

MENTAL MODELS SELF-ASSESSMENT: WORLDVIEW DIAGNOSIS

Understanding your behavior enables you to respond to situations with more balance, acknowledging the characteristics shaped by your past experiences, as well as the biases that may have developed by wearing your "self-prescribed glasses." These patterns may have developed from fear or anxiety during a period in your life when you lacked the proper understanding of the situation, or when you didn't have the emotional vocabulary or maturity to label your feelings accurately.

There are no correct or incorrect answers in the following questionnaire, and because no one else will be able to see your results, it is in your best interest to answer as honestly as you can. Do not respond from an unnaturally optimistic or hopeful standpoint; likewise, do not respond from an unnecessarily grim or negative viewpoint. Instead, be genuine.

Please don't approach this as one of those tests where you can manipulate your responses to receive a higher score. Instead, view this as a chance to refine your personal beliefs and uncover your most authentic self. It takes courage and a level of self-awareness to embark on this journey, and because you are here, reading these words, it means you are ready.

To take the assessment, please rate the extent to which each statement below resonates with you on a scale of 1 to 10. A rating of 1 means the statement is not true at all, and you never feel or act this way. A rating of 5 signifies the statement is sometimes true because it feels familiar, even though it is not part of your everyday state. Finally, a rating of 10 indicates the statement is true most of the time because it reflects a normal state of being for you.

While rating each statement, consider your feelings—but do not overthink them. The exercise is designed to help bring your subconscious thoughts and feelings to light so that you can better understand and connect with your archetypes.

Upon completing the assessment, calculate your scores for each of the corresponding mental models. This will allow you to identify which mental models are most prevalent for you. Once you have scored, you will also be able to determine which mental models have a higher or lower impact on your life, compared to others. This means you likely carry some characteristics of many mental models and can benefit from learning more. Sections you rated with lower scores indicate that you do not predominantly reflect characteristics of that particular mental model.

It is important to note that the questions and models were deliberately randomized for this assessment to ensure an unbiased response. There are brief descriptions for each of the models provided, while the full details can be found on page XX. In addition, this assessment does not include an evaluation for the idealized mental model we call 20/20 VISION, as that is considered the highest realization of self and already encompasses the tools necessary for continued growth and learning.

Once you've discovered your mental models, you can utilize the introspection exercises in PART 4 to support your growth. For example, simply recognizing that you employ THE CONFORMER or THE REJECTED mental models is not enough; it's also essential to comprehend what led you to develop these patterns, and how to intentionally respond to them in a way that enhances your life.

Once you have identified your predominant mental models, you can gain insight into which models have influenced your behavior the most throughout your life. Although we may sometimes exhibit traits of various mental models, there are typically a few that are more deeply ingrained in us than others.

When reviewing the results section, it's helpful to reread the descriptions and pay attention to how your body reacts. Do these descriptions feel familiar, as if your body is saying "Yes, I've experienced this"? Can you recall instances when these habits or limiting beliefs have shown up in your life?

Also, try to incorporate the mental model disablers located under each section to help you disengage from unhelpful behaviors. As you begin to reveal and work within your primary mental models, you will have a deeper understanding of yourself and embark on a path toward a healthier, happier, and more aligned version of you.

MENTAL MODELS SELF-ASSESSMENT QUIZ

NO.	QUESTION	RATE 1-10
1	I take pride in being seen as reliable and ready for any circumstance.	
2	I base my self-worth on being accepted by others, forgetting that I must accept myself first.	
3	I have difficulty with emotional intimacy and fear being vulnerable, leading me to thrive on independence.	
4	I struggle to set healthy boundaries for myself while being accommodating to others.	
5	I experience feelings of guilt when I believe that I have made a mistake.	

6	I hold onto partners, friends, and family members who negatively impact my well-being and leave me feeling exhausted.	
7	I see rest as a waste of time, as it will not contribute to my progress or advancement.	
8	I compare and measure my current situation against an ideal one.	
9	I frequently make justifications for why things should remain unchanged.	
10	I think that by excessively caring for others, I am boosting my own sense of self-worth.	
11	I engage in behaviors that are not in my best interest to maintain high levels of enthusiasm.	
12	I engage in self-gratifying behaviors like binge-watching TV, overeating, staying out late on workdays, spending money I should save, etc.	
13	I find validation in making others happy, even though I am aware that it's driven by feelings of obligation and guilt.	

14	I believe that the hardest workers are always appreciated.	
15	By taking on the problems of others, I feel valued and unique.	
16	I focus on negative self-talk and silence positive assumptions.	
17	I am strongly committed to achieving perfection in all my endeavors.	
18	I seek validation by portraying myself as a noble sufferer.	
19	I believe that the circumstances in my life are outside of my control, and that I am a victim of them.	
20	I cultivate the need for others to be dependent upon me and I make sure they are aware of it.	
21	I believe that it's not appropriate to display negative emotions.	
22	I am critical of myself when I don't complete tasks.	

23	I believe that if I don't help others, it means I don't care about or love them.	
24	I am responsible for the negative emotions people close to me experience.	
25	I have a tendency to focus on worst-case scenarios.	
26	I cannot be happy in the present moment, because I believe that happiness comes with achievement, and my achievements are never enough.	
27	I am prepared for crises as I anticipate them in advance.	
28	I overemphasize practical issues and often neglect my dreams.	
29	I provide comfort to myself and others by articulating idealized perspectives.	
30	It is common for me to feel envy and jealousy about the success of others.	
31	I think that my personal worth and value are directly linked to the amount of work and accomplishments I achieve.	

32	I am inclined to scrutinize the intentions of others.	
33	I am confident that I can manage anything, as long as I work hard, supervise, and maintain control.	
34	I focus on potential risks and the negative aspects of a circumstance, forgetting to consider the possible benefits.	
35	Material possessions are not a priority for me.	
36	I often compare myself to others and feel inadequate in my own abilities.	
37	I have faith that if I keep pushing, things will eventually improve.	
38	I tend to think that if I experience sadness, I must have some kind of flaw or issue.	
39	I believe that everything nice has an expiration date.	
40	I maintain emotional barriers that keep others at a distance, which I believe will protect me from getting hurt.	

MENTAL MODELS SELF-ASSESSMENT RESULTS

To calculate your mental model score, simply tally your ratings for the respective statements associated with those questions. Scores above 25 indicate you present characteristics of that specific mental model, while scores below 25 indicate you may not, although you may benefit from learning about each mental model's unique perspective. It is important to note that in order to begin disabling the less effective traits of your mental model and transform it, you must first understand your predominant archetype. You can refer to the brief descriptions provided here, or go back to the full descriptions starting on page XX.

Tally your score for questions 4, 13, 18, 19, 35. This is your score for THE CONFORMER:

THE CONFORMER SUMMARY

I struggle to set healthy boundaries, often prioritizing the needs of others over my own, and find validation in accommodating them, even at the expense of my well-being. I seek recognition through noble suffering and unwavering sacrifice, while downplaying material possessions. I frequently engage in conversations revolving around crises, and perceive challenges as overwhelming, often feeling powerless and burdened by past traumas.

MENTAL MODEL DISABLER

Practice assertiveness by saying no to at least one request today, realizing that setting boundaries won't cause a disaster. Cultivate self-compassion, treat yourself with kindness and care, and discover your worth beyond sacrifices.

To learn more, revisit the full description of THE CONFORMER on page XX.

Tally your score for questions 7, 14, 22, 26, 31. This is your score for THE DOER:

THE DOER SUMMARY

I frequently push myself beyond my physical limits, taking on tasks that exceed my capabilities, and viewing rest as a waste of time, which hinders my growth and progress. My conviction that my value is tied to my productivity leads me to believe that the most respected people are the ones who work tirelessly. I postpone my happiness, believing it will only come with the attainment of specific objectives and prosperity. My self-worth is linked to external accomplishments and the recognition they bring, causing me to push myself to exhaustion in pursuit of success. Yet, when I am unable to meet my lofty expectations, I succumb to harsh self-criticism, trapped in the paradox of relentless achievement. If someone asked me to describe my life, I would say it is a conundrum of relentless achievement.

MENTAL MODEL DISABLER

Foster a positive perspective. By setting realistic and achievable goals, you shift your focus from solely evaluating your performance to tracking your progress. Embrace the practice of celebrating small victories along the way, and grant yourself compassion when some goals are not fully met. Take a moment to pause and appreciate yourself, recognizing your accomplishments, no matter how seemingly insignificant they may appear. One way to do this is by identifying and acknowledging three things you have achieved today, or throughout

the year. Embracing this positive perspective empowers you to nurture your self-appreciation and find a sense of fulfillment along your journey toward personal growth and success.

To learn more, revisit the full description of THE DOER on page XX.

Tally your score for questions 11, 12, 21, 29, 38. This is your score for THE DREAMER:

THE DREAMER SUMMARY

In order to avoid confronting my emotions, I turn to immediate gratification, such as overeating, drinking, spending money, and binge-watching TV. These behaviors are not beneficial to me in the long run, but they help to distract me from my reality. I have a tendency to think that if I feel sad, there must be something wrong with me. I hold onto the belief that it is not appropriate to share my negative emotions with others.

MENTAL MODEL DISABLER

Instead of being overly optimistic as a means to avoid facing difficult emotions or truths, take a moment to pause, sit down, and reflect on the emotion that you are feeling, even if it is uncomfortable. You may discover new opportunities or perspectives by allowing yourself to experience and process the feelings that you have been avoiding.

To learn more, revisit the full description of THE DREAMER on page XX.

Tally your score for questions 5, 8, 17, 30, 36. This is your score for THE INSPECTOR:

THE INSPECTOR SUMMARY

In my relentless pursuit of excellence, I hold the firm belief that anything less than perfection is unacceptable. I dedicate myself to achieving flawlessness in every aspect of my life, which breeds guilt, shame, self-doubt, and a fear of failure when I make even the slightest mistake or fall short of my high expectations. This constant comparison to others while measuring my circumstances against an idealized scenario fuels feelings of inadequacy, envy, and jealousy toward those who have achieved success. This behavior serves to intensify my sense of inferiority and dissatisfaction with my own abilities.

MENTAL MODEL DISABLER

Challenge your all-or-nothing mentality and the black-and-white thinking associated with your perfectionism. Recognize that progress is a gradual process that includes both successes and setbacks.

Allow yourself to celebrate even the smallest successes and view your setbacks as opportunities for learning and growth. This will help you shift from comparing yourself to others and their achievements, to focusing on yourself and your own progress. Embrace the uniqueness of your journey and trust that your path is the right one for you.

To learn more, revisit the full description of THE INSPECTOR on page XX.

Tally your score for questions 16, 25, 27, 34, 39. This is your score for THE PESSIMIST:

THE PESSIMIST SUMMARY

I focus on the most unfavorable possible outcomes of every situation. I give most of my attention to the potential risks and negative aspects, while overlooking the possible benefits. I believe that every good thing has an expiration date. I engage in negative self-talk and tend to dismiss positive assumptions.

MENTAL MODEL DISABLER

Challenge your negative thoughts. When you notice cynical thoughts arising, ask yourself if they are realistic and if there is evidence to support them.

To learn more, revisit the full description of THE PESSIMIST on page XX.

Tally your score for questions 2, 3, 6, 32, 40. This is your score for THE REJECTED: _

THE REJECTED SUMMARY

I erect emotional walls that prevent others from getting too close to me, hoping that this will shield me from getting hurt. My self-esteem is linked to receiving approval from others, and I forget that self-acceptance should come first. I hold onto relationships that are harmful to my overall health and leave me feeling drained. I struggle with emotional closeness and avoid showing vulnerability, which makes me value my independence even more.

MENTAL MODEL DISABLER

Focus on your capabilities. Remind yourself of your strengths and accomplishments. This can help boost your confidence and self-esteem.

To learn more, revisit the full description of THE REJECTED on page XX.

Tally your score for questions 10, 15, 20, 23, 24. This is your score for THE SAVIOR: _

THE SAVIOR SUMMARY

Taking responsibility for the problems of others makes me feel valuable and distinctive. I believe that if I don't help others, it implies that I don't care for or love them. I hold myself accountable for the pain that my loved ones experience. I believe that caring excessively for others increases my own self-worth.

MENTAL MODEL DISABLER

Recognize your own needs. Start by identifying your needs and priorities. You cannot be an effective helper or rescuer if you are not taking care of yourself first.

To learn more, revisit the full description of THE SAVIOR on page XX.

Tally your score for questions 1, 9, 28, 33, 37. This is your score for THE UNBREAKABLE:

THE UNBREAKABLE SUMMARY

I am confident in my capabilities to handle any task through dedication, vigilance, and maintaining a sense of control. Despite the urge to accomplish everything, I acknowledge the importance of persistence in bringing about improvement. I take pride in being seen as dependable and strong, always ready to face any challenge without showing vulnerability. However, I recognize that my excessive focus on practical matters often leads me to overlook

my aspirations, and I tend to make excuses to maintain the safety and predictability of my life. Nevertheless, the satisfaction I derive from being perceived as dependable and prepared remains significant to me.

MENTAL MODEL DISABLER

Embrace vulnerability with someone you trust by sharing small feelings or mistakes, and gradually work on opening up. Practice mindfulness to become aware of your thoughts, feelings, and bodily sensations without judgment, allowing you to forge a deeper connection with your emotions. By combining vulnerability and mindful awareness, you can foster genuine connections with others and gain a greater understanding of yourself, leading to personal growth and a more fulfilling life.

To learn more, revisit the full description of THE UNBREAKABLE on page XX.

ADDITIONAL RESOURCES

QR CODE 5: Access a list of emotions. Select the emotion that you are presently feeling, and then refer to the back of the corresponding card to read the anchoring statement. This statement is a powerful tool to disable limiting thoughts while anchoring and amplifying positive emotions.



using Emotional Balance Cards. feeling, and then refer to the the anchoring statement. This limiting thoughts while emotions.