

RESOURCE · TPRAT WORKSHEET

Personal character *capacity* worksheet



Name _____

Date _____

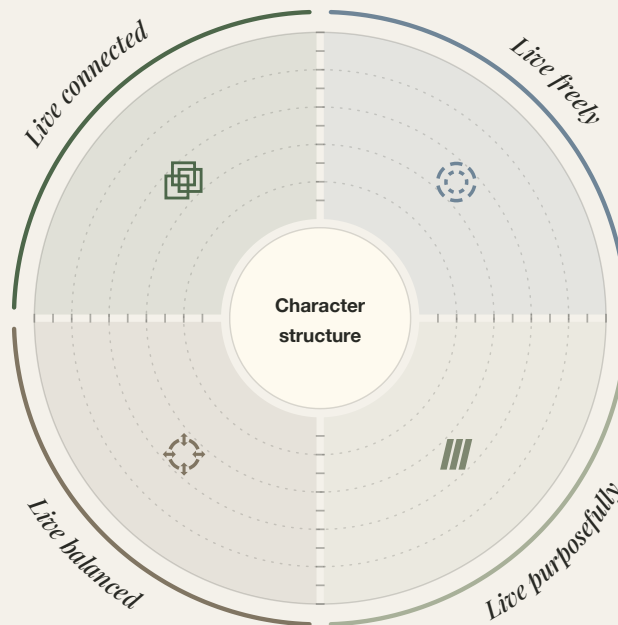


Attachment

Score _____ / 100

Separation

Score _____ / 100



Integration

Score _____ / 100

Adulthood

Score _____ / 100



ATTACHMENT · *Live connected*

Connected: I am open and vulnerable with safe people.

Isolated: Trusting others is difficult.

INTEGRATION · *Live balanced*

Balanced: I adapt to both positive and negative realities.

Polarized: I struggle with all good or all bad thoughts.

SEPARATION · *Live freely*

Differentiated: I can say no when I need to.

Boundaryless: I have difficulty standing up for myself.

ADULTHOOD · *Live purposefully*

Purposeful: I am clear on my purpose and feel equal to others.

Unprepared: I am unsure about my adulthood.

Capacity profile _____

Capacity strength _____ Capacity challenge _____

Character *structure*

The set of capacities required to meet the demands of reality. Each one has a challenge state and a strength state.



Attachment

CHALLENGE

Lacking in capacity to engage in deep, vulnerable and fulfilling relationships.

STRENGTH

The capacity to engage in deep, vulnerable and fulfilling relationships.

Live connected



Separation

CHALLENGE

Lacking in capacity to define yourself, say no, and confront in healthy ways.

STRENGTH

The capacity to define oneself, say no, and confront in healthy ways.

Live freely



Integration

CHALLENGE

Lacking in capacity to embrace failure and loss, resolve perfectionism, grieve and adapt well, and avoid entitlement attitudes.

STRENGTH

The capacity to embrace failure and loss, resolve perfectionism, be skilled at grief and adaptation, and avoid entitlement attitudes.

Live balanced



Adulthood

CHALLENGE

Lacking in capacity to relate as a mutual adult, understand purpose, develop talents and employ an effective work ethic.

STRENGTH

The capacity to relate as a mutual adult, understand purpose, develop talents and employ an effective work ethic.

Live purposefully

Personal *action plan*

Character structure _____

1

Key information

What did your results tell you? Note your strongest capacity and your growth edge.

2

Personal insight

What do you notice underneath the numbers? Where did this pattern begin?

3

Growth conversation

Who is a safe person you can talk this through with, and when?

4

Stretching experience

What is one practical step this month that will stretch this capacity?
