

the **FREAK** FACTOR

deviant traits assessment

- Put a check in the box on the left next to your positive traits
- If you notice a trait that is definitely not one of your strengths, draw a line through it.
- Choose your top five strengths from those you've selected.
- Rank them from one to five (one being the strongest).

X	STRENGTH	X	STRENGTH	X	STRENGTH
	1. Creative, Innovative		19. Independent, Self-Sufficient		37. Extravagant, Elegant
	2. Organized, Systematic		20. Team Player, Unselfish		38. Simple, Natural
	3. Dedicated, Persistent		21. Objective, Unbiased		39. Self-Controlled, Disciplined
	4. Flexible, Adaptable		22. Sensitive, Caring		40. Fun, Entertaining
	5. Enthusiastic, Passionate		23. Humble, Modest		41. Serious, Mature
	6. Calm, Laid-Back		24. Confident, Secure		42. Funny, Amusing
	7. Dynamic, Active		25. Patient, Cautious		43. Focused, Diligent
	8. Reflective, Thoughtful		26. Spontaneous, Instinctive		44. Exploring, Discovering
	9. Adventurous, Courageous		27. Influential, Powerful		45. Generous, Altruistic
	10. Responsible, Cautious		28. Obedient, Dutiful		46. Frugal, Thrifty
	11. Activist, Revolutionary		29. Motivated, Ambitious		47. Curious, Inquisitive
	12. Conventional, Traditional		30. Relaxed, Easygoing		48. Content, Satisfied
	13. Direct, Honest		31. Analytical, Rational		49. Loyal, Devoted
	14. Polite, Courteous		32. Compassionate, Sympathetic		50. Adaptable, Flexible
	15. Cooperative, Helpful		33. Positive, Encouraging		51. Detail-Oriented, Meticulous
	16. Competitive, Assertive		34. Realistic, Sensible		52. Global, General
	17. Theoretical, Idealistic		35. Open-Minded, Tolerant		
	18. Realistic, Practical		36. Certain, Decisive		

#1 Strength: _____ #4 Strength: _____
 #2 Strength: _____ #5 Strength: _____
 #3 Strength: _____



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deviant traits assessment

- Put a check in the box on the left next to your negative traits.
- If you notice a trait that is definitely not one of your weaknesses, draw a line through it.
- Choose your top five weaknesses from those you've selected.
- Rank them from one to five (one being the weakest).

X	WEAKNESS
<input type="checkbox"/>	1. Chaotic, Disorganized
<input type="checkbox"/>	2. Rigid, Inflexible
<input type="checkbox"/>	3. Stubborn, Obstinate
<input type="checkbox"/>	4. Inconsistent, Unreliable
<input type="checkbox"/>	5. Quick-Tempered, Angry
<input type="checkbox"/>	6. Unfeeling, Emotionless
<input type="checkbox"/>	7. Frantic, Restless
<input type="checkbox"/>	8. Quiet, Shy
<input type="checkbox"/>	9. Reckless, Irresponsible
<input type="checkbox"/>	10. Boring, Uninteresting
<input type="checkbox"/>	11. Rebellious, Radical
<input type="checkbox"/>	12. Old-Fashioned, Conformist
<input type="checkbox"/>	13. Blunt, Rude
<input type="checkbox"/>	14. Superficial, Insincere
<input type="checkbox"/>	15. Passive, Submissive
<input type="checkbox"/>	16. Antagonistic, Aggressive
<input type="checkbox"/>	17. Unrealistic, Impractical
<input type="checkbox"/>	18. Negative, Critical

X	WEAKNESS
<input type="checkbox"/>	19. Isolated, Selfish
<input type="checkbox"/>	20. Dependent, Needy
<input type="checkbox"/>	21. Detached, Insensitive
<input type="checkbox"/>	22. Vulnerable, Emotional
<input type="checkbox"/>	23. Timid, Insecure
<input type="checkbox"/>	24. Arrogant, Conceited
<input type="checkbox"/>	25. Slow, Indecisive
<input type="checkbox"/>	26. Impatient, Impulsive
<input type="checkbox"/>	27. Controlling, Manipulative
<input type="checkbox"/>	28. Weak, Subservient
<input type="checkbox"/>	29. Obsessive, Workaholic
<input type="checkbox"/>	30. Unmotivated, Lazy
<input type="checkbox"/>	31. Critical, Judgmental
<input type="checkbox"/>	32. Lenient, Indulgent
<input type="checkbox"/>	33. Flattering, Naive
<input type="checkbox"/>	34. Negative, Discouraging
<input type="checkbox"/>	35. Unprincipled, Naive
<input type="checkbox"/>	36. Opinionated, Dogmatic

X	WEAKNESS
<input type="checkbox"/>	37. Complicated, Difficult
<input type="checkbox"/>	38. Plain, Dull
<input type="checkbox"/>	39. Harsh, Stiff
<input type="checkbox"/>	40. Hedonistic, Self-Indulgent
<input type="checkbox"/>	41. Humorless, Solemn
<input type="checkbox"/>	42. Silly, Immature
<input type="checkbox"/>	43. Limited, Restricted, Narrow
<input type="checkbox"/>	44. Distractible, Unfocused
<input type="checkbox"/>	45. Pushover, Sucker
<input type="checkbox"/>	46. Stingy, Cheap
<input type="checkbox"/>	47. Intrusive, Nosy
<input type="checkbox"/>	48. Apathetic, Indifferent
<input type="checkbox"/>	49. Robotic, Gullible
<input type="checkbox"/>	50. Disloyal, Fickle
<input type="checkbox"/>	51. Perfectionist, Compulsive
<input type="checkbox"/>	52. Sloppy, Careless

#1 Weakness: _____ #4 Weakness: _____
 #2 Weakness: _____ #5 Weakness: _____
 #3 Weakness: _____



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1. Make a list of the top five strengths and weaknesses that you identified in the charts on the previous pages
2. Put a check mark next to each of them on the chart below.
3. Circle any matches: a match is when you chose a strength and its corresponding weakness. (For example, 7. Dynamic, Active and 7. Frantic, Restless)
4. For those traits that didn't match, identify the corresponding strength or weakness. Does the trait describe you? If so, circle that match as well

X	STRENGTH	X	WEAKNESS
	1. Creative, Innovative		1. Chaotic, Disorganized
	2. Organized, Systematic		2. Rigid, Inflexible
	3. Dedicated, Persistent		3. Stubborn, Obstinate
	4. Flexible, Adaptable		4. Inconsistent, Unreliable
	5. Enthusiastic, Passionate		5. Quick-Tempered, Angry
	6. Calm, Laid-Back		6. Unfeeling, Emotionless
	7. Dynamic, Active		7. Frantic, Restless
	8. Reflective, Thoughtful		8. Quiet, Shy
	9. Adventurous, Courageous		9. Reckless, Irresponsible
	10. Responsible, Cautious		10. Boring, Uninteresting
	11. Activist, Revolutionary		11. Rebellious, Radical
	12. Conventional, Traditional		12. Old-Fashioned, Conformist
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	16. Competitive, Assertive		16. Antagonistic, Aggressive
	17. Theoretical, Idealistic		17. Unrealistic, Impractical
	18. Realistic, Practical		18. Negative, Critical
	19. Independent, Self-Sufficient		19. Isolated, Selfish
	20. Team Player, Unselfish		20. Dependent, Needy
	21. Objective, Unbiased		21. Detached, Insensitive
	22. Sensitive, Caring		22. Vulnerable, Emotional
	23. Humble, Modest		23. Timid, Insecure
	24. Confident, Secure		24. Arrogant, Conceited
	25. Patient, Cautious		25. Slow, Indecisive
	26. Spontaneous, Instinctive		26. Impatient, Impulsive

X	STRENGTH	X	WEAKNESS
	27. Influential, Powerful		27. Controlling, Manipulative
	28. Obedient, Dutiful		28. Weak, Subservient
	29. Motivated, Ambitious		29. Obsessive, Workaholic
	30. Relaxed, Easygoing		30. Unmotivated, Lazy
	31. Analytical, Rational		31. Critical, Judgmental
	32. Compassionate, Sympathetic		32. Lenient, Indulgent
	33. Positive, Encouraging		33. Flattering, Naive
	34. Realistic, Sensible		34. Negative, Discouraging
	35. Open-Minded, Tolerant		35. Unprincipled, Naive
	36. Certain, Decisive		36. Opinionated, Dogmatic
	37. Extravagant, Elegant		37. Complicated, Difficult
	38. Simple, Natural		38. Plain, Dull
	39. Self-Controlled, Disciplined		39. Harsh, Stiff
	40. Fun, Entertaining		40. Hedonistic, Self-Indulgent
	41. Serious, Mature		41. Humorless, Solemn
	42. Funny, Amusing		42. Silly, Immature
	43. Focused		43. Limited, Restricted, Narrow
	44. Exploring, Discovering		44. Distractible, Unfocused
	45. Generous, Altruistic		45. Pushover, Sucker
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	47. Curious, Inquisitive		47. Intrusive, Nosy
	48. Content, Satisfied		48. Apathetic, Indifferent
	49. Loyal, Devoted		49. Robotic, Gullible
	50. Adaptable, Flexible		50. Disloyal, Fickle
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