



YOUR QUIZ RESULTS

Hey Jing

Thanks for taking the Phoenix Cups quiz. We're super excited to present you with your results.

YOUR PHOENIX CUPS QUIZ RESULTS

- 8 Safety Cup
- 7 Connection Cup
- 6 Mastery Cup
- 5 Fun Cup
- 4 Freedom Cup

Your unique Phoenix Cups profile: Each Cup in the Phoenix Cups framework metaphorically represents a different basic human life need. Your biggest Cups – those you score highest in – take the most to fill. If you have one Cup that is much larger than the others, this is likely your Dominant Cup. If one Cup is much smaller than the others (even if it measured 0), you still have that Cup but it is less important to you than your other Cups. If some of your Cups score similarly (i.e. 7,6,7,6,4), you most likely have a few (or all) Cups that are the same size. This Quiz will give you an indication of your Cups in order of importance but as you learn more about The Phoenix Cups, you may be able to determine your own profile using the quiz result as a guide.

To learn more about Your Cups profile, the size of your Cups, the difference between a big Cup and an empty Cup, your Will to Fill, your Skill to Fill, and your behavioural choices that fill or empty your Cups, be sure to get your hands on a copy of our new book – The Phoenix Cups; A Cup Filling Story.

YOUR DOMINANT CUP IS...



You value stability and usually prefer the comfort of routine or structure. You generally welcome rest, especially when you're unwell. You often value feeling secure and are generally risk averse. You may typically require predictability and appreciate known outcomes. You may have invented the phrase 'comfort food', and appreciate the health benefits of a good Netflix binge.

The Safety Cup, in the Phoenix Cups framework, is the drive to get our physiological needs met as well as the need for psychological safety. This Cup is filled by health, wellness, and other bodily needs (food, water, sleep, shelter, etc), as well as emotional safety such as trust, structure, order, and predictability.

The outcome of a full Safety Cup is Security.

YOUR OTHER CUPS



You seek out relationships with others as a priority. You value acceptance, inclusion, and a sense of belonging, whether it be to a community, group, workplace, friends, or family. You might need intimacy and / or affection. You prefer to be liked and you often connect with the feelings of others, to the extent that you need to take a box of tissues to see a sad movie.

Love and belonging has long been considered one of the most important needs that motivates behaviour. In the Phoenix Cups framework, this is called filling the Connection Cup. We seek relationships with others, acceptance, inclusion, and recognition to fill this Cup.

The outcome of a full Connection Cup is Self-Worth.

NOW AVAILABLE



Our new book brings the Phoenix Cups framework to life through an endearing tale that will enrich your relationships and increase your well-being

Frank desperately wants to reconnect with his estranged daughter before his time is over. Danielle is dealing with the loss of her husband and hasn't stepped outside of her bookstore in years. After a chance meeting the two embark on a journey of discovery as they navigate their way through the framework and change their worlds forever. It is the compelling story of two unlikely friends coming to terms with loss, acceptance, redemption, and fulfilment.

Delve deeper into The Phoenix Cups and discover the philosophy behind every day behaviours. A life-altering experience that will open your eyes and change your perspective of why people interact the way they do, how their needs not being met affect their behaviour and what you can start doing to live your best life.

BUY NOW



mastery cup

You are often a high achiever who aims to excel at whatever it is you are attempting. You usually don't shy from a challenge. You like to feel competent and in control over yourself or your world. You may also choose roles to support the competence of others. You are typically efficient to the extent that if others want something done they may come to you. You don't necessarily argue with people, you are just really good at explaining why you're right.

Our human need for Mastery drives us to want power, achievement, efficacy, competence, and control. According to the Phoenix Cups framework, these behaviours fill our Mastery Cup.

The outcome of a full Mastery Cup is Self-Competence.



fun cup

There's never a dull moment when you're around. You might typically require high levels of stimulation, and are usually humorous (at the very least, you can laugh at yourself). You never miss an opportunity to play and you appreciate entertainment. Sometimes your laughter is funnier than the joke. When you've had your quota of adulting for one day, you're likely to convince your friends to help build a pillow fort and play with you.

Humans are motivated to play, seek stimulation, and learn, or in Phoenix Cups language, fill the Fun Cup. We need entertainment, laughter, leisure, value humour, and appreciate novelty.

The outcome of a full Fun Cup is Joy.



freedom cup

You prefer to have less demands placed upon you, and may often feel restricted by the control of others. You may desire self governance and seek independence. You may even be drawn to travel and other explorations where outcomes are not yet determined. You usually prefer the ability to make choices unconstrained by external parties, and may be drawn to different modes of creativity. When you watched Castaway, you could see the appealing side of being stranded on a deserted island.

Our Freedom Cup drives us toward independence and exploration which is why if it is bigger, you're likely to choose those behaviours more than others. Some people may be drawn instead to different modes of creativity and self-expression through the arts to fill their Freedom Cup.

Meeting our basic human life need relating to choice, agency, liberty, and creativity, is explained by the Phoenix Cups framework as filling the Freedom Cup.

The outcome of a full Freedom Cup is Autonomy.

