

SPECTRUMS

Each line contains two words or word phases. Be honest with yourself and place an "X" along the dotted line that best represents where you fall along each spectrum. If necessary, ask a trusted friend or family member to help you. Sometimes, other people can shed light on an area of our behavior that we may have trouble identifying or admitting. It is vital that we acknowledge "who we really are" in order to maintain healthy relationships!

Optimistic	Pessimistic
Sensitive	Insensitive
Introverted	Extroverted
Outward	Inward
Fight	Flight
High energy	Low energy
Takes risks	Plays it Safe

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