

The Whole Life Profile is based on Paradox Theory. A paradox is a seemingly contradictory statement which may nonetheless be true. According to Paradox Theory, a characteristic can be either constructive or destructive depending upon the complementary characteristic. For example, when Directness is complemented by Acknowledging, it takes the constructive form of being respectful. However, without the complementary characteristic of Acknowledging, being direct becomes blunt. While Directness and Acknowledging appear to be contradictory, they paradoxically co-exist, complementing and fulfilling each other.

This report focuses on 12 paradoxes that relate to life. It provides a graphical view of your tendencies related to each of the 12 paradoxes. Within each Paradox, there are two complementary (paradoxical) characteristics. One characteristic is a 'dynamic' characteristic such as Directness, while the other is a 'gentle' characteristic such as Acknowledging. Each of the 12 pairs of paradoxical characteristics are portrayed on an XY graph in order to depict the relationship between the paradoxical characteristics. The dynamic characteristic is measured along the vertical axis while the gentle characteristic is measured along the horizontal axis. The area within the XY graph is divided into four quadrants. The upper right quadrant (light red area) is the area in which both characteristics are strong and thus the characteristics manifest their constructive aspects. This is called 'balanced versatility'. The upper left quadrant is the area in which the dynamic characteristic is strong and the gentle characteristic is weak. This is called an 'aggressive imbalance' indicating a tendency to be overly aggressive. The lower right quadrant is the area in which the gentle characteristic is strong and the dynamic characteristic is weak. This is called a 'passive imbalance' indicating a tendency to be overly passive. The lower left quadrant is the area in which both characteristics are weak. This is called 'balanced deficiency' indicating a deficiency of both of the paradoxical characteristics. (See the Figure 1 below)

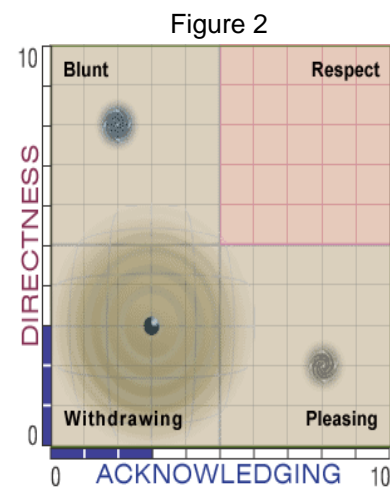
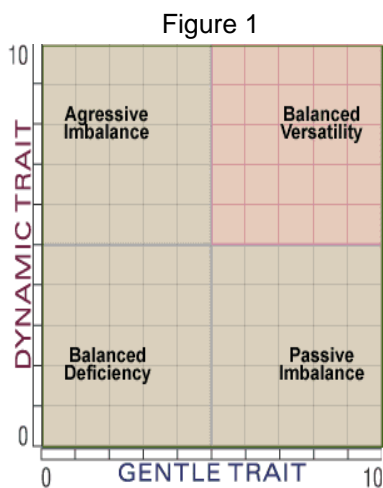


Figure 2 above is a sample paradox relating to Directness and Acknowledging. It shows the four additional characteristics that portray the relationship between Directness and Acknowledging. Being Direct and Acknowledging (balanced versatility) is called Respect. Being Direct without being Acknowledging (aggressive imbalance) is called Blunt. Being Acknowledging without being Direct (passive imbalance) is called Pleasing. Being lacking in Directness while at the same time being lacking in Acknowledging (balanced deficiency) is called Withdrawing.

Figure 2 also shows a sample of an individual's scores on that paradox. In this example, the individual scores a 3 (out of 10) on Directness and a 3 (out of 10) on Acknowledging and thus, the dot in the lower left quadrant corresponds to those increments on the vertical and horizontal scales. The rippling shaded area around the dot indicates the normal range of behavior. The smaller circles indicate this person's tendencies under stress. The circle in the upper left quadrant indicates an aggressive tendency under stress. The circle in the lower right quadrant indicates a passive tendency under stress. In this case, the person tends to flip to both opposite extremes at different times.

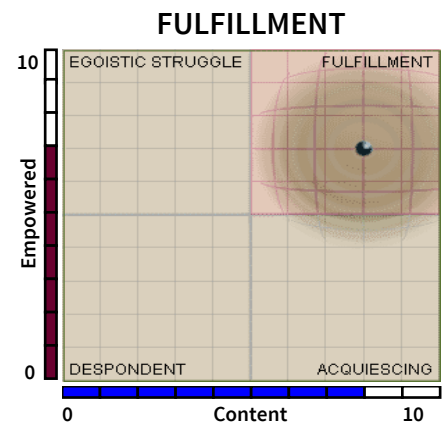
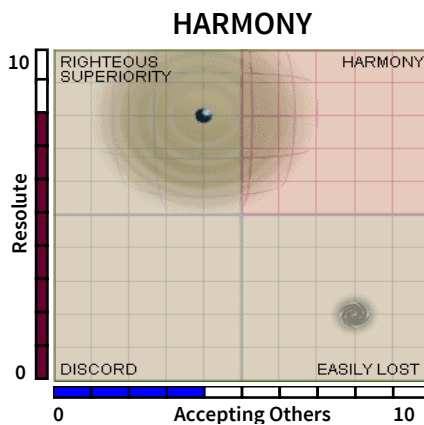
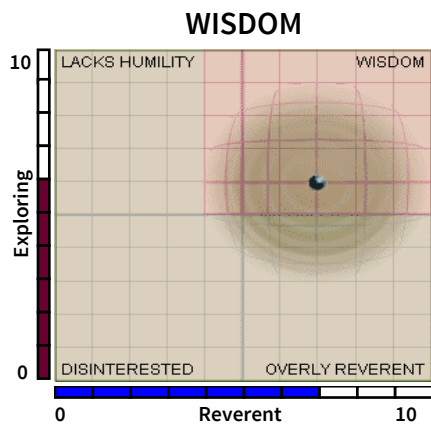
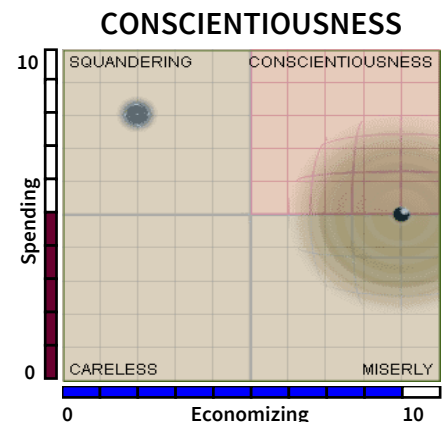
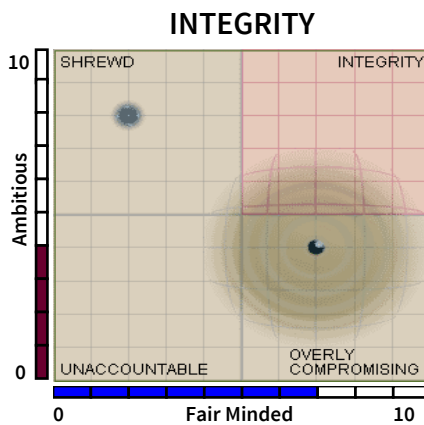
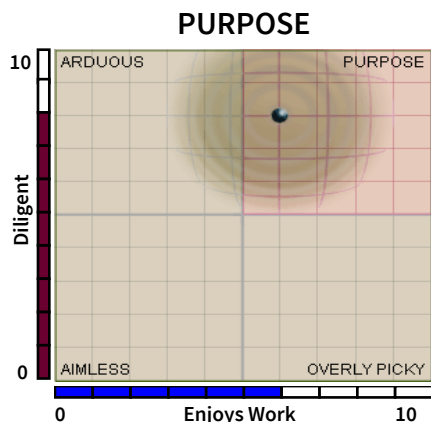
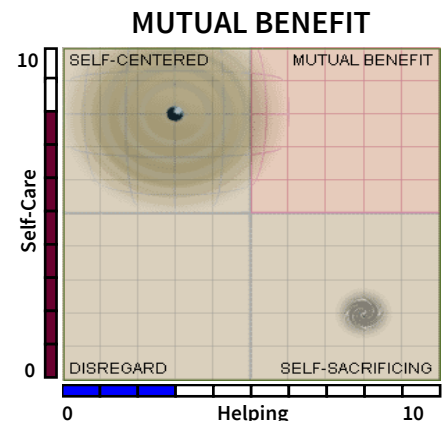
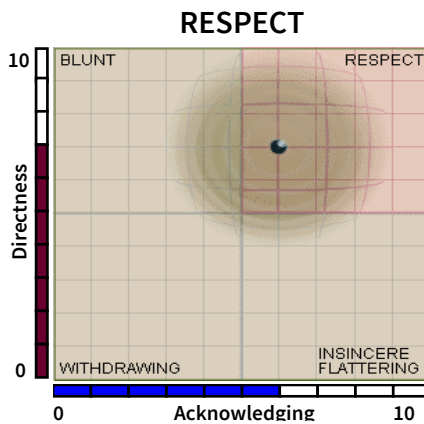
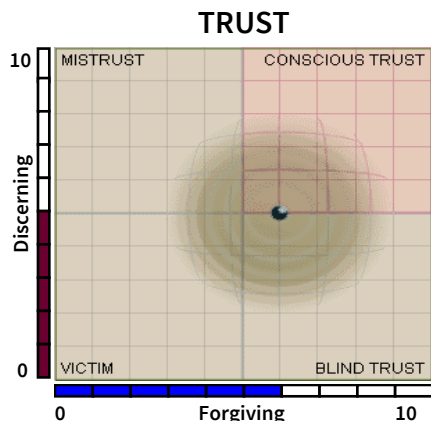
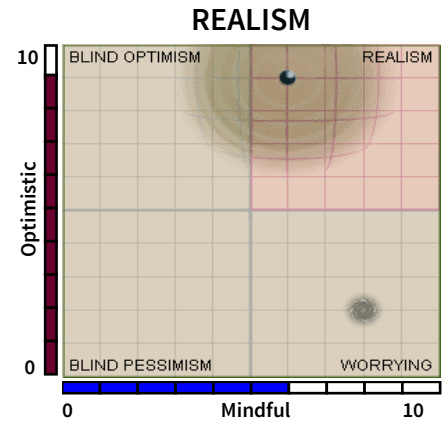
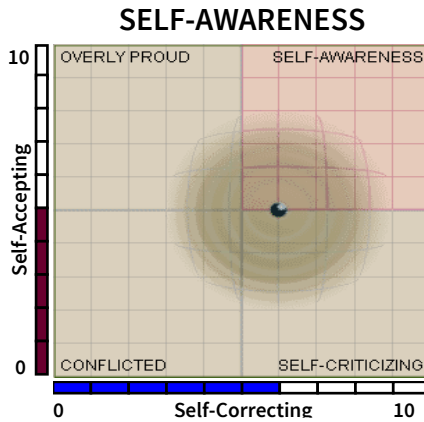
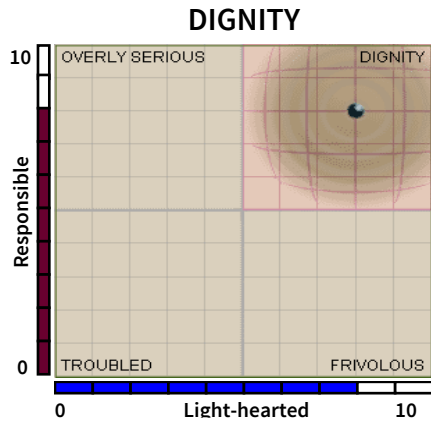
On the following page, all twelve paradox graphs are portrayed on one page in order to give an overview. The rows (see titles on the left of the page) relate to the Sphere Graph (The Five Healths) report. The four subjects relate to four fulfillments of life. (The physical health fulfillment is not entirely paradoxical, and thus, it is not represented in the Paradox Graph.

HAPPINESS

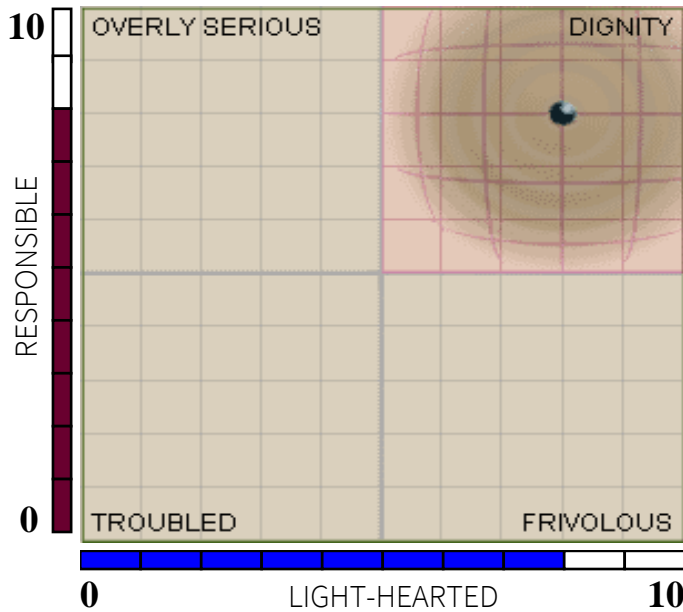
LOVE

SUCCESS

MEANING



## DIGNITY



*"Being responsible is essential for self-dignity, but there is no self-dignity unless your responsibilities are fulfilled in a light-hearted manner."*

**The Primary characteristics for this paradox are:**

**RESPONSIBLE**

The tendency to fulfill your obligations

**LIGHT-HEARTED**

The tendency to be cheerful, positive or fun loving

**There are four possible combinations for this paradox:**

**Dignity** - To fulfill responsibilities while at the same time being light-hearted (High Responsible and High Light-hearted).

**Frivolous** - To be light-hearted while avoiding or neglecting responsibilities (Low Responsible and High Light-hearted).

**Overly Serious** - To have an exaggerated sense of responsibility which gives a sense of heaviness (High Responsible and Low Light-hearted).

**Troubled** - To be overly serious while at the same time neglectful of responsibilities (Low Responsible and Low Light-hearted).

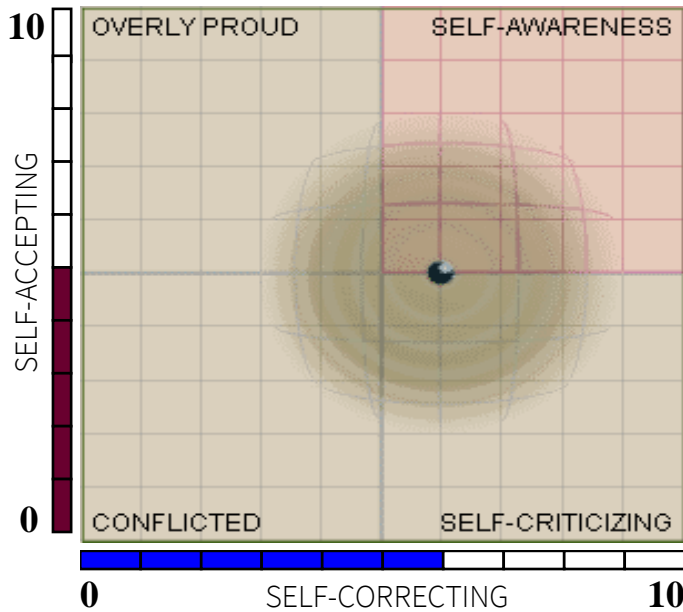
**Your tendencies for this paradox are:**

You take your responsibilities seriously.

You tend to be light-hearted and you usually don't get upset about things.

Annie, you are able to keep a good balance between fulfilling your responsibilities and being light-hearted. Your ability to fulfill work and family responsibilities while making it look easy reflects an unusual type of dignity. This type of mental balance is a real achievement. Your behavioral range (large circle) is in the Dignity quadrant.

## SELF-AWARENESS



*"Self-appreciation and self-correction when applied together create genuine self-awareness and transform your character toward greatness."*

**The Primary characteristics for this paradox are:**

**SELF-ACCEPTING**

To like yourself the way you are

**SELF-CORRECTING**

To reflect on and improve your thoughts and actions

**There are four possible combinations for this paradox:**

**Self-Awareness** - To appreciate your own strengths while at the same time seeking to continuous self-improvement (High Self-Accepting and High Self-Correcting).

**Self-Criticizing** - To overly focus on your weaknesses and mistakes while lacking self-acceptance (Low Self-Accepting and High Self-Correcting).

**Overly Proud** - To accept yourself without being willing to explore and correct your weaknesses (High Self-Accepting and Low Self-Correcting).

**Conflicted** - To lack self-acceptance while at the same time fail to explore and correct your weaknesses (Low Self-Accepting and Low Self-Correcting).

**Your tendencies for this paradox are:**

You may tend to be only moderately self-accepting.

You are moderately willing to correct yourself.

Annie, you are usually balanced between accepting yourself and making corrections. However, under stress, you can be either self-critical or overly proud. Your behavioral range (large circle) is in each of the four quadrants.

## REALISM

*"Being realistic is a matter of being optimistic and mindful at the same time."*

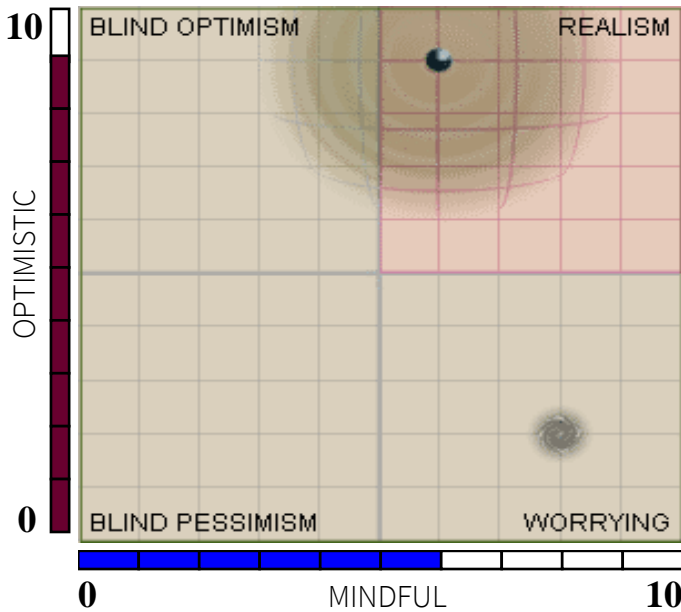
**The Primary characteristics for this paradox are:**

**OPTIMISTIC**

To believe the future will be positive

**MINDFUL**

To be attentive to potential problems



**There are four possible combinations for this paradox:**

**Realism** - To carefully examine the things that could go wrong while at the same time maintaining an optimistic view of the future (High Optimistic and High Mindful).

**Worrying** - To overly focus on the things that could go wrong (Low Optimistic and High Mindful).

**Blind Optimism** - To be optimistic without sufficiently considering the things that could go wrong (High Optimistic and Low Mindful).

**Blind Pessimism** - To believe the future will be bleak while at the same time being careless in ways that could make your negative beliefs come true (Low Optimistic and Low Mindful).

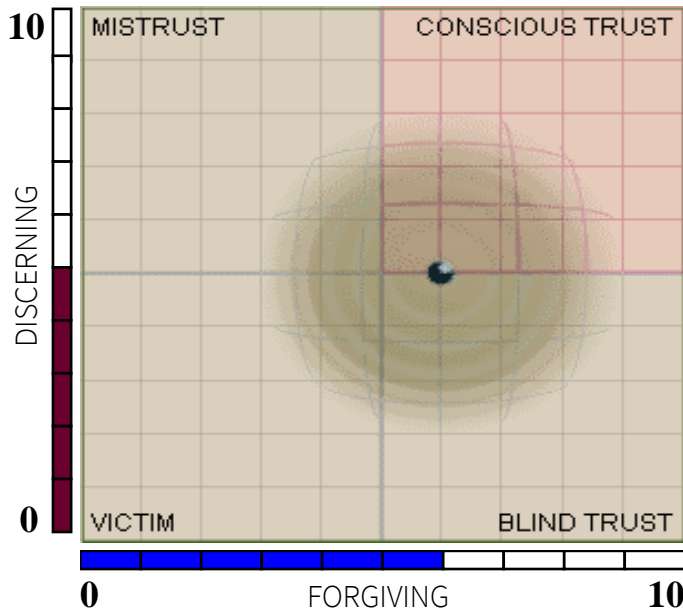
**Your tendencies for this paradox are:**

You tend to be very optimistic about the future.

You tend to be moderately careful when making decisions.

Annie, your positive attitude enables you to visualize a positive future and make reasonably good decisions. However, your tendency to be optimistic is greater than your tendency to be careful. As a result, you may be blindly optimistic and make decisions based on the hopeful benefits without sufficiently considering the potential problems. Thus, it may be wise to get input from others when it comes to making important decisions. The circle in the lower right indicates that your tendency to be blindly optimistic may be a compensation for an underlying fear of things going wrong.

## TRUST



*"Forgiveness relieves the suffering you have inflicted on yourself as a result of holding grudges and resentments. Discernment prevents others from inflicting suffering on you. By being both forgiving and discerning, you establish conscientious trust."*

**The Primary characteristics for this paradox are:**

**DISCERNING**

To trust others according to their observed behaviors

**FORGIVING**

To let go of resentments when you are mistreated

**There are four possible combinations for this paradox:**

**Conscious Trust** - Allowing others to earn your confidence or belief in their integrity (High Discerning and High Forgiving).

**Blind Trust** - To forgive people who hurt you while continuing to fail to examine people's' trustworthiness before trusting (Low Discerning and High Forgiving).

**Mistrust** - To excessively take attitudes and actions based on the assumption that others will hurt you (High Discerning and Low Forgiving).

**Victim** - The combination of holding grudges while at the same time lacking discernment about trusting. (Low Discerning and Low Forgiving).

**Your tendencies for this paradox are:**

Before trusting people with something important, you sometimes observe their behavior to determine if they are trustworthy.

You are moderately forgiving but you may sometimes carry a grudge.

Annie, you are occasionally able to keep a balance between protecting yourself and forgiving. However, you may find that if you paid more attention before trusting people you may have less to forgive. You may wish to consider reflecting on any grudges you are holding to see how you could have had greater discernment in that situation.

## RESPECT

*"To establish mutual respect, appreciate the good qualities of others while at the same time being truthful and direct."*

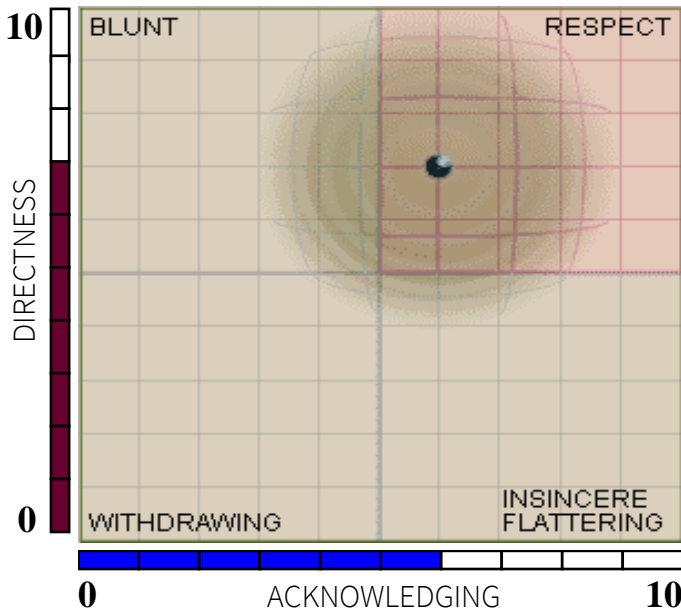
**The Primary characteristics for this paradox are:**

### DIRECTNESS

To communicate openly and straightforwardly

### ACKNOWLEDGING

To express your awareness of the strengths and accomplishments of others



**There are four possible combinations for this paradox:**

**Respect** - To be truthful and direct while at the same time acknowledging the positive qualities of others (High Directness and High Acknowledging).

**Insincere Flattering** - To say nice things to others while withholding what you really think (Low Directness and High Acknowledging).

**Blunt** - To express what you think without sufficiently recognizing and acknowledging the positive aspects of others (High Directness and Low Acknowledging).

**Withdrawing** - To withdraw from genuine and direct communication (Low Directness and Low Acknowledging).

**Your tendencies for this paradox are:**

You usually tend to be forthright, usually stating what you think in a direct manner. You are usually willing to give people direct feedback.

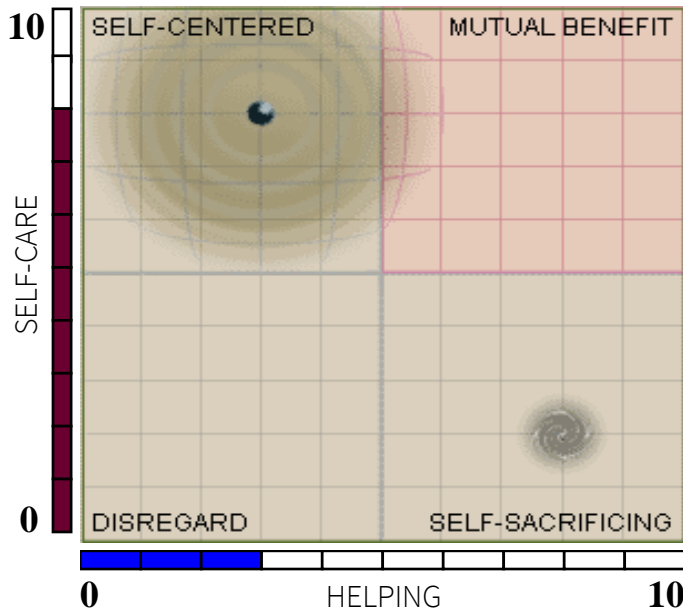
You moderately recognize and acknowledge others for their positive qualities.

Annie, your frankness usually enables you to establish communication with others and resolve misunderstandings. However, you tend to over-emphasize the need to be truthful without sufficiently considering the importance of building rapport by acknowledging the positive aspects of others. Consequently, others may often feel unappreciated. By making a stronger effort to acknowledge the positive aspects of others you will build stronger communication and rapport with them.



## MUTUAL BENEFIT

*"Quality relationships are built upon meeting mutual needs."*



**The Primary characteristics for this paradox are:**

**SELF-CARE**

To do the necessary things to fulfill your needs

**HELPING**

To extend kind-hearted help to others

**There are four possible combinations for this paradox:**

**Mutual Benefit** - To fulfill your own needs while at the same time help others to fulfill their needs (High Self-Care and High Helping).

**Self-Sacrificing** - To focus on helping others while neglecting your own real needs (Low Self-Care and High Helping).

**Self-Centered** - To focus on your own needs while neglecting the needs of others (High Self-Care and Low Helping).

**Disregard** - To neglect your own needs as well as the needs of others (Low Self-Care and Low Helping).

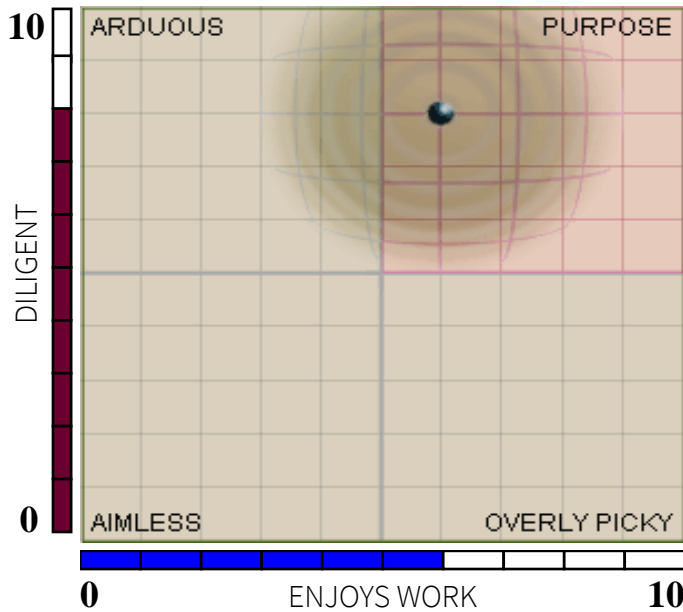
**Your tendencies for this paradox are:**

You tend to withhold your caring and help from others.

You are quite creative in fulfilling your needs.

Annie, you take responsibility for fulfilling your own needs which give you a sense of independence. This independence can be useful when establishing good relationships. However, your initiative to fulfill your own needs may be greater than your tendency to express your caring and helpfulness to others. This could cause others to think you care about yourself but don't care enough about them. By making a stronger effort to help others and express your caring, you will help to fulfill one of your most important needs: having loving relationships. The circle in the lower right indicates that indicates that by being self-centered, you may be sacrificing one of your most important needs.

## PURPOSE



*"By diligently applying yourself to work that you love, your strong sense of purpose will help you build financial strength."*

**The Primary characteristics for this paradox are:**

**DILIGENT**

To apply self-discipline to complete a task or project

**ENJOYS WORK**

To experience fulfillment from your career

**There are four possible combinations for this paradox:**

**Purpose** - To apply yourself diligently to work that you enjoy (High Diligent and High Enjoys Work).

**Overly Picky** - To only focus on the things that you enjoy without doing things that are necessary to succeed (Low Diligent and High Enjoys Work).

**Arduous** - To diligently apply yourself to work even though you don't enjoy it (High Diligent and Low Enjoys Work).

**Aimless** - To dislike your work while at the same time lacking diligence (Low Diligent and Low Enjoys Work).

**Your tendencies for this paradox are:**

You are quite diligent, being willing to apply the self-discipline you think will help you to succeed.

You moderately enjoy your work, however, it may be worthwhile to adjust your career activities or even find a new one that you would enjoy more.

Annie, your high level of diligence probably enables you to make significant achievements. By continually applying yourself, you are very likely to become more and more skilled at whatever you do. However, your diligence is greater than your enjoyment of your work and thus, your work may feel arduous. You may consider finding different tasks that could make your career more satisfying. Or, you might even consider looking for a new career that would be more satisfying.

## INTEGRITY

*"Striving for financial independence is morally or ethically right if you give equal importance to a high level of honesty and fairness."*

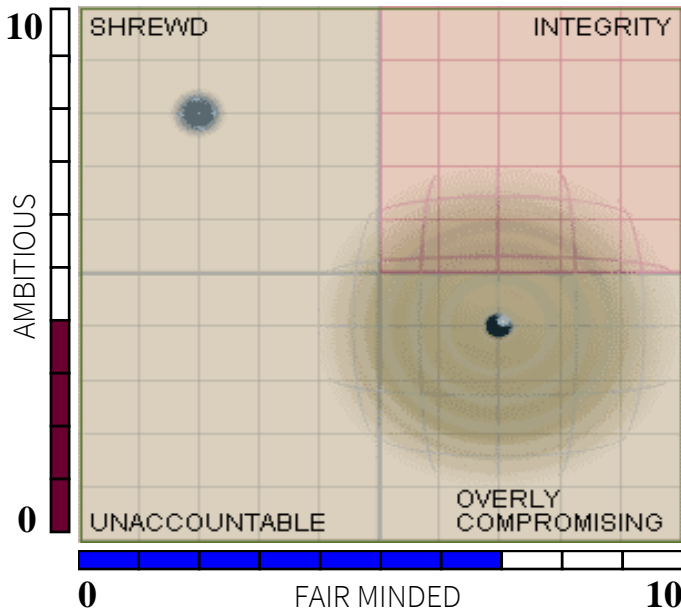
**The Primary characteristics for this paradox are:**

### AMBITIOUS

To take responsibility for your financial well-being and financial security

### FAIR MINDED

To strive to be equitable, just and honest



**There are four possible combinations for this paradox:**

**Integrity** - To take financial responsibility for your life while at the same time being fair to others (High Ambitious and High Fair Minded).

**Overly Compromising** - To try to be fair to others without paying sufficient attention to your own financial well being (Low Ambitious and High Fair Minded).

**Shrewd** - To pursue your own financial well being at the expense of being fair with others (High Ambitious and Low Fair Minded).

**Unaccountable** - To be neither fair nor financially responsible (Low Ambitious and Low Fair Minded).

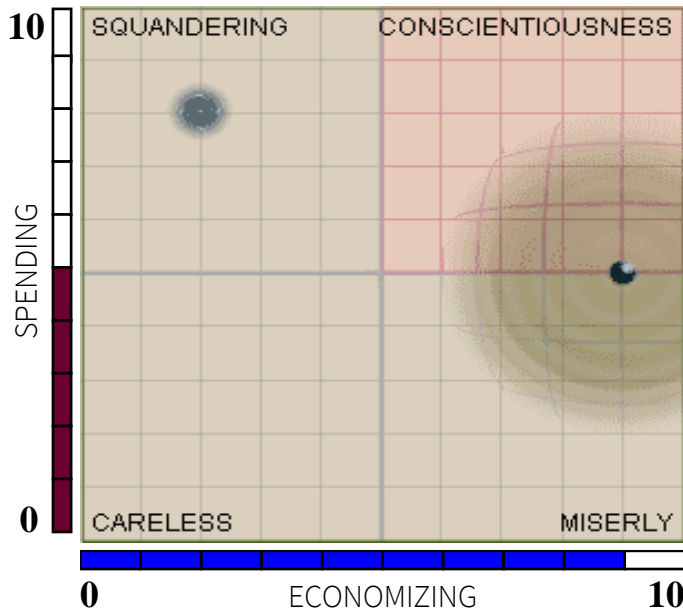
**Your tendencies for this paradox are:**

You place fairly little value on financial stability and you spend little effort to maintain or build financial strength.

In most cases, you are probably honest when dealing with money and business.

Annie, your high level of fairness is a demonstration of treating others the way you would like to be treated. This virtue will provide great value to your life. However, your tendency to be fair is much greater than your level of responsibility for your own finances. Consequently, you may find yourself in a less than desirable financial position. There is nothing wrong with vigorously pursuing financial independence while at the same time keeping high integrity. The circle in the upper left indicates that after being overly fair, you may find yourself in a less than desirable financial position. And as a result of such financial pressures, you could 'flip' to the opposite by becoming shrewd.

## CONSCIENTIOUSNESS



*"A spendthrift invites all types of trouble but a miser enjoys nothing. Therefore, keep a balance between today's enjoyments and tomorrow's prosperity."*

**The Primary characteristics for this paradox are:**

### SPENDING

The willingness to spend money on things that are fulfilling

### ECONOMIZING

The tendency to save and invest to ensure a better financial future

**There are four possible combinations for this paradox:**

**Conscientiousness** - To use money for things that are fulfilling while at the same time save or invest in your financial future (High Spending and High Economizing).

**Miserly** - To excessively save or invest without keeping a balance of enjoying the money you have (Low Spending and High Economizing).

**Squandering** - To spend money on your enjoyments without saving or investing for your future (High Spending and Low Economizing).

**Careless** - To lack conscientiousness when spending or saving money (Low Spending and Low Economizing).

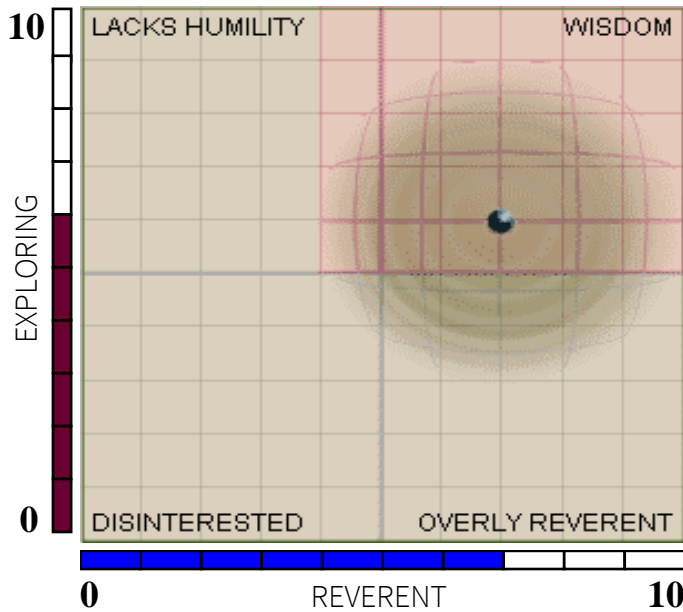
**Your tendencies for this paradox are:**

You are only moderately willing to spend money on the things that you think will give you a better quality of life.

You give a high priority to saving or investing money.

Annie, you have a strong intent to achieve a prosperous future because you are conservative regarding spending money and you are disciplined to save or invest for the future. However, your tendency to save or invest is greater than your tendency to use your money for a higher quality of life. To some degree it is wise to sacrifice enjoyments now to achieve greater prosperity in the future. However, be mindful that if you are too imbalanced in this way you could undermine the very purpose of your money. Although a miser can have money, he/she seldom enjoys prosperity. The circle in the upper left indicates that as a result of being miserly, you could occasionally 'flip' and spend too much on something as compensation.

## WISDOM



*"You can learn from the wisdom of others but it is not your wisdom until you have applied it appropriately in your life. That means you must interpret how true principles can be best applied in different life situations."*

**The Primary characteristics for this paradox are:**

**EXPLORING**

To explore you own understanding of life

**REVERENT**

To respect and learn from people who have wisdom

**There are four possible combinations for this paradox:**

**Wisdom** - To pursue your own understanding of life while at the same time learning from other sources of wisdom (High Exploring and High Reverent).

**Overly Reverent** - To rely on the wisdom from outside sources without pursuing your own deeper understanding of life (Low Exploring and High Reverent).

**Lacks Humility** - To explore your understanding of life while ignoring outside sources of wisdom (High Exploring and Low Reverent).

**Disinterested** - To be disinterested in pursuing a deeper understanding of life (Low Exploring and Low Reverent).

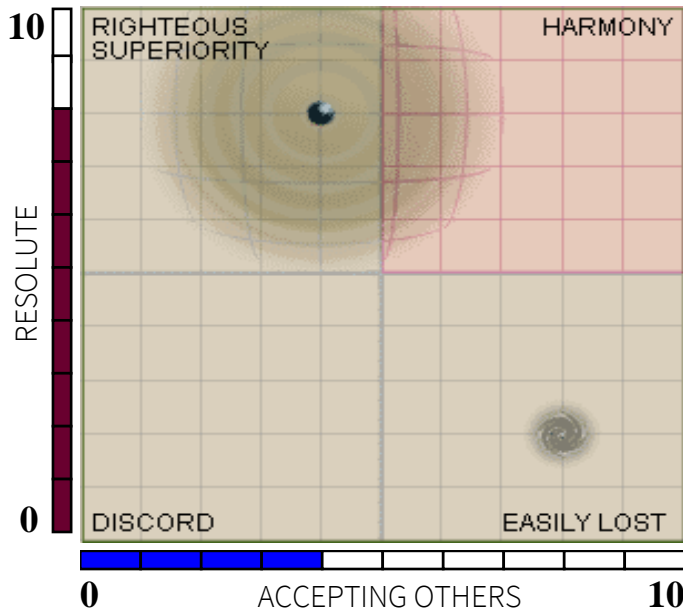
**Your tendencies for this paradox are:**

You give moderate value to obtaining a greater insight and wisdom and you are sometimes willing to explore and revise your beliefs.

You place some value on wisdom taught by others and you sometimes use it to broaden your understanding.

Annie, you often explore the wisdom taught by others and this appreciation helps to provide you with and a greater sense of life meaning. However, you give less importance to your own reflection and search for greater truth. This approach may hinder you from developing true wisdom in that it does not sufficiently engage your own contemplation and reflection.

## HARMONY



*"To achieve internal and external harmony, be resolute in maintaining your own virtue while at the same time accept others even if their behavior does not meet your standards."*

**The Primary characteristics for this paradox are:**

**RESOLUTE**

The tendency to follow virtuous principles

**ACCEPTING OTHERS**

To accept others the way they are

**There are four possible combinations for this paradox:**

**Harmony** - To be resolute in virtuous actions while accepting others (High Resolute and High Accepting Others).

**Easily Lost** - To accept other people while at the same time lack interest in virtuous principles (Low Resolute and High Accepting Others).

**Righteous Superiority** - To have strong standards for virtue while lacking acceptance of others (High Resolute and Low Accepting Others).

**Discord** - To lack acceptance of others while at the same time lack interest in virtuous principles (Low Resolute and Low Accepting Others).

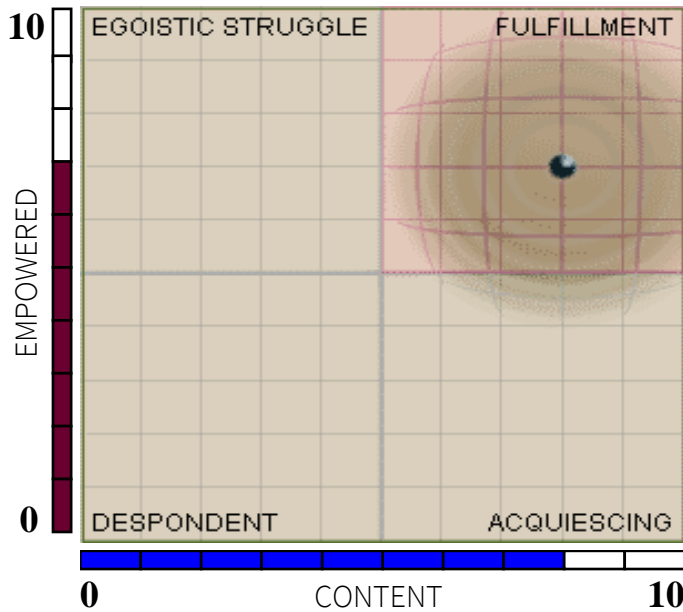
**Your tendencies for this paradox are:**

You consider following virtuous principles to be important.

You tend to be somewhat lacking in acceptance for others.

Annie, your ethical standards can provide a good direction for your life. However, your adherence to those standards is stronger than your acceptance of others and thus, you may sometimes be too harsh in your judgment of others when they don't meet your standards. If carried to the extreme, it can become an attitude of righteous superiority which can cause conflicts with others. This could be a result of you not acknowledging that you have made similar mistakes, or it could be a failure to recognize that others have their own level of growth. While it can sometimes be beneficial to encourage others to improve, it rarely helps to be critical or aggressively correct their attitudes and behaviors. The circle in the lower right indicates that your level of acceptance of others could to some degree (depending upon the size of the circle) compromise your virtuous principles.

## FULFILLMENT



*"Spiritual clarity is a matter of knowing what you can change and what you need to accept. By feeling both empowered and content, you fulfill your life."*

**The Primary characteristics for this paradox are:**

**EMPOWERED**

The sense of being able to accomplish what one wants

**CONTENT**

To be content with your life

**There are four possible combinations for this paradox:**

**Fulfillment** - To feel empowered to deal with your life circumstances while at the same time accepting the circumstances you can't immediately change (High Empowered and High Content).

**Acquiescing** - To accept your life circumstances while at the same time feel disempowered to change things (Low Empowered and High Content).

**Egoistic Struggle** - To feel empowered with your life while at the same time discontent about your life circumstances (High Empowered and Low Content).

**Despondent** - To feel discontent with your life circumstances while at the same time not feeling empowered to change it (Low Empowered and Low Content).

**Your tendencies for this paradox are:**

You generally feel empowered to do what you want to do. You know that when you intend to do something, you often make it happen. You have a capacity to be content with the way things are, and you seldom struggle with things that cannot be changed.

Annie, you have a rare combination of strength and flexibility. You feel very able to change things while at the same time you are very accepting of the way things are. Although you feel the power to impact life circumstances, you also have the contentment to accept and flow with things the way they are. You probably have the wisdom to know what you can change and what you need to accept.