

The **CTRL** Model

Perspective

Assessment

Introduction

This report is your mirror to mindset maturity which helps you to orientate, not rank yourself.

Name:

Date:

Contact details:

For questions about this report, requests regarding your data, or permissions, please contact:

Email: theneverendinglearner@gmail.com

LinkedIn: www.linkedin.com/in/theneverendinglearner





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Your Results: Overview

Your current State is...

Concealed

- Holds back until safe
- Reads the room first
- Keeps doubts private

Triggered

- Reacts quickly to cues
- Speaks plainly in the moment
- Shows emotions openly

Regulated

- Balances feelings and fairness
- Seeks feedback openly
- Steady under pressure
- Sometimes too

Lead

- Reads unspoken dynamics
- Adjusts before issues escalate
- Creates safety for others
- Guides with calm

Representing the character...





The **CTRL** Model *Perspective* Assessment for

Frequency Overview

Your chart looks like this...

How this shows up is...





Sequence Overview

What the way you responded to each situation means...

Your Notes:



The Role of Themes

Self-awareness doesn't happen in isolation. It always appears in context. How you respond to lateness among friends isn't the same as how you handle feedback at work.

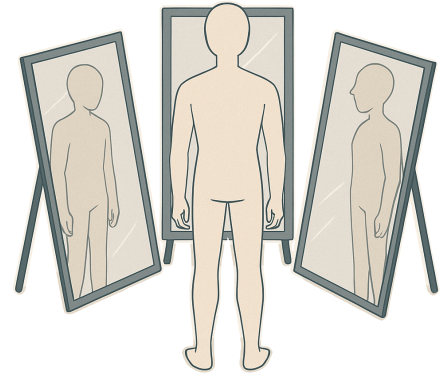
That's why each situation in this assessment is pre-mapped to themes such as **Feedback**, **Emotion Regulation**, or **Social Navigation**.

Your *theme pattern* shows where your awareness naturally rises and where it may dip. Two people can share the same CTRL level, yet differ completely in *which contexts trigger* that awareness.

If each scenario is like a mirror angled toward a different part of you.

The CTRL level shows how clearly you see yourself.

The theme shows which mirror you were looking into.



What your key theme represent...



Interactions within the CTRL Model

What to look out for when working with *Colleagues*

These are the patterns you're likely to notice when working with colleagues who share your style, and those who don't.

Concealed

Triggered

Regulated

Lead



Interactions within the CTRL Model

How to work with *Colleagues*

Practical ways to keep things smooth whether you're the same or different.

Concealed

Triggered

Regulated

Lead



Interactions within the CTRL Model

What to look out for when working with *Leaders*

What you'll often see from leaders who align with your style, and those who prefer a different pace or level of certainty.

Concealed

Triggered

Regulated

Lead



Interactions within the CTRL Model

How to work with *Leaders*

Simple ways to adapt to each leader.

Concealed

Triggered

Regulated

Lead



Tips:

Potential Next Actions:

Notes:



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