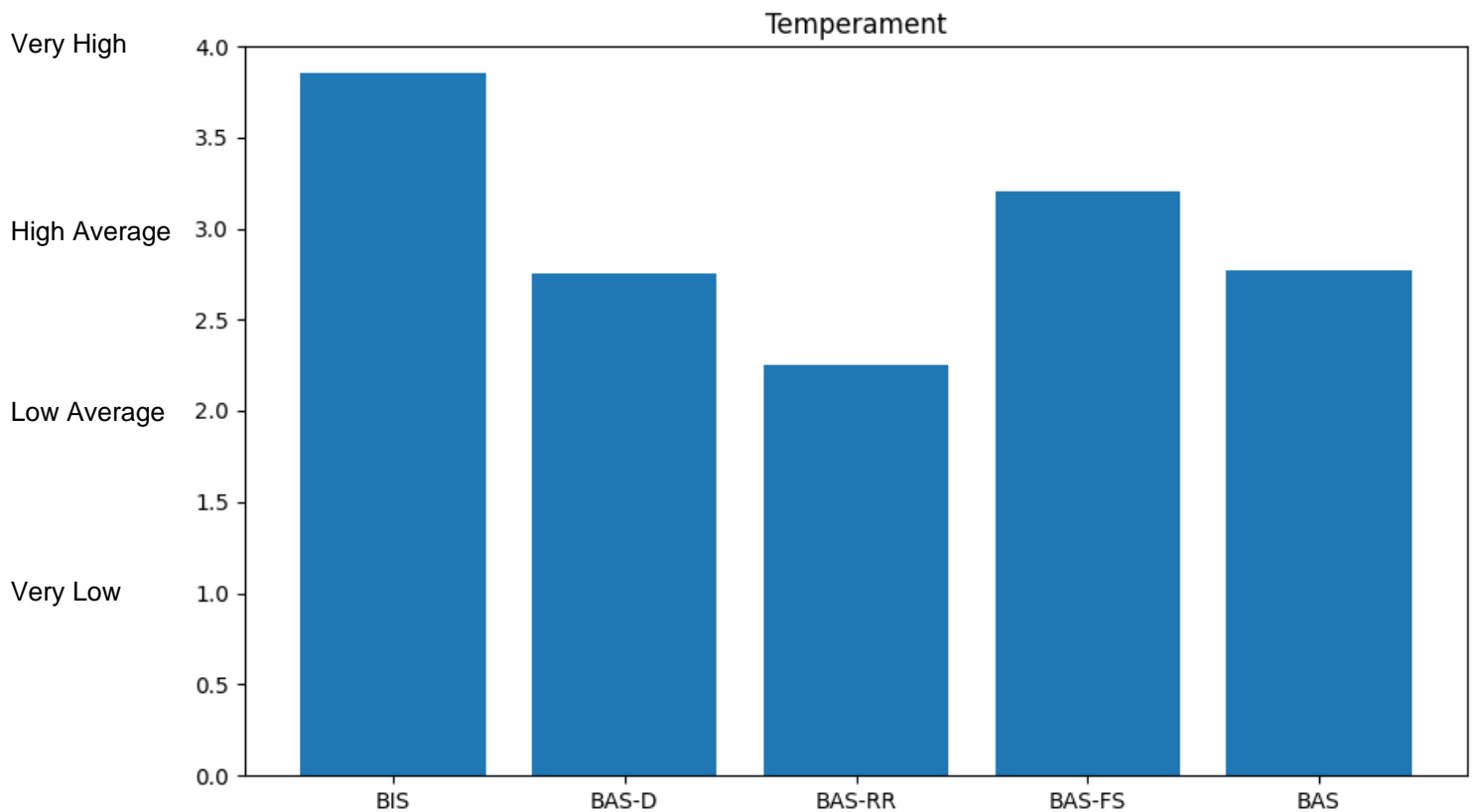




## **Person in Context Assessment: A Personality Assessment of Temperament, Self-Concept, Personal Goals and Standards**

**For: Ashlynn Tate**

**Date of Report: November 04, 2024**



**BIS: 3.86 (very high)**

Your score suggests that you may be someone who is more sensitive to situations that are unfamiliar, threatening, or challenging. In these situations, you may have more reactivity in emotional parts of the brain, particularly the amygdala, and may experience greater physiological reactivity. Research has found that infants with high behavioral inhibition temperaments are more likely to develop into 'shy' children. Not all infants with high behavioral inhibition stay 'shy' as your experiences and environment can influence how temperament develops. Importantly, people with high behavioral inhibition temperaments do not experience anxiety unless they experience unfamiliar, challenging or threatening situations. In situations that are familiar, non-challenging, or non-threatening, people with high behavioral inhibition are no more anxious than other people.

**BAS: 2.75 (very high)**

Your score in the (very high, high) range. This suggests that you may be more sensitive to situations where there are rewards, things that are attractive, things you want. In these situations, you may have more reactivity in reward systems of the brain that involve the orbitofrontal cortex, the nucleus accumbens, and amygdala, leading you to experience more excitement, more enthusiasm, to approach and get these things that you want. Research has found that people with high behavioral approach temperaments experience positive affect more easily and also learn faster in learning conditioning studies where there are rewards.

**BAS-D: 2.25 (average)**

Your score in the average range. This suggests that you are fairly typical in your tendency to be motivated to pursue goals you have, neither quick or slow to act on and move towards your goals, or persistent or non-persistent in achieving them.

**BAS-FS: 3.2 (very high)**

Your score in the (very high, high) range. This suggests that you tend to crave excitement, and are very motivated and quick to pursue new

rewards or things you think might be fun or exciting on the spur of the moment.

**BAS-R: 2.77 (very high)**

Your score in the (very high, high) range. This suggests that you experience a high degree of enthusiasm, excitement, and positive emotions when a positive outcome/reward has occurred or when you anticipate a positive outcome/reward to occur.

# Relational Schema Psychological Need Scale

## Relatedness Satisfaction:

Overall score is 3.94 (high average):

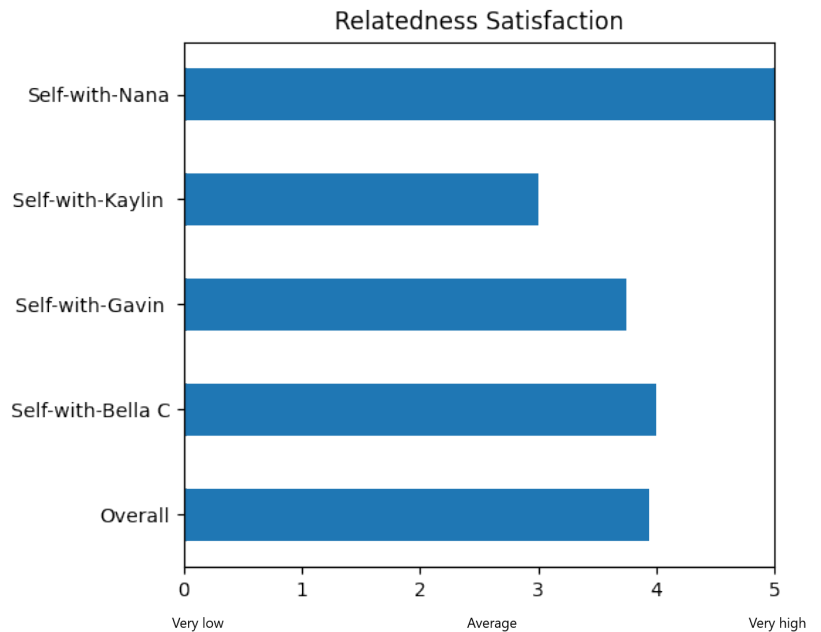
Your relatedness satisfaction is high, This suggests that you experience some features of a positive self-concept. More specifically, this suggests that in general you experience high levels of being connected to, close to, and accepted by the people you most interact with or think about.

Self-with-1 score is 4.0

Self-with-2 score is 3.75

Self-with-3 score is 3.0

Self-with-4 score is 5.0



## Control Satisfaction:

Overall score is 3.66 (high average):

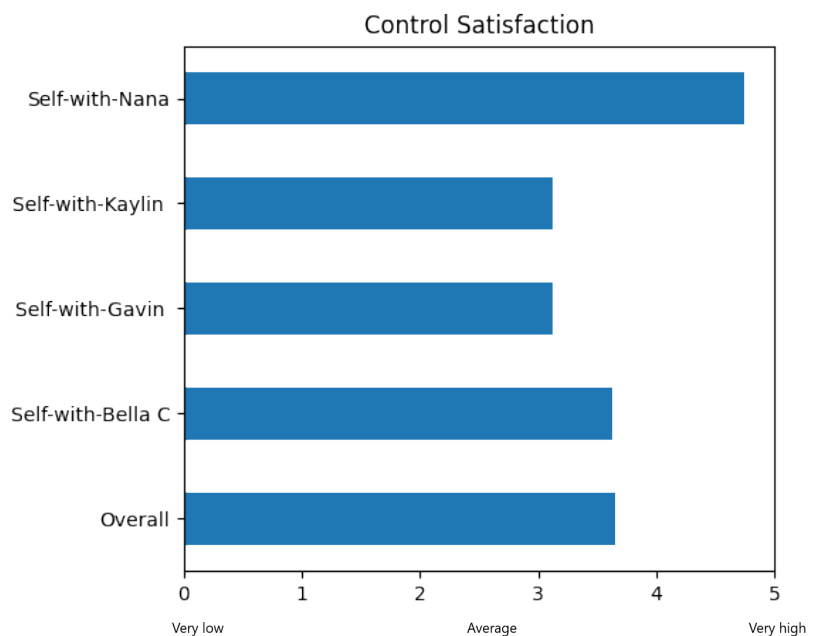
Your control satisfaction is high, This suggests that you experience some features of a positive self-concept. More specifically, this suggests that in general you experience a self that is in control, engaged, and capable and skilled. Some research suggests that feeling in control, engaged, and capable is a basic psychological need. Your score indicates that this need is being met. The self tends to experience flow, an optimal state of control, when it is engaged in challenging activities for which there are learned and developed skills and abilities. It appears you have developed skills and abilities that empower your sense of self.

Self-with-1 score is 3.625

Self-with-2 score is 3.125

Self-with-3 score is 3.125

Self-with-4 score is 4.75



# Relational Schema Psychological Need Scale

## Self-Esteem Frustration:

Overall score is 1.56 (low average):

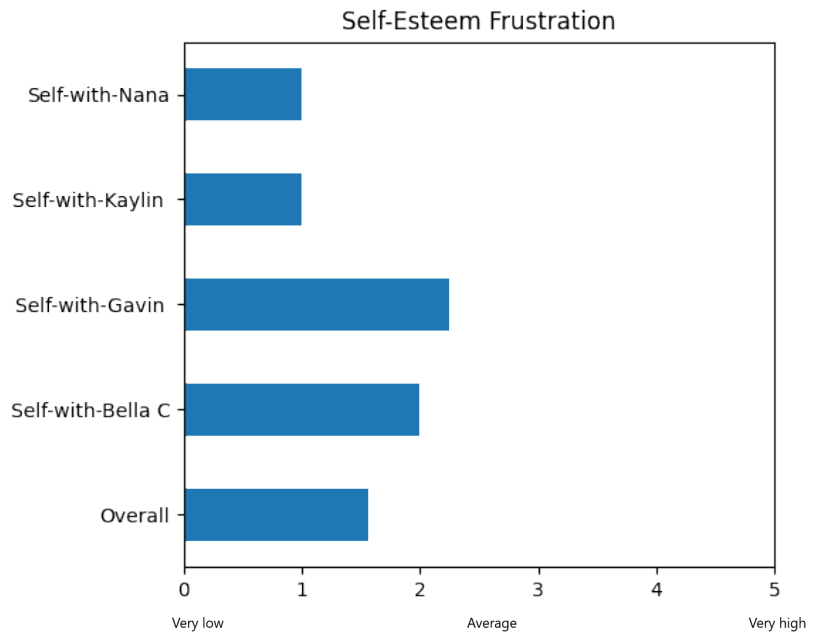
Your self-esteem frustration is low, This suggests that in general your needs for self-esteem are being adequately met and you do not experience self-esteem frustration.

Self-with-1 score is 2.0

Self-with-2 score is 2.25

Self-with-3 score is 1.0

Self-with-4 score is 1.0



## Autonomy Frustration:

Overall score is 2.0 (low average):

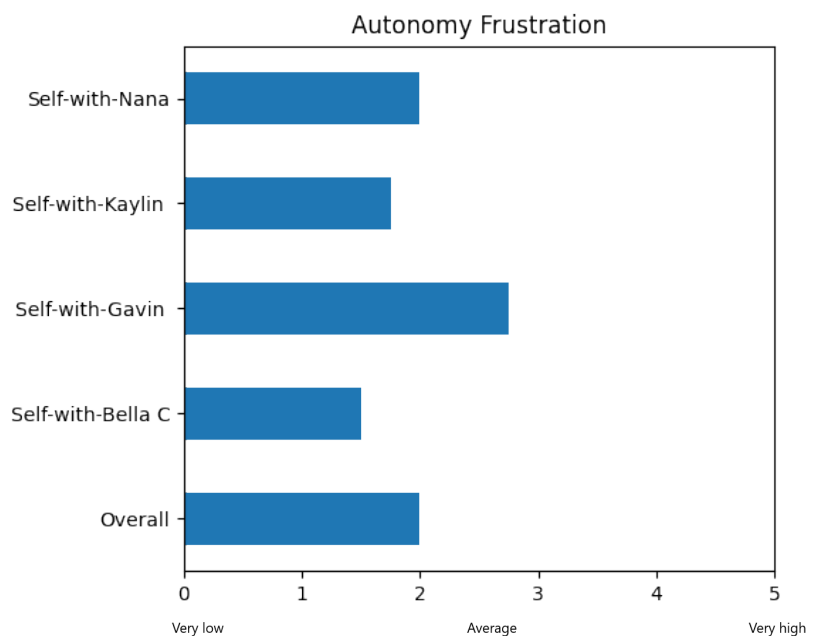
Your score suggests that in general you do not experience high autonomy frustration, or that your actions are being controlled, coerced or pressured by others, that you are doing things out of a sense of obligation.

Self-with-1 score is 1.5

Self-with-2 score is 2.75

Self-with-3 score is 1.75

Self-with-4 score is 2.0



**Self-Concept: Rejection Sensitivity: 16.44 (Very High)**

# Self Concept: Problematic Interpersonal Styles

## Domineering:

Overall score is 0.31 (not a problem for you):

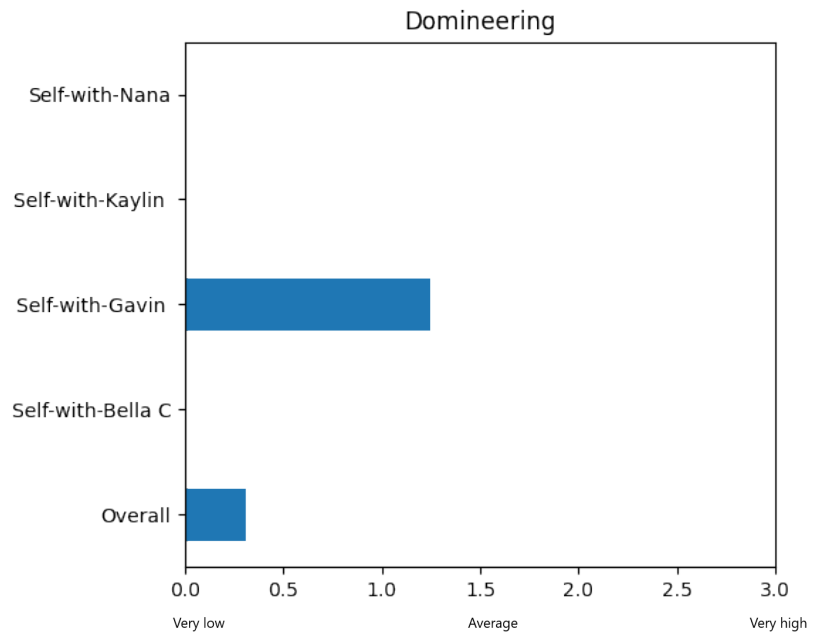
An interpersonal style in which one is too controlling, manipulating, bossy, argumentative, and/or is acting too superior/condescending when relating to others.

Self-with-1 score is 0.0

Self-with-2 score is 1.25

Self-with-3 score is 0.0

Self-with-4 score is 0.0



## Self-Centered:

Overall score is 0.25 (not a problem for you):

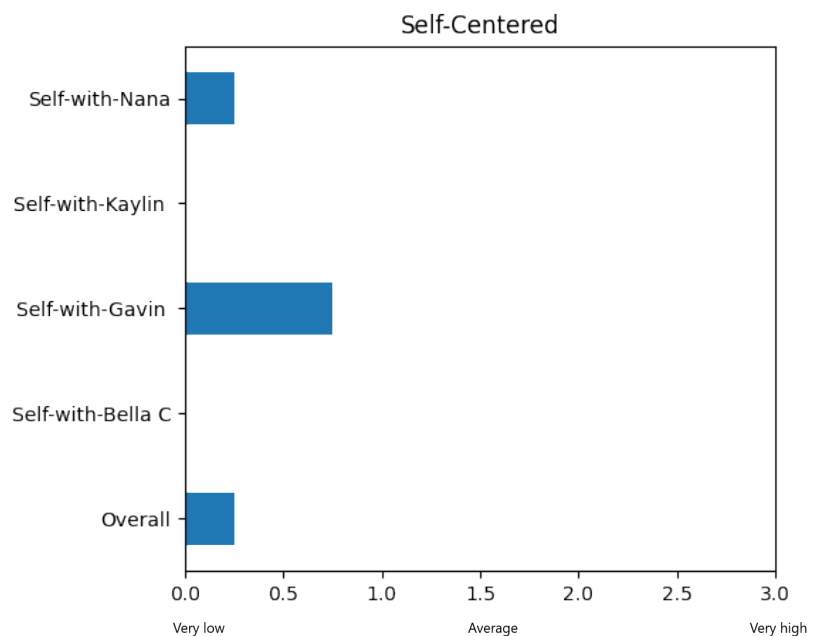
An interpersonal style in which one is too insensitive to others needs, thoughts, feelings, has difficulty providing emotional support, liking others and getting along.

Self-with-1 score is 0.0

Self-with-2 score is 0.75

Self-with-3 score is 0.0

Self-with-4 score is 0.25



# Self Concept: Problematic Interpersonal Styles

## Distant/Cold:

Overall score is 0.56 (a minor problem for you):

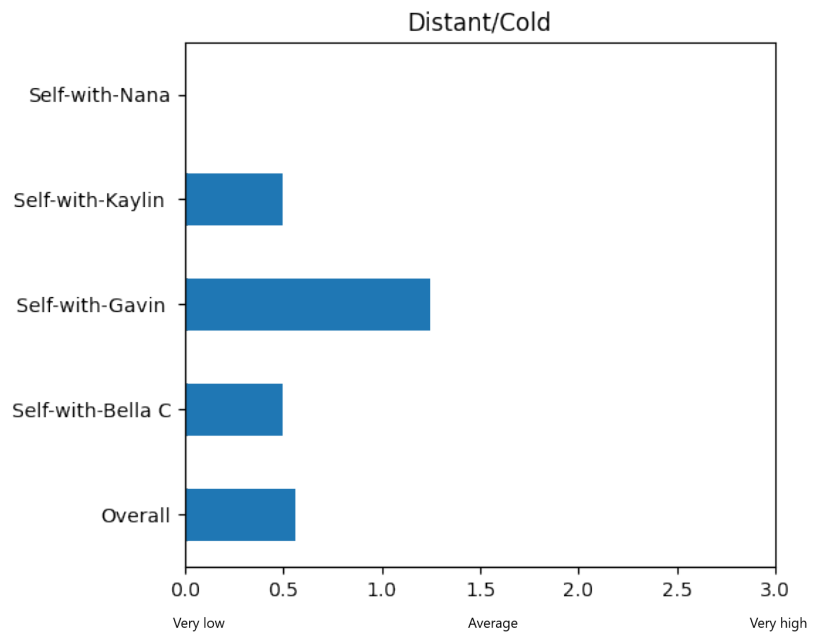
An interpersonal style in which one is uncomfortable with being close or intimate, has difficulty fully connecting and enjoying others company.

Self-with-1 score is 0.5

Self-with-2 score is 1.25

Self-with-3 score is 0.5

Self-with-4 score is 0.0



## Socially Inhibited:

Overall score is 0.19 (not a problem for you):

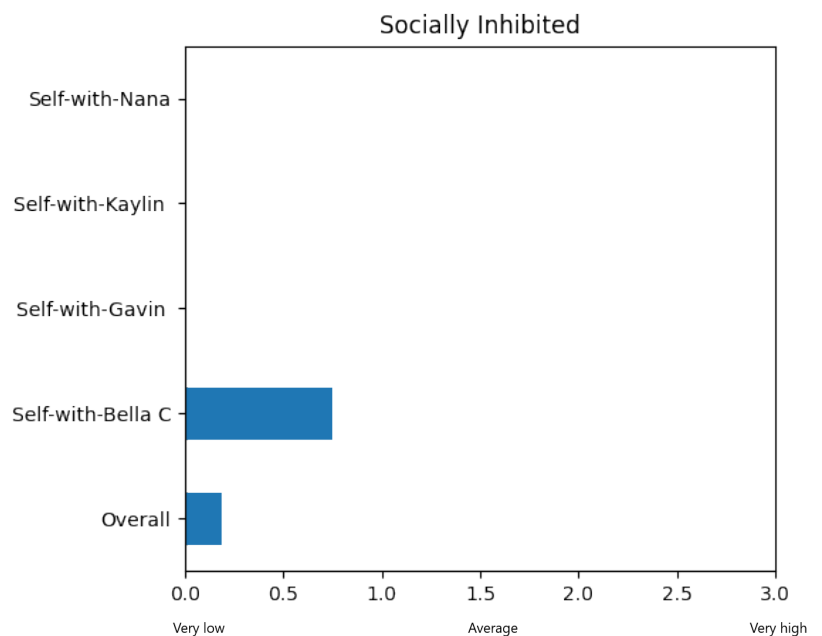
A problematic interpersonal style in which one is anxious and shy around others, unable to be themselves and has difficulty fitting in.

Self-with-1 score is 0.75

Self-with-2 score is 0.0

Self-with-3 score is 0.0

Self-with-4 score is 0.0





# Self Concept: Problematic Interpersonal Styles

## Nonassertive:

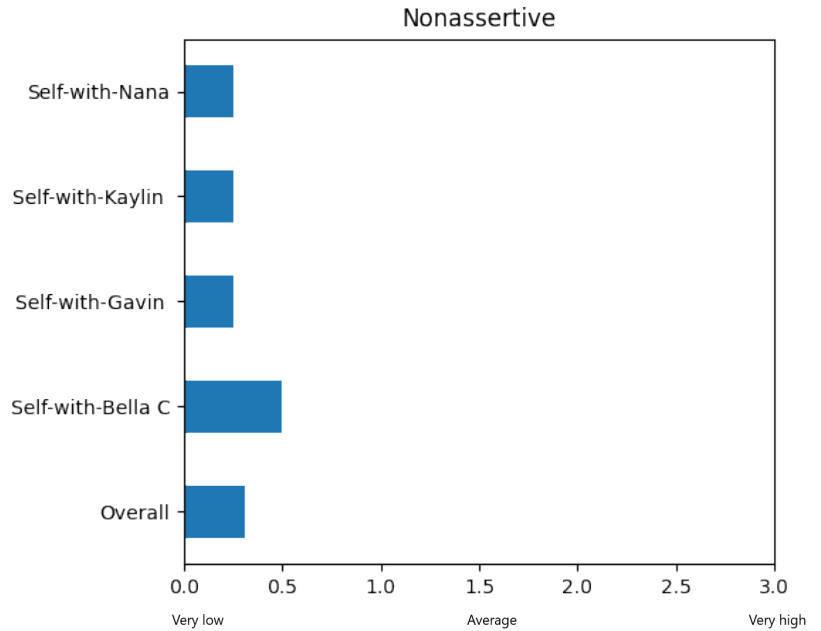
Overall score is 0.31 (not a problem for you):  
A problematic interpersonal style in which one tends to be too compromising, and is too easily taken advantage of, acting overly submissive, letting others boss them around too much.

Self-with-1 score is 0.5

Self-with-2 score is 0.25

Self-with-3 score is 0.25

Self-with-4 score is 0.25



## Exploitable:

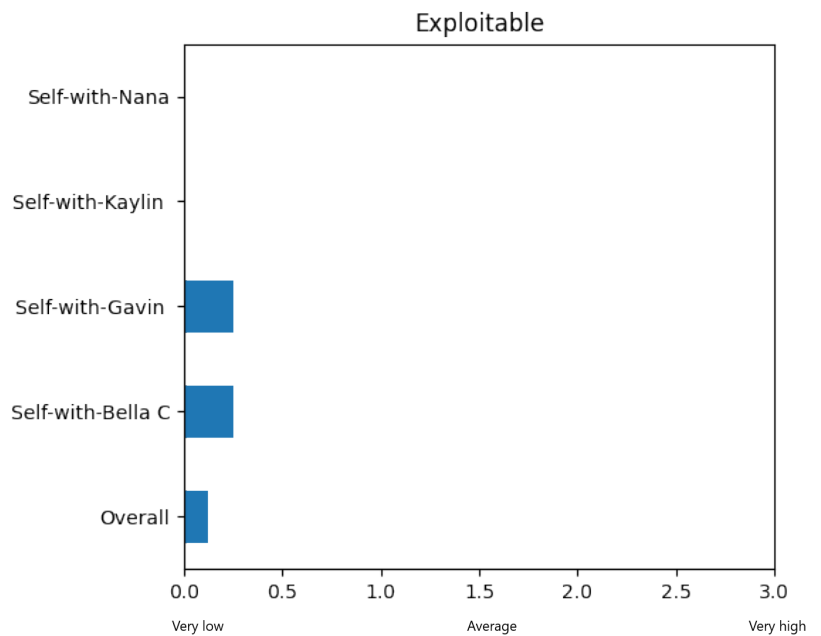
Overall score is 0.12 (not a problem for you):  
A problematic interpersonal style in which one has trouble being assertive and taking the lead, tends to feel weak and insecure and easily embarrassed around others.

Self-with-1 score is 0.25

Self-with-2 score is 0.25

Self-with-3 score is 0.0

Self-with-4 score is 0.0



# Self Concept: Problematic Interpersonal Styles

## Self-Sacrificing:

Overall score is 0.56 (a minor problem for you):

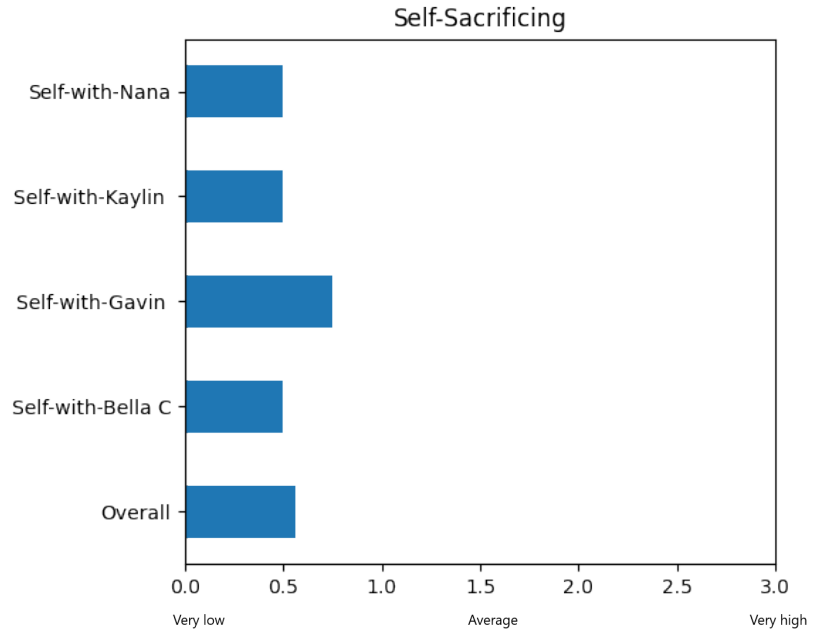
A problematic interpersonal style in which one is too giving, tending to put others' needs before their own, being easily affected by others' pain and suffering, and being too trusting.

Self-with-1 score is 0.5

Self-with-2 score is 0.75

Self-with-3 score is 0.5

Self-with-4 score is 0.5



## Intrusive:

Overall score is 0.0 (not a problem for you):

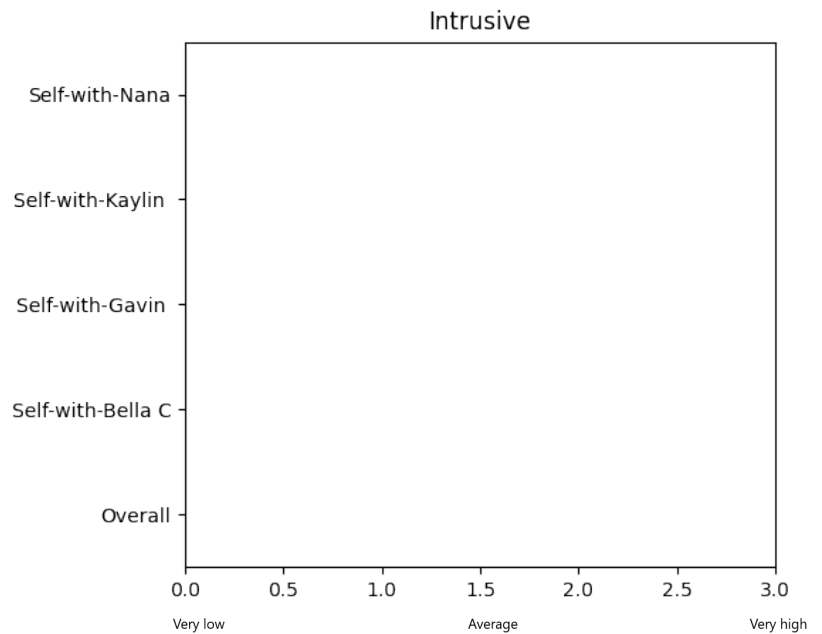
A problematic interpersonal style in which one has trouble respecting others' privacy, talks too much, is overly affectionate, and/or needs to be the center of attention.

Self-with-1 score is 0.0

Self-with-2 score is 0.0

Self-with-3 score is 0.0

Self-with-4 score is 0.0



## Personal Goals and Standards

## Goal 1:

**My larger goal is to be able to get into my preferred nursing school and graduate successfully from there.**

## Goal 2:

**My larger goal for my health is to be physically healthy and not have any issues that I have caused myself.**

### Goal 3:

**I hope to have a closer relationship with God and lead a life that is following him and shines through me.**

### Goal 4:

**My larger goal is to maintain lifelong friendships, and not have only surface level relationships.**

Goal Thinking:

Overall score is 5.25 (high):

Your level of thinking about your goals is high, indicating their importance to you and your commitment to achieving them.

Goal 1 score is 7.0

Goal 2 score is 5.0

Goal 3 score is 4.0

Goal 4 score is 5.0

Goal Satisfaction:

Overall score is 4.25 (average):

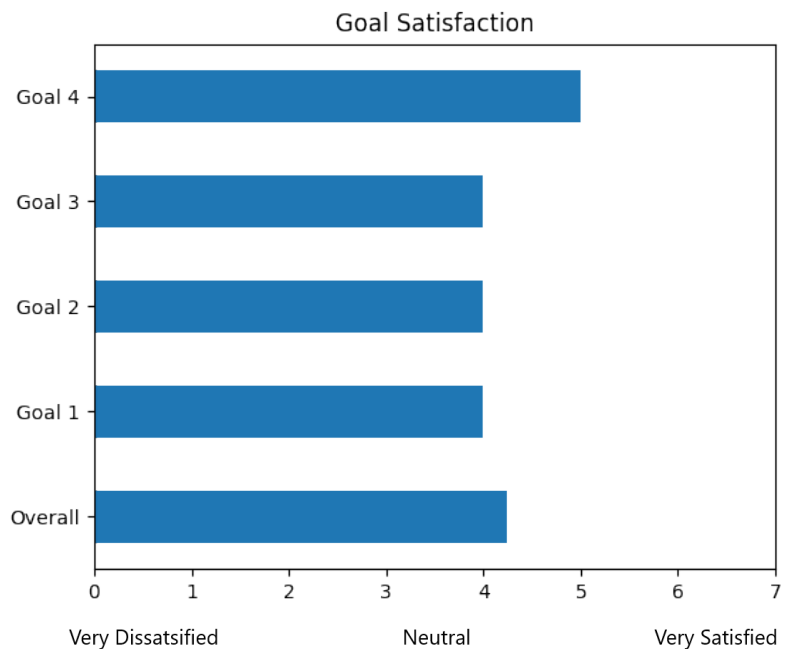
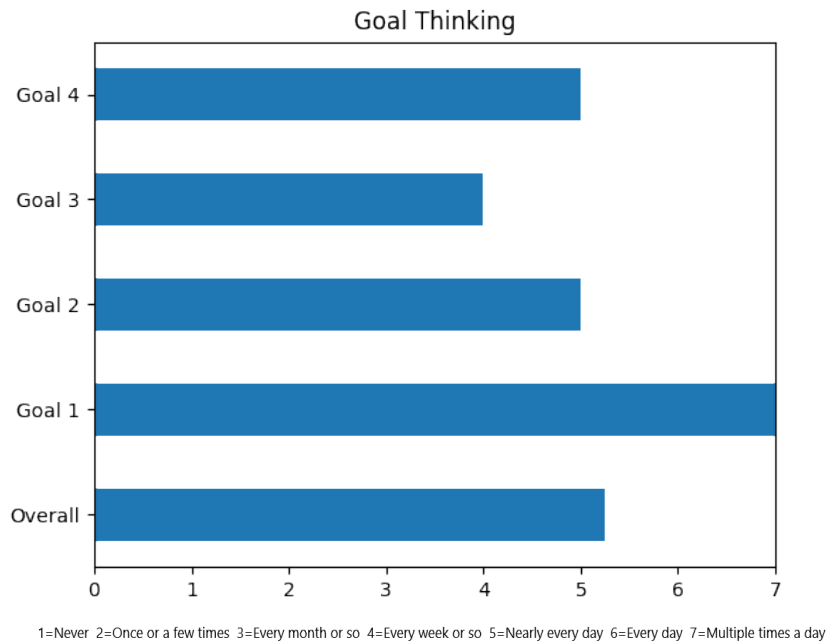
Your goal satisfaction is average, suggesting you may benefit from taking small steps to boost your sense of progress.

Goal 1 score is 4.0

Goal 2 score is 4.0

Goal 3 score is 4.0

Goal 4 score is 5.0



# Personal Goals and Standards

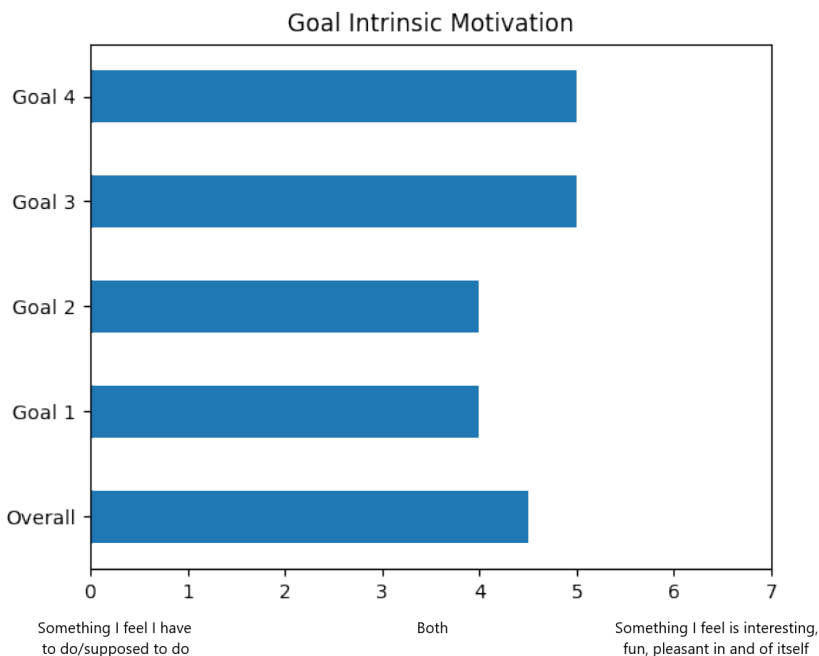
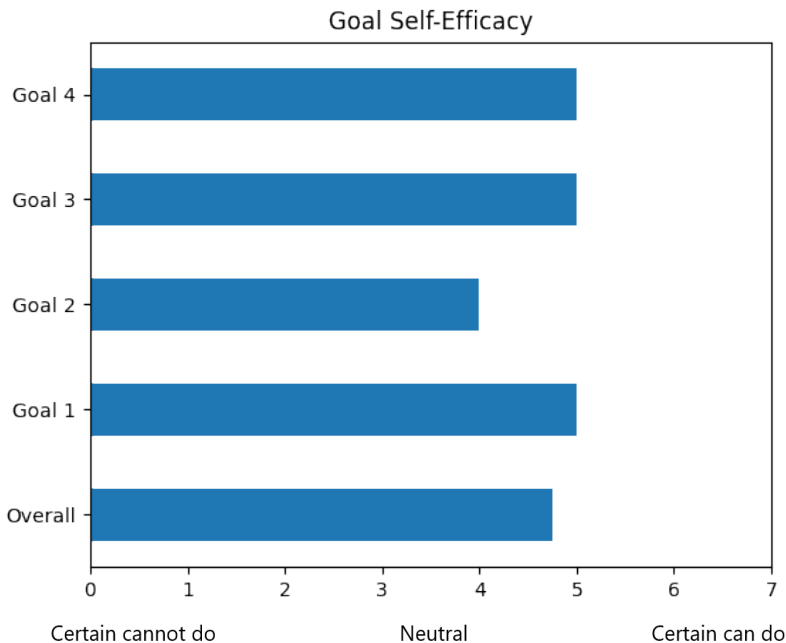
- Goal 1:**  
My larger goal is to be able to get into my preferred nursing school and graduate successfully from there.
- Goal 2:**  
My larger goal for my health is to be physically healthy and not have any issues that I have caused myself.
- Goal 3:**  
I hope to have a closer relationship with God and lead a life that is following him and shines through me.
- Goal 4:**  
My larger goal is to maintain lifelong friendships, and not have only surface level relationships.

**Goal Self-Efficacy:**  
Overall score is 4.75 (average):  
Your confidence in your ability to achieve your goals is moderate. Building more confidence could enhance motivation.

Goal 1 score is 5.0  
Goal 2 score is 4.0  
Goal 3 score is 5.0  
Goal 4 score is 5.0

**Goal Intrinsic Motivation:**  
Overall score is 4.5 (average):  
Your motivation is balanced between intrinsic and extrinsic factors, or unclear. Clarifying your motivations could enhance focus.

Goal 1 score is 4.0  
Goal 2 score is 4.0  
Goal 3 score is 5.0  
Goal 4 score is 5.0



# Personal Goals and Standards

- Goal 1:**  
My larger goal is to be able to get into my preferred nursing school and graduate successfully from there.

**Goal 2:**  
My larger goal for my health is to be physically healthy and not have any issues that I have caused myself.

**Goal 3:**  
I hope to have a closer relationship with God and lead a life that is following him and shines through me.

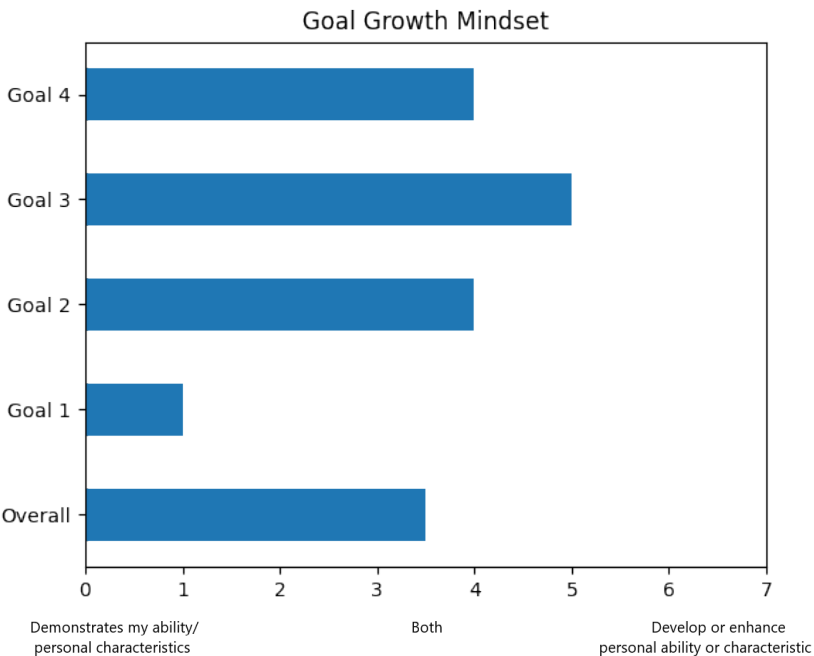
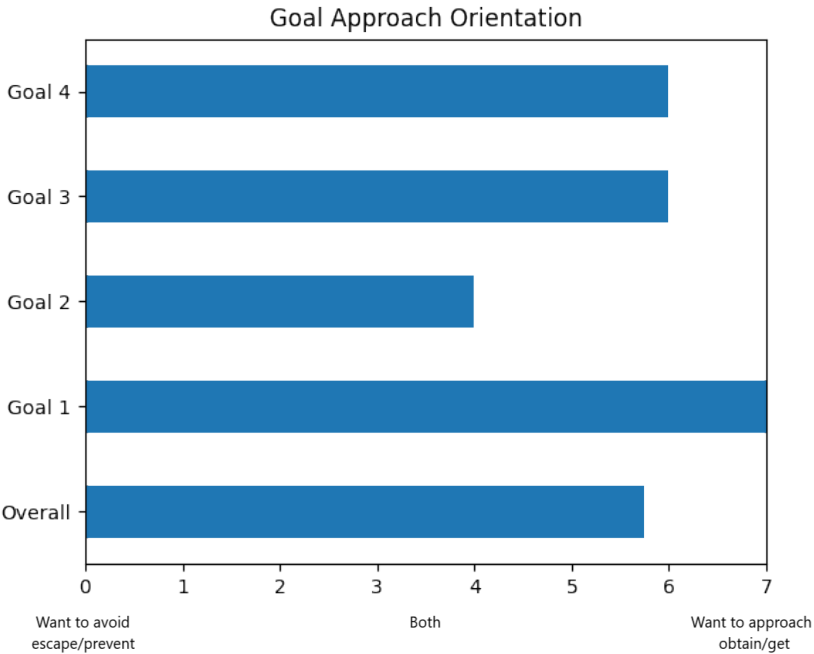
**Goal 4:**  
My larger goal is to maintain lifelong friendships, and not have only surface level relationships.

Goal Approach Orientation:  
Overall score is 5.75 (high):  
Your approach to your goals is proactive and positive, focusing on what you want to achieve.

Goal 1 score is 7.0  
Goal 2 score is 4.0  
Goal 3 score is 6.0  
Goal 4 score is 6.0

Goal Growth Mindset:  
Overall score is 3.5 (average):  
Your mindset is neutral, suggesting that emphasizing growth and adaptability could enhance progress.

Goal 1 score is 1.0  
Goal 2 score is 4.0  
Goal 3 score is 5.0  
Goal 4 score is 4.0



# Personal Goals and Standards

**Goal 1:**

**My larger goal is to be able to get into my preferred nursing school and graduate successfully from there.**

**Goal 2:**

**My larger goal for my health is to be physically healthy and not have any issues that I have caused myself.**

**Goal 3:**

**I hope to have a closer relationship with God and lead a life that is following him and shines through me.**

**Goal 4:**

**My larger goal is to maintain lifelong friendships, and not have only surface level relationships.**

**Goal Level of Conflict:**

Overall score is 3.5 (average):

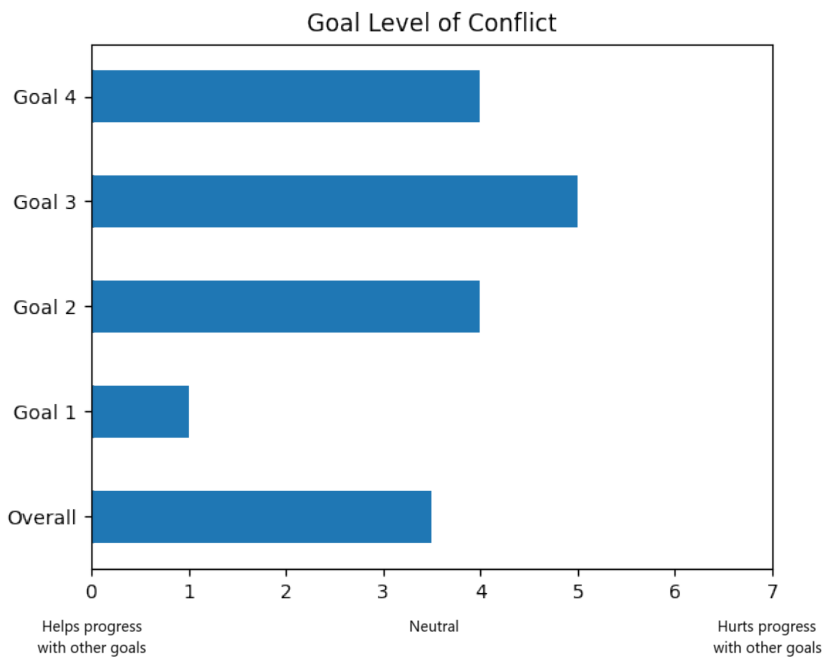
Your goals show moderate conflict, where progress on one neither significantly helps nor hinders others.

Goal 1 score is 1.0

Goal 2 score is 4.0

Goal 3 score is 5.0

Goal 4 score is 4.0



# Most Important Goals and Ranking of Values: Do Your Goals Reflect Your Values?

## Your 4 Most Important Goals:

Goal 1: My larger goal is to be able to get into my preferred nursing school and graduate successfully from there.

Goal 2: My larger goal for my health is to be physically healthy and not have any issues that I have caused myself.

Goal 3: I hope to have a closer relationship with God and lead a life that is following him and shines through me.

Goal 4: My larger goal is to maintain lifelong friendships, and not have only surface level relationships.



Most  
Important



Least  
Important

## Your Ranking of Values:

SpiritReligion

IntimateRel

FriendsFamily

Money

JobCareer

SelfGrowth

EducLearning

PhysicalHealth

LeisureRecrea

# Treatment Recommendations: Facet Specific

## Temperament:

1. Relaxation Training
2. Interoceptive Exposure

## Self-Regulation: Overall

No significant treatment recommendations

## Beliefs: Overall

No significant treatment recommendations

## Significant Factor(s) of Interest:

- BIS (Very High)
- BAS: Fun Seeking (Very High)



# Treatment Recommendations: Situation Specific

## #1 Self-Regulation: Goal 2

1. Interpersonal Psychotherapy
2. Situational Analysis

### Significant Factor(s) of Interest:

- Goal Thinking (Very High)
- Goal Approach Orientation (Very High)
- Goal Growth Mindset (Very Low)
- Goal Level of Conflict (Very Low)

## #2 Self-Regulation: Goal 3

1. Schema change therapy
2. Situational Analysis

## #3 Self-Regulation: Goal 4

1. Behavioral tests of negative cognitions
2. Situational Analysis

### Significant Factor(s) of Interest:

- Goal Approach Orientation (Very High)

## #4 Self-Regulation: Goal 1

No significant treatment recommendations

# Treatment Recommendations: Situation Specific

## #1 Beliefs: Self-with-Kaylin

1. Self-management therapy
2. Guided Mastery Therapy

### Significant Factor(s) of Interest:

- Self-Esteem Frustration (Very Low)
- Autonomy Frustration (Very Low)
- Self-Centered (Very Low)
- Socially Inhibited (Very Low)
- Nonassertive (Very Low)
- Exploitable (Very Low)
- Self-Sacrificing (Very Low)
- Intrusive (Very Low)

## #2 Beliefs: Self-with-Gavin

No significant treatment recommendations

## #3 Beliefs: Self-with-Nana

No significant treatment recommendations

## #4 Beliefs: Self-with-Bella C

No significant treatment recommendations