

## **AM I FALSIFYING TYPE?**

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Is "falsifying type" preventing you from feeling more joy? Take a minute to answer the questions within each of the following three groups. Read and answer them for yourself. The more "YES" answers you have, the greater the chances you are not achieving your full potential because you are falsifying your natural type.

### **Falsification of Type: A Self-Assessment**

Take a minute to answer the questions within each of the following three groups. Read and answer them for yourself. The more "YES" answers you have, the greater the chances you are not achieving your full potential because you are falsifying your natural type.

**During and Following the Work Day:**

- Do you find your job boring?
- Do you suffer from chronic fatigue?
- Do you suffer from headaches?
- Do you suffer from irritability?
- Do you experience a lack of joy?
- Do you frequently take sugar, coffee, or caffeinated drinks?

The more YES answers you have, the greater the probability that you are "Falsifying Type."

**During and Following the Work Day:**

- Does someone often want or need you to do things outside your area of giftedness?
- Does someone often put you down for doing what you enjoy or what comes easily for you?
- Does someone often tell you you are wrong, silly or stupid?
- Does someone often dismiss your ideas?
- Does someone often correct things you say or do?

The more YES answers you have, the greater the probability that you are being invalidated regularly by one or more persons around you, and as a result, that you are falsifying your natural type to please others and to reduce your emotional pain or discomfort.

**During and Following the Work Day:**

- When you walk into your office or home, do you immediately find yourself uncomfortable rather than comfortable?
- When in your office or home do you find yourself falling asleep rather than feeling alive and alert or bored?
- When in your office or home do you find yourself unable to focus rather than focused and absorbed in what you are doing?
- When in your office or home do you feel that time passes slowly or do you become so involved that you lose track of time? · When in your office or home, do you find you leave or go out to find some stimulation rather than settling in and wanting to stay put?

The more YES answers you have, the greater the probability that you are "Falsifying Type" as a result of living or working in an environment which does not speak to your gifts.