

Response Styles

Task Focus 1, 3, 5

More focused on solving the task “logically” without giving much attention to emotions both their own and others. Focused on finding solutions.

Silver Lining 2, 7, 9

Also known as “positive” they focus on avoiding addressing difficult, uncomfortable or negative issues. “It’ll work out” mentality.

Emotional Truth 4, 6, 8

Emotionally express themselves and find it hard to hide their emotions. They are good at listening to others , inviting emotional openness and need this reciprocated (to be heard/listened to in the same way).

