

# Gabe Lytle– Personal User Manual

## My style (*Myers-Briggs: INFP*)

- I prefer to work in an environment where I can be flexible and use my own creativity to find solutions to problems rather than be prescribed a strict set of steps to follow.
- I find it easy to empathize with people and always try to put myself in their shoes. I love making people feel better about themselves and am always willing to use my skills to help somebody else. On the other hand, I tend to build friendships very slowly and carefully compared to most people.
- I perform poorly under pressure but thrive when working on projects that interest me or that I have a personal investment in.
- I usually react well to receiving constructive criticism and will try to adapt my work style accordingly. I like receiving affirmations that I'm on the right track.

## What I value

- I value honesty and integrity above most things.
- I value flexibility and creativity. I have a hard time dealing with those who are unwilling to bend or change their minds, and I appreciate it when people are open to considering a new viewpoint even if it may contradict their established mindset.

## What I don't have patience for

- I am far less patient with dishonesty and unfairness than I am with incompetence. I do not tolerate mistreatment of others in any way.
- I have little patience for conflict. I hate watching conflicts unfold and consider grudges a waste of time and emotional energy.

## How best to communicate with me

- I respond to pretty much any form of communication, though sometimes I am slow to pick up on social cues or signals that others might pick up on immediately. I tend to second-guess or read too deeply into the things that others say, so clear, concise communication is always best.
- I prefer one-on-one, personal communication rather than any other format.

## How to help me

- Be patient with me. Some concepts I pick up extremely quickly, other things take me a long time to fully grasp. I learn best by practical example and application, rather than discussing theories or abstract principles.

- I have a much harder time thinking critically when I feel as if somebody is watching my every move, and I work much more efficiently when left to solve a problem without the direct scrutiny of others.

What people misunderstand about me

- In social settings, I think people tend to assume that I'm disinterested or distracted. This usually isn't the case; I just generally prefer to take a backseat in those kinds of situations and listen rather than become the subject of attention.