

# Personal User Manual.

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## My style:

- My style of studying and working usually involve a lot of debating and communication.
- I do like to participate in a group when solving an issue or assignment, however I need to isolate myself and hyperfocus to actually get anything done.
- Speaking of which, I have difficulty getting in and out of focus.

## My values:

- I value communication skills, there is nothing that is more useful for a smart and dedicated person than their capability of sharing knowledge.
- I also value a person that can find a way to relax when the “job is done”. Most people overstress during their obligations and have a hard time stressing it out, leading to further stress and difficulties in their life.

## When to approach me:

- I am always open for a good conversation or discussion, so the right time to address something to me is whenever that is needed.

## How best to communicate with me:

- It makes me more comfortable when the interest in the conversation is reciprocal. Discussing with someone that doesn't show interest or dedication to the topic is very uncomfortable and stressing for me.

## How I make decisions:

- I usually ponder about a decision by bringing that up to other people. Even if those people couldn't do anything about it, talking things out usually makes things more clear to me.

## What people misunderstand about me:

- As said before, I have trouble focusing. That usually makes people think i am not interested in the topic.

## How to help me:

- Simply call me when I zoom out and explain what I lost during my daydreaming episodes.

*My personality test results:.*

