

## **APQ Mon Sy Personal Notes September 06, 2021**

### **Personal Notes**

Because of your personal style, you probably have some areas of your life that you can feel very good about, and some that you might want to work on. Based on what you said about yourself on the APQ, this section of the report tries to identify some of these areas. Not all of the comments and suggestions below will be right for you. You have to decide whether or not they are right in your case. If you have doubts about whether or not they fit for you, or what they mean, you may want to talk them over with your parents, a counselor, a teacher who knows you, or a trusted friend.

You seem to be able to be quiet and alone, to function and make decisions independently, and to remove yourself from social activity and concentrate on problem solving. You may have a special gift for artistic, scientific, and technical work. You may be able to work happily without distractions from other persons.

You reported that you are tense, and perhaps that you worry. The positive side of this is that you can be alert to real dangers, and can be strongly motivated to accomplish and do well. Your own feelings may help you to be sensitive to the troubles of others.

Your tension and worry may cause you to avoid activities that are useful or even necessary. If you feel generally unworthy or bad about yourself, you may want to consider speaking to someone about it - your parents, someone at your religious organization, or another professional such as a counselor, a psychologist, a social worker, or a psychiatrist. Just talking about it often helps, and taking action does too. If you are stressed by a specific problem, maybe you can solve the problem with someone's help. Many of life's problems decrease or go away if you work on them consistently.

People who are sensitive like you can understand the feelings and needs of others. Other benefits of being sensitive include artistic creativity, and the ability to enjoy music, art, and nature. Also, you may notice that you have an approach to problems that is different from that of many other students and that you use your imagination more.

Because you are sensitive, you may get your feelings hurt by others when they don't mean to hurt you. You may pay attention to feelings or artistic values so much that you lose sight of important facts in making decisions. Keeping interpersonal problems in a broad perspective can help you understand the other person and reduce the hurt feelings. It can also help when you are making an important decision.

From the way you responded on the APQ, you don't seem to be very interested in being in charge of other people. Because of this, you can be a considerate, tactful group member without envying people who are in positions of leadership. You may also have high sensitivity to the feelings of others and know how to get along without "rocking the boat."

In addition, because you don't seem to be very assertive, you may find it hard to make your own feelings, opinions, and needs known to others. You may even find that you get pushed around by others. Keep in mind that you have as much right to be heard as anyone. It may help to rehearse what you want to say before you go into a situation that you expect to be difficult. Your teacher or counselor may be able to help you find an "assertiveness" class.

You seem to have a balanced attitude toward rules and regulations. Most often you are careful to do what others say is right, and you have respect for the rules. However, if some flexibility is needed to get something done, you are able to go beyond the rules as needed.

In answering the APQ, you expressed quite a bit of suspicion and distrust of others. If this is how you see yourself, you may also tend to hold a grudge and to be resentful of others. Maybe you are quick to envy others and think that you are getting a bad deal from others. If any of this is true, there is probably plenty of reason for it in your life - bad things have happened to you, maybe lots of them. Feelings like this may make sense in terms of how your life has been, but they make it hard to be happy and get along with people in the long run. It is hard to get out of the habit of thinking and

feeling this way without help. If you have any desire to change, you may want to seek out someone you trust to help you work through your feelings - a teacher or counselor, a religious person, a trusted friend.

You show a nice balance between being conservative and being very progressive. That is, you can be comfortable with change, and you may want things to change if they are not right, but you don't feel the need for change so strongly that it gets you in trouble.