

Unit 1: The Builder Personality & Energy Profile (BPEP)

≡ Components	Assessment/Quiz Reading Video
≡ Duration	30 min
≡ Notes	BPEP Assessment (35 questions), 4 axes: Structure, Stimulation, Social Energy, Control. Auto-scored with Builder Type output
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 1.5
⌘ Status	Not Started
≡ Subsection	Assessment

Overview

Duration: 30 minutes

Components: Video, Reading, Assessment/Quiz

This unit administers the Builder Personality & Energy Profile (BPEP) assessment and generates individualized profiles based on four core axes.

Learning Objectives

- Understand the four axes of the BPEP assessment
- Complete the 35-question assessment honestly
- Receive your Builder Type profile and interpretation

Video Content (8-10 min): What We're Measuring (and Why)

Key concepts:

- This is not a personality test—it's an **operating manual**
 - The 4 axes:
 1. **Structure Need** (high ↔ low)
 2. **Stimulation Threshold** (high ↔ low)
 3. **Social Energy Orientation** (external ↔ internal)
 4. **Control vs. Flexibility Bias** (control ↔ adaptation)
 - Why these dimensions matter for builders
 - How your profile shows up under stress
 - What auto-scoring will and won't tell you
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Reading: The Four Core Axes

1. Structure Need

This axis describes how you relate to systems, routines, and clear expectations versus ambiguity and improvisation.

- **High Structure:** You need systems, routines, clear expectations. Ambiguity feels like chaos.
- **Low Structure:** You need flexibility, autonomy, room to improvise. Too many rules feel like prison.
- **Key Insight:** High structure isn't better than low structure. The only thing that matters is the match.

2. Stimulation Threshold

This axis describes how much intensity, variety, and pace you need to function optimally.

- **High Stimulation:** You need intensity, variety, fast pace. Boredom feels like death.
- **Low Stimulation:** You need calm, predictability, slower pace. Chaos fries your system.
- **Key Insight:** Neither is better. Forcing the wrong dosage of stimulation causes nervous system dysregulation.

3. Social Energy Orientation

This axis describes how you process information and recharge your energy in relation to other people.

- **External Processor:** You think out loud, build with others, need collaboration. Isolation drains you.
- **Internal Processor:** You think alone first, need solo time to recharge. Constant interaction exhausts you.
- **Key Insight:** Neither is better. A mismatched work environment is a direct path to burnout.

4. Control vs. Flexibility Bias

When pressure mounts, this axis describes your instinctual survival strategy for staying functional and stable.

- **Control Bias:** You stabilize by planning, preparing, reducing variables. Chaos feels threatening.
- **Flexibility Bias:** You stabilize by adapting, pivoting, staying loose. Over-planning feels rigid.
- **Key Insight:** Neither is better. They are simply different strategies for staying functional under pressure.

Assessment: Builder Personality & Energy Profile (BPEP)

Format: 35 statements, Likert scale (1 = Strongly Disagree → 5 = Strongly Agree)

Time to complete: 10-12 minutes

Important: Answer based on how you **actually** function, especially under pressure—not how you think you *should* be.

Assessment Instructions

Click the link below to begin your BPEP assessment:

[Take the BPEP Assessment] (*[Link to Google Form or OpenEdX quiz](#)*)

What You'll Receive

Upon completion, you'll receive:

1. **Primary Builder Type** (combination of axes)
 2. **Secondary Modifiers**
 3. **Stress Pattern** (how you break under pressure)
 4. **Burnout Triggers**
 5. **Best Working Conditions**
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Research Foundation

These items are original creations for Legacy Rising, grounded in established personality constructs:

- Structure Need ↔ Big Five Conscientiousness (Costa & McCrae, 1992)
 - Stimulation Threshold ↔ Sensation Seeking (Zuckerman, 1994)
 - Social Energy ↔ Big Five Extraversion (Goldberg, 1993)
 - Control Bias ↔ Locus of Control (Rotter, 1966)
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Submission

Complete the BPEP assessment and save your results. You'll need them for the next unit.