

Your Mindset Quotient Test Full Analysis

DEFENDER/REALIST

Universal Law (L)
 Operation / Application of Success Principles

5	Defender / 5th Realm D5R	Achiever / 5th Realm A5R	Exemplar / 5th Realm E5R	Vessel / 5th Realm V5R	5RC
4	Defender / Sage DS	Achiever / Sage AS	Exemplar / Sage ES	Vessel / Sage VS	5th Realm / Sage SRS
3	Defender / Optimist DO	Achiever / Optimist AO	Exemplar / Optimist EO	Vessel / Optimist VO	5th Realm / Optimist SRO
2	Defender / Sentry DN	Achiever / Sentry AN	Exemplar / Sentry EN	Vessel / Sentry VN	5th Realm / Sentry SRN
1	Defender / Realist DR	Achiever / Realist AR	Exemplar / Realist ER	Vessel / Realist VR	5th Realm / Realist SRR
	1 Defender (D)	2 Achiever (A)	3 Exemplar (E)	4 Vessel (V)	5

Motivation / Ideals in Relationships
Humanity (H)

© 2022 Institute for Personal and Business Development

Defender/Realist (DR)

Points (H) 0.00-1.99, (L) 0.00-1.99

Protector, reactor, shrewd, strong-willed

Overview - This is the most guarded mindset type on the grid because it lives one of the most reactive, survival-based experiences. It has trust issues with people (probably for good reason) and lives in fear, largely unaware of, or resistant to the universal laws that govern us all. A Defender is always ready with a response, because after all, anything could go wrong at any given moment, and it often does. Each decision, each response, is based on the belief that you are on your own, and that success depends solely on your own strength or smarts.

Strengths - Loyal, patient, intuitive, pragmatic, street smart, scrappy, responsible, grounded, considerate.

Driven by - Survival, ease, stability, security, self-reliance, personal needs, responsibility, reputation, protecting what's yours, focused on self-reliance.

Combination Analysis - Loyal and Intuitive in relationships, you have a sixth-sense about others' intentions, and you may be sensitive, sometimes to a fault. Your keen observation skills sometimes get in the way of seeing what's possible, and you may resist change, especially when it is imposed by someone else. The struggle with fear may be running in the background - a fear of loss, fear of falling short, or fear of change. You value stability and predictability in relationships.

When threatened, you are quick to react, either by going quiet to de-escalate a conflict, or by fighting to end the conflict as soon as possible. In either case, you need things to be resolved quickly. There is no in-between for the Defender. It's your deep need for things to be the way they should be that keeps you from responding only half-way.

The retreator version of the Defender may be accused of being too sensitive, or for playing the role of a martyr. The fighter version of the Defender may be criticized for being brash, blunt, or too demanding. In either case, it is the potential threat to your identity and safety in your relationships that may cause you to retreat, deflect, deny, or blame an accuser. Both responses show a deep need to protect who you are and what's yours, because you've worked too hard to survive this far.

Because you often find yourself living in survival mode, your default objective may be to preserve the status quo, even if it's undesirable.

You pride yourself in being intelligent and grounded in the way you operate and in the execution of your goals. You feel deeply and wish for a better life, but often circumstances beyond your control keep you from enjoying the results you want.

You've tried to make changes, but nothing seems to work, at least permanently. It's hard to believe things will ever change. You often feel unlucky, and struggle to get ahead. You're weary from repeated disappointments and skeptical of anyone who tells you things can improve. Basically, you'll believe it when you see it.

Sometimes you feel that people who offer solutions have ulterior motives. While some people may call you a cynic, you call it wisdom. You can relate with the saying, "Fool me once, shame on you. Fool me twice, shame on me." You're determined never to be fooled again.

You're always open to learning more, if there's truly something new to learn, and if it makes logical sense. Still, it's easy to feel upset when things go wrong, and you may fundamentally disagree with anyone who claims that your thoughts play any role in causing your misfortune. You are more likely to trust science and academia than social media, empirical proof more than a (probably fabricated) testimonial, and you trust yourself to get things done more than almost anyone else.

Other Common Attributes of the Defender/Realist:

- Observant and aware of other's reactions and feelings.
- Excellent/detailed memory for what is important to others.
- Quick to adjust to any surrounding with a sense of the environment's functions and how to best use them.
- Reliable for follow through and completion of tasks.
- Grounded, practical, and dependable.
- Does not like working with abstract thought or theory.
- Finds it difficult to do things that don't make sense to you.
- Appreciates tradition, security, and living a peaceful life.
- Naturally focuses on what people need and want.
- Considerate, kind, and thoughtful.
- Inclined to put the needs of others above your own.
- Learns best in environments where people are supportive of one another.
- Takes responsibilities seriously.
- When others are attacked, you feel the need to protect.
- Feels that values and principles are more important than ideals and standards.
- Willing to do almost anything necessary to deliver on a promise.
- Tries to be as generous as possible with loved ones but is sometimes left feeling taken for granted.
- Friendly, affirming atmospheres fill the soul with meaning and happiness.
- You try to always be prepared for the worst.

- You feel that if other people would just do their part, you'd be able to avoid more of life's hardships.

Possible Blind Spots - This mindset type combination is the most likely to play martyr, and may be brash, blunt, demanding, codependent, and unwilling to bend. You may respond to perceived emotional attacks or threats with rudeness, brute retaliation, or stone-coldness. You may be perceived by others as self-centered or pretentious, a bully, doubter, struggling, having a bad attitude. You may attempt to hide these flaws, but they are more easily detected by others than you think. If nobody is saying anything, they're likely just tolerating it to keep the peace. An unchecked defender/realist is a cynic, and may show unchecked anger when things go wrong. The more you persist in these thought- and response-habits, the more life will seem to bully you.

One who grows beyond the Defender/Realist stage of development will attest to the following:

"Let a man cease from his [harsh or demeaning] thoughts, and all the world will soften toward him, and be ready to help him; let him put away his weakly and sickly thoughts, and lo! opportunities will spring up on every hand to aid his strong resolves; let him encourage good thoughts, and no hard fate shall bind him down..." - James Allen, As a Man Thinketh

Change your score, Change your life!

Learn about the other mindset types [here](https://mindsetquotienttest.com/results-extended).
(<https://mindsetquotienttest.com/results-extended>)

"Where do I go from here?" - Discover how your skill for detecting truth from error can give you an uncommon advantage in achieving your goals, and leverage your sixth-sense to create more financial security. Download the [FREE ebook here](https://www.jackrabbitfactor.com).
(www.jackrabbitfactor.com)