

AN
ADULT'S
GUIDE
TO
STYLE

Pertaining to the Gregorc Style Delineator

SECTION V

A Self-Study Exercise

A key to accepting individual differences in ourselves and others lay in a simple method of style comparison. The following is designed to assist you in recognizing some of your personal stylistic characteristics.

In order to examine your style more closely, transfer the results of the Delineator scores and record them below.

CONCRETE SEQUENTIAL CHANNEL _____

ABSTRACT SEQUENTIAL CHANNEL _____

ABSTRACT RANDOM CHANNEL _____

CONCRETE RANDOM CHANNEL _____

PLEASE WRITE YOUR RESPONSES IN THE AREA PROVIDED.

What is your reaction to the results? do you agree? If yes, with what parts? If no, with what parts?

Keeping in mind that various style combinations occur (e.g., dominant CS and AR, etc.) and the fact that there is no "pure type," the following assessment exercises must be completed using your own insight and judgment.

(1) In your own words, list your "dominant" characteristics as they pertain to the following style categories. Please refer to Section III when writing your responses.

a) World of Reality:

(Concrete or Abstract)

b) Ordering Ability:

(Sequential or Random)

c) View of Time:

"I view time as being ...

d) Thinking Processes:

"My thinking is ...

e) Validation Processes:

"I seek validation
through ...

f) Focus of Attention:

"My real interests in life
lie in ...

g) Creativity:

"My area of creativity
lies in ...

h) Approach to Change:

"My attitude toward
change is ...

i) Approach to Life:

"My attitude toward life
is ...

j) Environmental Preferences:
"I like my environment to be ...

k) Use of Language:
"I convey my thoughts and ideas to others by ...

l) Primary Evaluative Words:
"When I am pleased, happy, and feel good, my general response is ...

m) Major Intolerances:
"I simply do not like ...

n) Negative Characteristics:
"I know I ...

(2) In light of the latter categories, list the style characteristics that are most powerful in you. (Example: "I am always organized," "I am dependable," etc.)

(3) List the negative characteristics which you are willing to admit are most powerful in you.
(Example: "I know I criticize other people too much.")

(4) What aspects of your style help you in the professional or work related area of your life?

(5) What aspects of your style cause you problems in the professional or work related area of your life?

(6) List personal characteristics that you "wish" you had . . .

Reflect on each of the items you listed in #6, and ask yourself:

a) Why do I wish to have this (these) characteristic(s)?

b) Does the wish come from the unfulfilled demand of a natural quality?

c) Does the wish come from wanting to meet an environmental demand?

d) Does the wish "fit" within your natural capacities and abilities?

e) Is your "wish" an illusion in terms of your natural capacities and abilities?

(7) List those personal characteristics that you "wish" you didn't have . . .

Reflect on each of the items you listed in #7, and ask yourself:

a) Why do I wish to get rid of this (these) characteristic(s)?

b) Does the wish come from an internal demand to be positive rather than negative in your use of the characteristic?

c) Does the wish come from wanting to meet an environmental demand or objection?

d) Are you truly willing to change any of the above characteristics?

e) What will that change require physically, emotionally, and intellectually?

f) Will you be comfortable with yourself if you actually change the characteristic?

g) How will people around you react to this change?

h) How can you encourage others to help facilitate your change?

i) What will be the consequences of your changes?

(8) Writing Exercise: Now that you have delineated certain aspects of your style, write a synopsis in paragraph form. Imagine that you are applying for the most important opportunity of your life and are required to submit an up-front, honest, and personal self-appraisal of your style and underlying abilities.

NOTE: This is a crucial exercise in self-study. Failure to attend to this task seriously can result in your efforts remaining at a superficial level.

