Anna Arutyunova

**My style:**

I am an adventurer. I approach things freely with an open mind and accepting the challenging within life as opportunities to learn and grow. I believe in giving people second chances. I avoid conflict and am very adaptable.

**What I value:**

I value personal space, freedom, mutual respect. I value sincerity in other people, having friends who really care about me. I value having fun and a good sense of humor, clarity.

**What I don't have patience for:**

I don’t have patience for people judging other people and being unsupportive, rude, and selfish. I don’t like being controlled, strict, unexplained rules that make no sense.

**How best to communicate with me:**

I like to be respected and be treated kindly and politely. I need constructive feedback that is encouraging and helping me learn what I can do to do better. It is better one on one or in a safe environment.

**How to help me:**

I liked to learn from other people when I’ve gained respect for them for their integrity and intelligence. Once I gain that respect, I come to those people easily to advise, and I am really willing to learn from them. It is easy for me to admit when I need help.

**What people misunderstand about me:**

I am not mean, generally, but I might come across that way because of the way I was raised. Sometimes I don’t express my emotions very well (especially positive emotions). But I am generally a kind and caring person, who wants to make other people feel involved and understood. Sometimes I feel stuck in my own problems, and I don’t feel like I have the mental resources to help others, even if I want to.