

The first criterion that I put a five down for was “I have a hard time concentrating on what is being said”, I don’t think this is due to a lack of trying however. I historically have had problems relating to ADD, however I no longer am on medical therapy for it since I’m pretty sure I have a slightly different problem that can’t be treated with medicine. I do, however try to pay as much attention as I can. I think I can do a bit better in this regard but it would probably be helpful to talk to someone on how to better listen to other people.

The second thing that I put a five down for was “I am uncomfortable or at a loss when the other person expresses emotions”, this also results from the same source as the first criterion. I have huge problems processing both mine and other peoples emotions so I tend to avoid them, not just for my sake but for others as well as well. The thing is when people talk about emotions, I tend to come off as kinda brash since I have a hard time empathizing with other people.

The last thing that I put a five down for is “I keep my feelings to my self”, to me this also tracks with the rest of what I have issues with. I think out of all three of the fives, this is what I am “best” at, however I have to constantly remind myself to actually express how I feel about things when talking to other people. I tend to withhold my feelings in different ways to different people, there are maybe 2 people that I’m actually upfront about my feelings with.

I think the best practical solution for all of these is to actively keep in mind all of these things while talking to people, the main reason I struggle with these is because I just don’t think about them, I think it’s as simple as that. I’m sure there are other things I could do, however I do not think they would be as effective.