme—a moderate, context-sensitive pull toward clarity, not rigidity. You also report that when details are missing, you sometimes begin with what is available, suggesting flexibility when the cost of waiting is high.

How the pieces fit

This preference interacts strongly with your high change response and reflective pressure style. You want structure, yet you also crave novelty and slow down under stress. Tension can arise when a new, exciting option appears before the current plan is finished: the defined shape pulls you to close deliberately, while novelty urges a detour. Under pressure, you may tighten structure to reduce cognitive load, using checklists or milestones as anchors. Socially, defined structure can make gatherings feel safe—knowing the agenda or guest list lowers entry friction. But over-structuring can shrink room for spontaneity, which your many active channels may need.

A concrete example

Imagine you are leading a small project at work. You begin by drafting a one-page plan with three milestones and a definition of done—this aligns with your structure preference. Midway, a colleague proposes a promising new tool that could improve the outcome but would require reworking the plan. Your novelty-seeking side is intrigued; your structure side worries about scope creep. A balanced move could be to schedule a short experiment with the tool during a protected time-box, then decide at the next milestone. This example is hypothetical, not drawn from your history, but it illustrates how defined structure can host small, bounded explorations.

Structure preference / continued

Another possible explanation

An alternative reading is that your structure preference is partly compensatory: you may use plans to manage the unpredictability of your own strong emotions and long recovery arc. Strong currents can disorganize attention, so external structure becomes a prosthetic for order. Or it might reflect a pragmatic learning style-concrete particulars first-where steps and standards give you tangible handholds. It is also possible that your answers reflect current work demands or social expectations rather than a stable trait. The data cannot distinguish these explanations; only observation across varied contexts can. Treat this as a working pattern, not a fixed identity.

Try this in practice

1. Before your next open-ended task, write one boundary you need defined and one area you will leave deliberately unplanned, then review after an hour.
2. Choose a routine you have kept for months and change one element (time, place, sequence) while keeping the rest identical; note what the change does to your sense of control.
3. During a group planning meeting, state the minimum structure you require to proceed, then ask others what structure they need; compare the overlap.

Your observation exercise

For one week, keep a structure log. Each day, pick one activity and record: the activity, whether you pre-defined its shape (yes/no), and after completion, rate your satisfaction from 1 to 5 and note one word describing how it felt (e.g., clear, constrained, free). At week's end, look for a pattern-do activities with pre-defined structure yield higher satisfaction, or does the best feeling come from unstructured time? Evidence of success: you can name two specific conditions where structure helps and two where it hinders, and you adjust your planning accordingly. Counterexample: all high-satisfaction activities had no pre-planning, or you felt trapped by every plan; then your structure preference may be weaker than your self-report suggests.

Reflection: In which one recurring situation would a little more structure most improve your experience, and what exactly would that structure look like?

YOUR WORKBOOK

Change response

Your pattern in context

Your change response is high on exploring novelty: given a choice between preserving continuity and trying a different route, you often lean toward the fresh possibility. This pattern appears across contexts, from preferring new dishes at a restaurant to feeling curious when systems change. You do not seem content with reliable routines alone; there is a pull toward the unfamiliar. Yet this novelty-seeking is paired with a preference for defined structure, suggesting your exploration is not reckless but tends to happen within frameworks you can see.

How the pieces fit

The interaction between your change response and structure preference matters. You like clear shapes-visible sequences and agreed milestones-but you also want novelty. This combination can lead you to seek new challenges inside known containers: a new project method, a different route through a familiar city, or a fresh problem within your field. When you feel constrained by sameness, your impulse is to change the approach rather than abandon the goal. That can be an asset when systems need refreshing or when a team needs someone to question the usual way.

A concrete example

For example, imagine your team has long used a weekly status meeting that works well enough. Others may accept it as routine, but you might propose a new format-perhaps shorter, with different questions-while still keeping the meeting slot and its purpose. Because you value defined structure, you would likely design the new format with clear boundaries and a trial period. This is hypothetical, but it shows how your novelty-seeking could operate: not as disruption, but as structured experimentation. The key is that the fresh idea gets tested against clear expectations.

Change response / continued

Another possible explanation

An alternative reading is that your novelty-seeking is partly a reaction to boredom rather than a pure love of change. Because you attend to concrete particulars and prefer deliberate completion, you may sometimes chase novelty to escape the slog of finishing details. That could explain occasional restlessness when a project is near closure. Also, your broad social bandwidth may expose you to many possible changes from many contacts, making novelty constantly available. The pull toward new options may be as much about available stimulation as about a stable trait.

Try this in practice

1. Before starting a new project or change, write down one specific boundary or constraint you will keep unchanged, so novelty stays anchored. 2. When you feel drawn to abandon a current task for something new, list two concrete details you have already invested that would be lost by switching. 3. Schedule a short 'closure ceremony' at the end of a completed phase, such as summarizing what worked and what you will reuse, before moving on.

Your observation exercise

Choose an upcoming change in your life that you are considering voluntarily, such as reorganizing your workspace, trying a new software tool, or altering a weekly routine. Before acting, define one observable success criterion for the change—for example, 'after two weeks, I can find any document in under a minute' or 'the new tool saves me ten minutes per day.' Implement the change for that period. Record daily whether you are closer to or farther from the criterion. At the end, review your notes: did novelty help or hinder? Also note at least one moment when you wanted to switch again before the trial ended; that counts as a counterexample to stable change-seeking.

Reflection: When you choose something new, do you aim to improve a specific function or simply to escape the feeling of sameness?

Expression style

Your pattern in context

Your expression style is balanced but context-driven. You adjust directness depending on the relationship and situation, sometimes signaling gently, sometimes stating plainly. This flexibility can be a strength, but it may also leave others guessing about your true position. When you disagree, you often shape your words around the other person's readiness rather than giving the clearest version immediately.

How the pieces fit

This adaptability interacts with your cooperative stance: you lean toward accommodating the group, which may make you hold back direct statements to preserve harmony. Yet your strong emotional current and reflective nature mean that suppressed candor can build internal tension over time. In close relationships, you may eventually express yourself more directly, but only after a longer processing arc.

A concrete example

For example, if a colleague proposes a plan you consider inefficient, you might first ask clarifying questions to gauge their openness. Then, depending on their cues, you either offer a gentle alternative or state your concern plainly. This approach can maintain rapport, but it also risks delaying necessary feedback, especially in high-stakes situations where clarity is time-sensitive.

Another possible explanation

Alternatively, your context sensitivity might reflect a genuine skill: you read the room and choose the level of directness that maximizes understanding. However, it could also stem from discomfort with potential conflict. Reflect on whether your expression style consistently serves your goals or sometimes defaults to accommodation, which might eventually lead to resentment if your own needs are repeatedly sidelined.

Expression style / continued

Try this in practice

1. In your next disagreement, state your position in one clear sentence before adding any softening context. 2. Ask a trusted colleague to flag moments when your meaning seems ambiguous or too indirect. 3. When debating a low-stakes topic, practice giving the plain version of your view without apologizing or hedging.

Your observation exercise

For one week, in three conversations where you disagree, deliberately use a more direct statement than usual. Before speaking, note your predicted discomfort level. Afterward, record the actual response from the other person and your own emotional residue. Review at week's end: Did the directness damage rapport more or less than you feared? A successful observation is when you expressed your view plainly and the relationship remained intact or improved. A counterexample would be if you reverted to heavy hedging or later felt the need to apologize for your clarity.

Reflection: When you choose indirectness, are you protecting the relationship or protecting yourself from a feared reaction?

Cooperation stance

Your pattern in context

Your cooperation stance leans toward accommodating the group, with a score of 56 and widely spread answers. You often seek consensus or take extra tasks to keep things moving, but you also know when to hold your own position. This flexibility suggests you read the room carefully, balancing harmony with your genuine needs. The spread of 2.1 indicates that your choices shift with context: sometimes you protect your position, sometimes you yield. There is no fixed rule, only a live calibration.

How the pieces fit

This stance interacts with your context-dependent expression style. When you accommodate, you may soften directness to preserve ease, yet you can still name boundaries when necessary. In groups, you likely scan for what would work for everyone before asserting your own preference. Your reflective nature under pressure reinforces this pattern: you slow down, assess the room, and then move toward agreement. That gives your cooperation a thoughtful quality rather than a reflexive one.

A concrete example

For example, imagine a team project where you strongly favor one design approach but two colleagues prefer another. Instead of pushing your view immediately, you might first ask what matters to them, then suggest a hybrid that tests both ideas for a week. Later, if that hybrid proves unstable, you could revisit the conversation with clearer trade-offs. This is a hypothetical illustration of how accommodation can operate as a structured experiment rather than surrender.

Cooperation stance / continued

Another possible explanation

An alternative interpretation is that your accommodation is not purely other-oriented but serves your own need for predictability. By maintaining group harmony, you reduce uncertainty and emotional friction, which suits your long recovery arc after conflict. You may sometimes accommodate too much and later feel resentment, as your spread suggests. Noticing when resentment builds can reveal when accommodation has crossed from generosity into self-suppression.

Try this in practice

1. In one shared decision, name what is flexible and what you genuinely need before negotiating. 2. Track one instance where you accommodated; later ask if it matched your true preference or was just easier. 3. Practice a low-stakes disagreement where you clearly state a boundary without apology.

Your observation exercise

Choose one upcoming group decision, such as with friends or family. Before discussing, write down your flexible points and your non-negotiables. During the discussion, state your non-negotiable once, plainly, without over-justifying. For one flexible point, deliberately offer a concession and note how it feels. Afterward, record what you said, the group's response, and any internal resistance or ease. Review your notes after 24 hours: did you hold your boundary? Did accommodation bring relief or resentment?

Reflection: When was the last time accommodating the group left you quietly resentful, and what boundary would have changed that?

YOUR WORKBOOK

Emotional intensity

Your pattern in context

Your self-report shows a tendency toward strong emotional currents: you often experience feelings in a vivid, immersive way. Music and stories affect you with considerable force, and disappointments can feel highly present. This intensity means that both positive and negative experiences are likely to color your perceptions and decisions more strongly than they would for someone with a more even baseline. It does not indicate instability, but rather that emotions are a prominent part of your inner landscape, providing energy and sometimes demanding attention.

How the pieces fit

This strong current interacts with your reflective, deliberate approach under pressure. When stakes rise, you prefer to slow down and assess the whole situation, yet intense emotions may push for quicker resolution. The tension is not between feeling and thinking, but between the immediate force of an emotion and your need for considered processing. For example, receiving critical feedback might provoke a sharp internal reaction, yet you may prefer to examine it carefully before responding. Context matters: a lively brainstorming session may heighten your engagement, while a conflict could intensify your need for recovery.

A concrete example

Imagine, hypothetically, that a long-planned project is suddenly canceled. Your initial emotional response might be frustration or even grief, and you may notice physical signs such as tension or a rapid pulse. Because your recovery rhythm leans toward a lengthy arc, you might still feel echoes of that disappointment days later, prompting you to revisit the decision in your mind. If a colleague asks for a quick pivot to a new plan, you could find yourself agreeing outwardly while internally still metabolizing the loss. This is not a flaw; it is a signal that you need a deliberate way to close the emotional loop.

Emotional intensity / continued

Another possible explanation

An alternative reading is that your intensity is not uniform across all situations. You may feel strongly about matters tied to your values or close relationships, while remaining relatively unruffled by minor setbacks. The high score could reflect a tendency to report vivid experiences rather than a constant state of emotional arousal. Also, cultural or contextual factors may influence how you interpret and express intensity-some environments encourage emotional display while others reward restraint. Your self-assessment may be more a statement about your awareness of feelings than about their objective strength.

Try this in practice

1. Plan a 10-minute personal debrief after any event that triggers strong feelings; write two sentences about what the emotion is signaling. 2. When you feel a surge of intensity during a conversation, pause five seconds and ask one clarifying question before responding. 3. Track emotion intensity separately from importance each evening for a week, rating each on a scale of 1-10 without linking them.

Your observation exercise

Select one upcoming emotionally intense situation, such as a difficult conversation or a high-stakes presentation. Beforehand, write down two observable signs of intensity you expect: a physical sensation and a behavioral impulse. After the event, record what actually occurred, including any unexpected responses. Review after 48 hours: Did the intensity match the event's actual importance? Did you recover more quickly or slowly than expected? A successful observation includes both a match and a mismatch example, showing you distinguish between felt intensity and objective significance. A counterexample would be treating every strong feeling as equally important without checking the context.

Reflection: In which specific situations does emotional intensity most reliably guide you toward better decisions, and where does it most often distract you?

Recovery rhythm

Your pattern in context

Your recovery rhythm leans toward a long processing arc: after disruptions, your attention and emotional range return gradually, not quickly. This means arguments, embarrassment, or failed plans may echo in your mind for a while before you fully reset. It is not a flaw but a sign of deep processing; however, without deliberate endings, you may carry residue longer than useful.

How the pieces fit

This pattern interacts with your strong emotional intensity and reflective under-pressure style. Intense feelings take time to metabolize, and you naturally slow down to read situations, which can extend recovery. In social or work settings, others may expect faster bounce-backs; your need for space might be mistaken for disengagement, so naming your processing style can ease friction.

A concrete example

For example, after receiving critical feedback at work, you might feel it vividly and replay it across days. Instead of forcing quick composure, you could schedule a brief walk or journal entry to mark the transition. This is hypothetical and may not match your history, but it shows how a deliberate ritual can give the reaction a real ending and return you to baseline sooner.

Another possible explanation

An alternative interpretation is that long recovery is situational, not fixed: your broad social bandwidth and novelty-seeking may sometimes accelerate your reset when you are engaged in new, absorbing activities. The slow arc might only appear when the disruption touches deeply held values or relationships. Tracking which events linger longest can clarify what truly matters to you.

Recovery rhythm / continued

Try this in practice

1. Identify one recent disruption you are still carrying and write three sentences to close the loop. 2. Schedule a 10-minute transition ritual, like stretching or a short walk, immediately after your next intense conversation. 3. Tell one close colleague or friend, 'I need a little time to process after hard conversations; I'll circle back tomorrow.'

Your observation exercise

For two weeks, keep a recovery log. After each emotionally disruptive event, record the time, your initial intensity (1-10), and when you first notice your attention returning to ordinary focus. Each entry should include one concrete action you took to move the process, such as a walk, breathing exercise, or writing down the core concern. At the end, review the log to see which events took longest and which actions aided your reset. Look for a pattern: did your need for space vary with the type of event? Success is noticing earlier than usual that the emotional echo has faded; a counterexample is still feeling the event's charge after multiple days despite attempts to move on.

Reflection: Which specific disruption from the last month has lingered longest, and what does that reveal about what you most need to process before you can fully reset?

YOUR WORKBOOK

Attention scale

Your pattern in context

Your attention scale lands clearly on concrete particulars. You start with observable facts, specific examples, and the exact events being described. Abstract patterns and governing ideas are less compelling as starting points, though you can work with them once grounded. This manifests in your learning preferences and how you remember experiences—you retain specific scenes and details rather than overall meanings. Your responses show a consistent demand for clear examples before broader ideas, which anchors your thinking in reality and makes your analysis practical and tangible.

How the pieces fit

This concrete orientation interacts with your high preference for structure and your deliberate completion rhythm. In work and learning, you likely want a visible sequence, concrete steps, and defined finish lines. You may excel at translating vague goals into specific actions and noticing when abstract plans lack practical grounding. However, your strong attraction to novelty can pull you toward new concrete details before you have fully explored current ones. Balancing detailed exploration with the need to step back and see patterns may be a recurring challenge, especially when coordinating with more abstract thinkers.

A concrete example

For example, when learning a new software tool, instead of starting with the conceptual architecture, you might prefer a specific task like formatting a report. You would follow step-by-step instructions, note exact menu paths, and only later generalize to how the tool handles documents. In a team meeting, when someone proposes a vision without ground-level steps, you might ask for a concrete example or a sample deliverable to anchor the discussion—clearly hypothetical, but it matches your response pattern of needing observable specifics to engage fully.

Attention scale / continued

Another possible explanation

An alternative interpretation is that your concrete focus reflects a preference for certainty and error reduction rather than an inability to think abstractly. Given your reflective, process-oriented work style, you may deliberately test ideas against reality before accepting them. This is a strength in quality-focused roles but can slow progress when rapid conceptual leaps are needed. Your self-report suggests concrete particulars are your entry point; the underlying motive could be either a natural attentional habit or a strategic choice to avoid ambiguity-the data do not distinguish these possibilities.

Try this in practice

1. Identify one recurring task and map its concrete steps, then explicitly label the underlying pattern you use. 2. Before starting a new project, write one concrete example of success and one abstract criterion it must meet. 3. When listening to an abstract pitch, ask for one specific instance and record how it changes your evaluation.

Your observation exercise

Choose a process you perform regularly, such as preparing a weekly report or packing for travel. For one week, after each repetition, write down three concrete details you noticed (e.g., the time a specific step took, an error you caught, a variation in inputs). At week's end, review your notes and write one sentence stating the abstract pattern that connects the details across repetitions. Then, decide one concrete change to implement in the next repetition. Success is recording at least 15 concrete observations and identifying a pattern that you can test; a counterexample would be having mostly vague notes or no actionable change.

Reflection: Which concrete detail from this week most challenged your usual assumptions about how the process works?

YOUR WORKBOOK

Completion rhythm

Your pattern in context

Your completion rhythm leans toward deliberate closure: you prefer defining completion early and protecting the original scope over following every promising branch. This pattern suggests you value clear finish lines and tend to resist scope creep once a project's contours are set. You are drawn to settling standards early and then measuring progress against them, which can make your work predictable and auditable. The consistency of your responses shows that this preference is not merely situational; it is a stable default in how you approach tasks.

How the pieces fit

This rhythm interacts with your strong need for structure and your reflective style under pressure. You likely thrive when a project has a defined shape from the outset, allowing you to sequence steps and reduce ambiguity. However, your high novelty-seeking may create internal friction: you are attracted to new possibilities, yet your completion preference pushes you to ignore later-stage branches. In team settings, you may be the one who reminds others of the original goal and resists last-minute scope changes, which can be stabilizing but may also feel rigid to more exploratory collaborators.

A concrete example

For example, imagine you are coordinating a small event with a committee. You would probably push to agree on the event's purpose, budget, and key milestones in the first meeting. As new ideas emerge-like adding a live stream or a second venue-you would likely evaluate them against the original brief and often decline, not because they are bad ideas, but because they risk the clean finish line you have already set. This is a hypothetical scenario designed to illustrate your pattern, not a reflection of any specific event in your life.

Completion rhythm / continued

Another possible explanation

An alternative reading is that your early closure is a protective habit born from past experiences of projects drifting into chaos. By locking the finish line early, you may be preempting the anxiety of endless iteration. This is not necessarily a fixed trait but a learned adaptation to environments where scope was poorly managed.

Recognizing this can help you decide when to loosen the definition of done. Your long emotional recovery arc may also play a role: an unfinished project can leave a lingering sense of failure, so you may seek closure to avoid that emotional residue.

Try this in practice

1. Before starting your next project, write a one-sentence 'definition of done' and share it with a partner. 2. For one current task, deliberately introduce one small change after the initial scope is set, then note what happens. 3. In a team meeting, when someone proposes a late addition, ask: 'Does this serve the original finish line?' before deciding.

Your observation exercise

Choose a small, self-contained task you have been avoiding, such as organizing a drawer or drafting a short email. Before starting, write down three specific criteria that will mean it is finished (e.g., all items sorted, email sent). Set a timer for 25 minutes. Work only toward those criteria, ignoring any side tasks that arise. When the timer ends, record whether you met the criteria, what temptations to expand scope arose, and how you felt at the moment of declaring it done. Success looks like meeting your criteria within the time and feeling relief rather than anxiety about what is left undone. A counterexample would be spending the entire time on an unrelated improvement or adding new criteria mid-task, leaving the original goal incomplete. Review your record after two days: did the closed task stay closed, or did you revisit it unnecessarily?

Reflection: When I define completion early, do I feel more in control, or do I mourn the paths I did not take?

How the dimensions interact

Your pattern in context

Your profile pairs a cautious social entry with unusually broad bandwidth. You observe first, then engage widely-once oriented, you distribute attention across many channels. This combination can create a delayed but expansive social presence. In new groups you may seem reserved, yet in familiar networks you are highly active, sometimes spanning more contacts than you can deeply tend.

How the pieces fit

Structure and novelty run side by side. You want defined frameworks and clear standards, but you also seek fresh routes and unfamiliar corners. This tension can be productive: you explore best inside a scaffold. Under pressure you turn reflective, slowing to read the whole situation rather than acting fast. Strong emotions amplify the stakes, and your long recovery arc means disruptions echo-making that reflective pause protective, not hesitant.

A concrete example

Imagine a complex project at work: your first instinct is to build a stable process and define the finish line before the work begins, because that structure lets you safely test novel approaches without losing momentum. At the launch meeting, you hang back, listening to how colleagues interact and mapping the room; only after you have read the atmosphere do you move from person to person, asking focused questions. When a stakeholder challenges the plan, you feel a surge of frustration but choose to slow down, weigh the criticism against the original design, and wait a day before responding-then you blend tact with directness depending on who is in the room, leaning toward a compromise that still protects the core system.

How the dimensions interact / continued

Another possible explanation

Your high novelty-seeking could sabotage your need for closure: you may start many promising branches while a concrete, well-defined project sits unfinished.

Alternatively, your broad bandwidth may be a way to gather varied input before committing to structure, not a sign of scattered focus. Context matters-solo projects may showcase your architect side, while collaborative chaos may pull you toward accommodation and novelty.

Try this in practice

1. For your next unfamiliar social event, set a timer for ten minutes of observation, then deliberately start two conversations using a prepared question. 2. Pick one current project and write a one-sentence 'finish line'; every time a new idea appears, ask if it changes that line. 3. After your next emotionally intense meeting, schedule a 15-minute solitary walk before checking email or making decisions.

Your observation exercise

For one week, alternate your default social entry: in half of your meetings or gatherings, observe for only the first three minutes, then introduce yourself to one new person. In the other half, stay in your usual observe-first mode. Each evening, record two things: how long it took you to feel oriented, and how many meaningful exchanges you had. At the end, review which condition produced more satisfying connections and less post-event fatigue. A success is not more contacts but faster orientation without added stress; a counterexample is entering quickly but spending the rest of the event regretting it because you misread the room.

Reflection: When does staying in observation mode serve you best, and when does it cost you a connection you actually wanted?

Strengths and their trade-offs

Your pattern in context

Your strongest qualities form a coherent cluster: a reflective, structure-seeking mind paired with broad social energy and a hunger for novelty. You likely earn trust by designing reliable systems and clarifying complex work, while your wide network keeps you connected to many perspectives. Yet each strength carries a shadow: your thoroughness can become over-engineering, your broad connections may stay shallow, and your love of change can undermine the stability you also need.

How the pieces fit

The interaction between your observing social entry and your many active channels suggests you warm up slowly but then engage widely. In a work team, you may be the person who patiently studies a problem before offering a process fix, then circulates among colleagues to refine it. Because you accommodate the group, others may rely on your cooperative energy, but your reflective pace could frustrate those who want quick decisions.

A concrete example

Imagine you join a project to redesign a team's intake workflow. Your early quiet observation lets you map every handoff; you then propose a clear, structured template. You share it through your wide network, gathering feedback from many busy colleagues. The strength is obvious: you build a stable, well-communicated system. The trade-off appears when a new tool tempts you to revamp the template mid-implementation, forcing you to rush the final testing.

Another possible explanation

An alternative reading is that your novelty-seeking is not a threat to your structure but a resource. You may use change as a way to stress-test your systems-exploring new routes to find weaknesses before they cause real failure. Your long emotional recovery could likewise be a strength, giving you time to process complex feedback into better designs, though it might delay necessary pivots.

Strengths and their trade-offs / continued

Try this in practice

1. Before starting a new idea, write one boundary you will not change for 30 days to curb over-engineering. 2. When presenting a process fix, ask one question about a team member's need rather than explaining every feature. 3. Schedule a 15-minute wind-down after intense meetings to give your long emotional recovery a formal ending.

Your observation exercise

For one week, track each time you feel the urge to modify an existing structure or plan. Record the trigger, what you changed, and whether the change added information or momentum. At the end, review your notes: did changes consolidate into a better system, or fragment into unfinished revisions? A success would be two or more changes that you later integrated into a stable, documented improvement. A counterexample would be three changes that left the original plan worse or ambiguous. Adjust by writing one non-negotiable constraint before week two.

Reflection: Which single structure in your life currently benefits most from your drive for novelty, and where does that drive undermine your ability to finish?

Work environments to explore

Your pattern in context

Your profile shows a blend of defined structure and reflective judgment, with a strong pull toward novelty and broad social connection. You value clear processes and standards, yet you want to explore fresh possibilities within them. Environments that suit you will offer both a reliable framework and room for experimentation, because you tend to build systems that hold and then search for the next improvement. You are not impulsive under pressure; you prefer to slow down and assess the whole situation before acting, which means you will likely thrive where thoughtful, deliberate decisions are respected over speed alone.

How the pieces fit

A workplace that gives you a clear constraint—a project scope, a deadline, a quality bar—will help you focus your energy. At the same time, because you maintain many social channels and adapt your communication to context, you will benefit from roles that involve coordinating across teams, facilitating shared decisions, or translating between concrete details and broader patterns. You may find friction where urgency constantly overrides planning or where novelty is rewarded without regard for the underlying foundation. Look for settings that value process design and allow you to build trust and reliability over time.

A concrete example

For example, imagine you are considering a role as a product operations specialist in a growing company. You would spend the first weeks mapping the existing workflows, noticing where handoffs fail, and conversations get lost. Because you observe before joining, you would study how different teams interact before proposing changes. Then, using your preference for defined structure, you would draft a clear process document with milestones. You would also seek out new tools or approaches—perhaps a different standup format or a new documentation system—but only after ensuring the current foundation is sound. This hypothetical example shows how your strengths might operate in a role that balances structure, reflection, and novelty.

Work environments to explore / continued

Another possible explanation

Another interpretation is that you might sometimes over-engineer solutions or defend a design past its usefulness, especially if the environment pressures you to move quickly. Your high novelty-seeking could also lead you to start many initiatives without seeing them through. In a fast-paced startup, you might feel overwhelmed by the lack of structure, while in a rigid bureaucracy, you might feel stifled. The key is to find or create pockets of controlled experimentation within a reliable framework, and to pair yourself with people who can translate your careful designs into quick, testable versions.

Try this in practice

1. Identify two work settings you are currently in or could join: one highly structured and one more flexible. For each, list one specific structural element you would add or remove to improve your fit. 2. Find one real-world role or job description that blends process design with exploratory work (e.g., 'process improvement lead' or 'innovation manager'). Note which responsibilities match your pattern of defined structure plus novelty. 3. Talk to one person who works in an environment that seems too fast-paced for you. Ask them how they protect time for reflection and what structural supports they rely on.

Your observation exercise

Choose one recurring work routine that currently feels either too rigid or too loose. For one week, deliberately adjust it: if it is too rigid, remove one fixed step and replace it with an exploratory option (e.g., change the order of tasks, try a new tool). If it is too loose, add one defined milestone or checklist item. Record at the end of each day what felt easier and what felt harder. Evidence to record: a brief note about your energy, focus, and completeness of the work. Review criteria: after the week, assess whether the adjustment increased your sense of structure without reducing novelty, or vice versa. A counterexample to watch for: feeling restless because the structure became too confining, or feeling scattered because the flexibility removed necessary boundaries.

Reflection: In which specific work situation did you feel most aligned with your preference for defined structure and most energized by novelty at the same time?

Learning and problem-solving strategies

Your pattern in context

Your attention starts with concrete particulars: you retain specific scenes, exact events, and clear examples before abstract patterns. This means learning sticks best when you encounter a real case first, then extract the principle. You also define completion early, so you benefit from setting an explicit finish line before exploring branches. These preferences combine to favor structured, example-driven problem-solving where each step is grounded in observable fact and ends with a deliberate close.

How the pieces fit

Your reflective approach under pressure means you slow down and survey the whole situation before acting. This can be an advantage in complex problems where premature action creates more work, and it matches your pull toward reliable systems rather than quick fixes. However, your strong attraction to novelty can push you to chase new angles before the current problem is fully mapped, especially when the problem is unfamiliar and your concrete anchors are thin.

A concrete example

For example, imagine you are learning a new software tool for work. Instead of guessing at features, you might start by completing one designed tutorial that walks through a realistic task, then write down the three steps you used. You would define 'able to produce a basic output on my own' as the finish line, and only then explore advanced functions. This hypothetical scenario would let your concrete attention and deliberate completion work together.

Another possible explanation

An alternative reading is that your need for concrete details is a response to past overwhelm from too much abstraction, not a fixed cognitive style. In that case, forcing yourself to begin with patterns could backfire; the better strategy is to deliberately alternate: after every concrete example, state the governing idea, and after every pattern, ask for one observable fact. Your strong emotional current can also color learning, making a frustrating example feel more decisive than it is.

Learning and problem-solving strategies / continued

Try this in practice

1. For your next learning goal, write one concrete example you already understand, then one principle it illustrates. 2. Before starting a problem, set a 25-minute timer and commit to one concrete step; after it rings, assess if you need more time. 3. After solving a problem, write two sentences: what specific action worked, and what general rule you might reuse.

Your observation exercise

Choose a skill you want to improve in the next week. On Monday, write one concrete example of the skill in action (a scene, a step-by-step procedure, or a worked case). On Tuesday, write one abstract principle that explains why that example worked. On Thursday, apply the principle to a different, new situation and record what happened. On Saturday, review: did the concrete example anchor your thinking, or did the principle carry the transfer? Evidence to record: your Monday example, Tuesday principle, Thursday application, and Saturday reflection. Success looks like the Thursday application showing a clear link to both the example and the principle; a counterexample is the Thursday application relying only on guesswork or the principle alone without grounding.

Reflection: When you tried to move from a specific example to a broader pattern, where did the connection feel most fragile?

Communication in everyday life

Your pattern in context

Your communication pattern combines context-sensitive candor with a cooperative lean. You are neither uniformly blunt nor uniformly indirect; you adjust directness to the relationship and moment. This flexibility helps you maintain harmony while still being honest when necessary. However, it can also create ambiguity for others who cannot read your contextual cues. Because you tend to accommodate the group, your own preferences may sometimes recede, making your communication feel more agreeable than genuinely expressive. Recognizing when you are prioritizing peace over clarity is a key step.

How the pieces fit

In group settings, you often seek consensus, but your reflective nature means you may not voice disagreement immediately. You might hold a minority view while others coalesce, then later wish you had spoken earlier. Your strong emotional intensity can amplify the stakes of a conversation, making you cautious about triggering conflict. Pair that with a longer recovery arc, and a critical remark can echo for a while, influencing how you phrase things next time. Thus, your everyday talk is a balancing act between protecting relationships and protecting your own inner equilibrium.

A concrete example

Imagine a team meeting where a new process is proposed. You notice a flaw in the foundation. Because you value structure and correctness, you want to raise it. Yet you also want to maintain group harmony and might first gauge how invested others are. If you sense excitement, you may soften your objection into a question: 'Have we considered whether this step could cause delays?' If the group appears open to critique, you might state the problem plainly. This hypothetical illustrates how you match your candor to the social temperature, sometimes at the cost of immediate precision.

Communication in everyday life / continued

Another possible explanation

An alternative reading of your communication style is not that you are conflict-avoidant but that you are strategically accommodating: you read the room and choose the most effective path for the group. Your reflective tendency means you process before speaking, which can appear as hesitation. But because your emotions are strong, what seems like cautious silence may actually be active management of your own and others' feelings. This interpretation suggests that your indirectness is a skill, not a weakness-though it may still frustrate those who prefer bluntness.

Try this in practice

1. Before a meeting, write one sentence stating your true position. Read it aloud if the group seems aligned enough to handle plainness. 2. In a disagreement, name one part of your preference that is non-negotiable and one part you can flex before the discussion begins. 3. When you notice yourself holding back a critical comment, ask: 'Will this feedback be more useful if I say it now or later?'

Your observation exercise

Choose a low-stakes conversation where you normally soften your opinion, such as choosing a restaurant with friends. Before speaking, note your real preference and the group's mood. Then state your preference plainly once: 'I'd like Italian.' Observe the reaction and your own comfort. Record two things: whether the group accommodated your preference and whether you felt any lingering unease. Success means you expressed your preference without over-justifying; a counterexample would be staying silent or wrapping your preference in many qualifiers. Review after an hour to see if any residual discomfort lasted longer than expected.

Reflection: What would happen if you treated one honest sentence as a complete communication, without adding softening context?

YOUR WORKBOOK

Building and maintaining friendships

Your pattern in context

Your profile shows a cautious entry into new social settings, balanced by a strong capacity for maintaining many connections. You observe before joining, but once oriented, you engage widely. This suggests friendships may form slowly but can become numerous and varied. You likely value both depth and breadth, yet your initial reserve may mean others perceive you as distant until you settle in.

Recognizing this pattern can help you deliberately create openings for connection without forcing yourself to become someone you are not.

How the pieces fit

In social contexts, your broad bandwidth means you may have many active threads-acquaintances, colleagues, and friends-yet your slow entry can make it hard to start new relationships in unfamiliar groups. Your preference for defined structure might lead you to seek predictable settings for socializing, while your novelty-seeking side craves fresh people and experiences. This tension can result in a large but somewhat shallow network if you rarely move beyond observation into active engagement, or if you spread yourself too thin across many contacts without deepening key bonds.

A concrete example

For example, imagine you are at a conference reception. You stand at the edge, listening to conversations and noting who seems approachable. After twenty minutes, you still have not spoken to anyone, though you have identified three people you might like to know. You decide to use a small structure: you will approach one person and ask about their work, then move to the next after ten minutes. Because you have already observed, your opening is informed and well-received, and you exchange contact details. Later, you follow up with a specific question about something they mentioned, which creates a thread for future interaction.

Building and maintaining friendships / continued

Another possible explanation

An alternative interpretation is that your 'observe first' style is not reluctance but strategic. You may be gathering information to make authentic connections rather than performing social niceties. Your broad bandwidth could reflect a genuine interest in many people rather than a need for constant stimulation. This reading suggests your friendship-building is efficient and selective, not necessarily hindered by your cautious entry. The key is to recognize when observation has served its purpose and to shift into engagement, especially in settings where others are also waiting for an opening.

Try this in practice

1. At your next social event, set a timer for 15 minutes and commit to speaking with one new person before it goes off.
2. Choose one existing contact and invite them to a one-on-one activity that aligns with your shared interests, such as a walk or coffee.
3. After a gathering, send a brief message to one person you met, referencing something specific they said to reinforce the connection.

Your observation exercise

For the next two weeks, track your social interactions in a simple log. Each day, note the number of new people you approached and the number of meaningful follow-ups you initiated. Aim to approach at least one new person in a low-stakes setting (e.g., a class, meeting, or social event) using your observation to guide an opening. Record what you noticed about them before speaking and how they responded. At the end of the two weeks, review your log. Success looks like at least five new approaches and three follow-ups. A counterexample would be observing extensively but never initiating, or starting many conversations without any follow-up. Compare your log to your usual patterns and note what felt most natural.

Reflection: When you pause to observe in a new group, what specific cue tells you it is time to shift from watching to engaging?

A 30-day development plan

Your pattern in context

You blend cautious social entry with broad relational energy, preferring to observe before joining yet keeping many active connections. This profile suggests a development plan that honors your reflective nature while gently stretching your less familiar entry style. The following 30 days pair structured experiments with your natural tendency toward defined shape and concrete particulars, ensuring each step feels grounded and observable rather than abstract.

How the pieces fit

Each week builds on the last, using your preference for clear structure and your attraction to novelty within frameworks. Since you process emotions over a longer arc and prefer to close deliberately, the plan allows time for integration. It also acknowledges your accommodation of group norms while inviting you to name your own flexible and fixed points. The goal is not to overhaul your style but to make your existing strengths more versatile.

A concrete example

For example, suppose you attend a low-stakes networking event where you would normally stand at the edge for fifteen minutes. A structured experiment could be to approach one person within the first five minutes and ask a specific question about the venue or occasion. This does not ask you to become someone else; it simply moves your observation period and pairs it with a concrete, time-bound action.

Another possible explanation

Alternatively, your cautious entry may protect you from premature commitments, and your long recovery arc may be a form of depth rather than delay. Broad social bandwidth could also reflect obligation rather than genuine preference, leading to exhaustion. Therefore, treat the plan as a set of reversible trials: observe the outcomes, adjust the conditions, and discard what does not serve your actual priorities.

A 30-day development plan / continued

Try this in practice

1. Choose one low-stakes social setting this week and say hello to a stranger within the first ten minutes. 2. Select one current work project and define a single 'good enough' condition that would mark it ready to ship. 3. After an emotionally intense event, schedule a 20-minute walk before responding to any requests.

Your observation exercise

For seven days, track your social entry using a simple log. Each day, note one unfamiliar or semi-familiar setting you enter. Record your initial behavior: did you observe first or engage early? Note one specific action you could have taken to enter earlier without forcing yourself. At week's end, review which contexts felt most comfortable for earlier entry. Success is observing a shift in at least two entries where you engaged within the first five minutes without significant distress. A counterexample would be forcing entry in a high-stakes context, leading to increased withdrawal or needing extra recovery time.

Reflection: Which one small entry action, repeated consistently, would make you feel both safer and more present?

Limits and responsible interpretation

Your pattern in context

Your profile is a self-report snapshot, not a diagnosis or fixed identity. The dimensions describe preferences you expressed at one moment, and scores are bounded evidence, not destiny. Avoid treating them as predictions about your future success, friendships, or worth. Preferences vary with context, and instruments like this cannot capture your full complexity or potential.

How the pieces fit

The interaction between dimensions, such as observing first yet maintaining many channels, reveals a pattern, not a rule. Different situations can draw out different sides of you. For example, a high-pressure team project may activate your reflective, structure-seeking mode, while a casual social dinner might emphasize your broad bandwidth and taste for novelty. Context always matters.

A concrete example

Suppose you interpret a work-style label like 'Architect' as a promise that you will always be organized and deep. You might then feel like a fraud when a chaotic day leaves you scattered. A more useful approach is to treat the label as a descriptive tendency-likely but not guaranteed-and to notice when you deviate.

Another possible explanation

Alternative explanations exist for every score. High novelty-seeking could reflect genuine curiosity, current life circumstances, or a reaction against routine. Broad bandwidth might mean energy for many people or difficulty going deep. Use the profile to generate hypotheses about yourself, not conclusions, and revise them as new evidence appears.

Limits and responsible interpretation / continued

Try this in practice

1. Reframe one score as a situational preference: for one week, note two contexts where your expression style shifts and why. 2. Share the profile with someone you trust and ask which interpretations match or miss their experience of you. 3. Choose one dimension and deliberately act against its pole in a low-stakes setting to test its flexibility.

Your observation exercise

Choose a specific upcoming event that involves novelty, such as trying a new hobby or attending an unfamiliar meetup. Before the event, write down one concrete prediction based on your profile—for example, 'I will observe for 20 minutes before speaking.' During the event, note what actually happens. Afterwards, record two pieces of evidence: one that supports your prediction and one that contradicts it. Review criteria: the prediction will be useful if you can identify at least one situational factor that influenced your behavior, regardless of whether the prediction held. A counterexample would be having no clear memory of your entry behavior, making the prediction untestable.

Reflection: Which score in this profile would you most resist interpreting as a permanent part of your identity, and what would change if you treated it as a working hypothesis?
