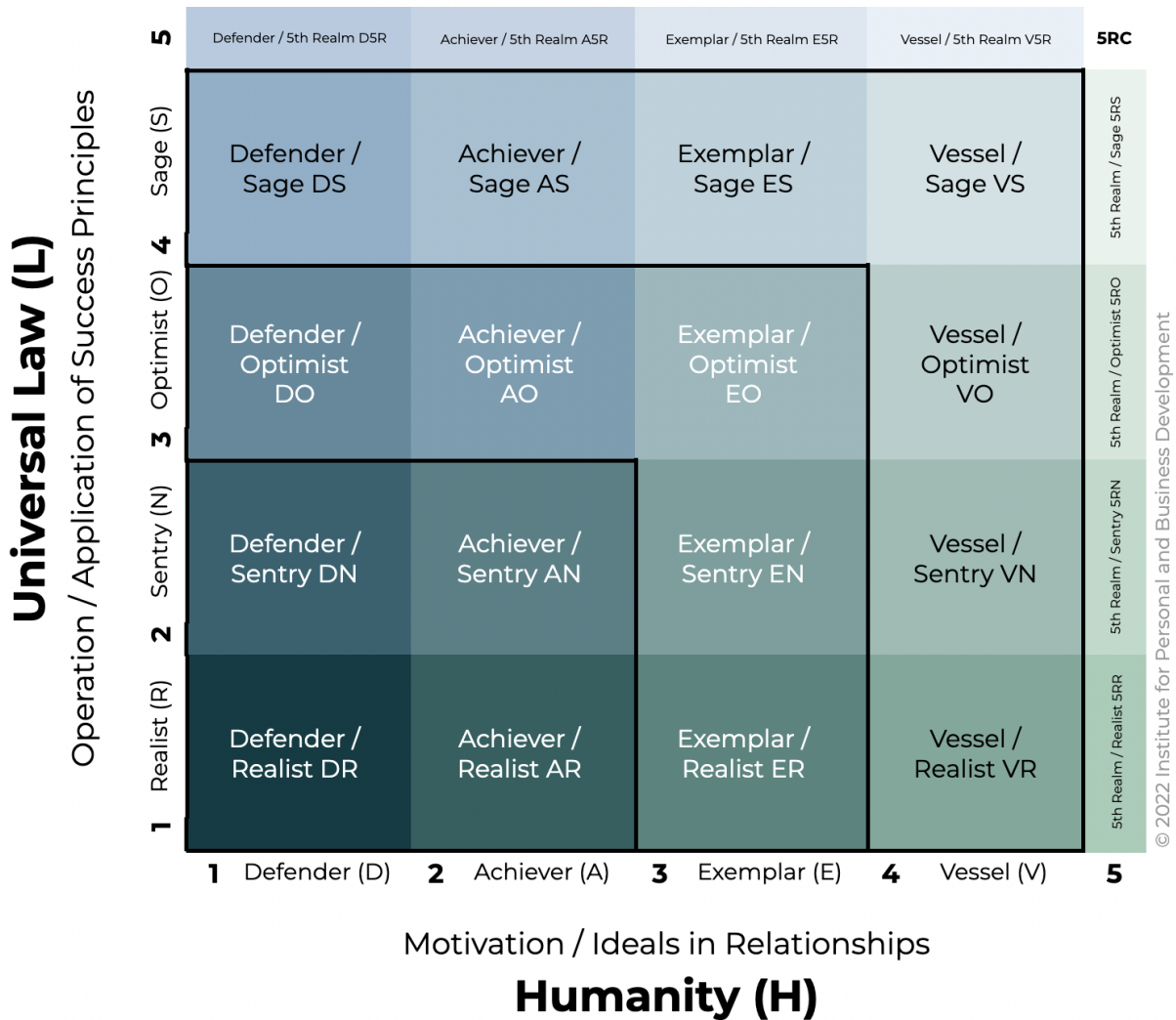


Your Mindset Quotient Test Full Analysis

DEFENDER/SENTRY



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Defender/Sentry (DN)

Points (H) 0.00-1.99, (L) 2.00-2.99

Protector, reactor, skeptic, wary

Overview - This mindset type is more forward-thinking than the Defender/Realist, and much less change-averse. However, the change it embraces is not a change for progress, it is a change for more proactive risk mitigation. More security, more safeguards, even the potential for more self-imprisonment. This tendency comes from seeing potential threats farther out on the horizon than the Defender/Realist, whose focus is more on the here and now. The defensive position of a Defender/Sentry often leads to frustration and disappointment, because while this type will at least consider happier possibilities, it will also be more likely to explore a new idea and then promptly retreat back to what's familiar, only deepening the rut that can prevent true progress.

Strengths - Loyal, patient, pragmatic, street smart, scrappy, responsible, watchful, prudent, cautious, skeptical, analytical, detail oriented.

Driven by - Need, survival, fairness, avoiding risk, focused on avoiding danger.

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 are a careful, hard worker who knows you'll achieve your goals if you give it everything you've got, as long as nothing gets in the way. The problem is, things often get in the way. Life sometimes seems unfair, unpredictable, or unfortunate.

You're resourceful and manage to get through each challenge eventually, but sometimes you do long for a lucky break. Although you live life guarded, your healthy skepticism often keeps you safe. Like a sentinel, you're always on the lookout for pitfalls and do a good job avoiding them. But sometimes you're concerned about being stuck where you are.

You'd like things to improve in several areas of your life, but so far, your efforts haven't caused any real giant leaps forward, and you may be unsure whether your thinking has any real effect on your results. Because things don't always work out the way you intended, it can be easy to feel as though you don't have a lot of control over your results, no matter how hard you try.

Sometimes life seems to be in the hands of fate, because no matter what you do, the same kinds of results keep happening. You believe positive thinking may help you live a better life, but haven't seen a whole lot of evidence that doing so has a real effect on your results. Sometimes your reason for thinking positive is to simply avoid regrets, more than it is to cause a change.

As an intellectual, you strive to look ahead and mitigate risk, and you value fairness. Your talent for recognizing potential problems can be a blessing and a curse. Even when you intentionally choose an outcome different from the default future, it can sometimes be hard to focus more on the happy potential than on the possible failure. After all, you've been burned before.

You're more likely to be motivated by avoiding problems and hardships than by seeking experiences you'll enjoy. When facing a crisis, you always feel better when you can talk about the problem from every angle, to uncover the reason it happened and to help you avoid similar issues in the future. You're open to other people's opinions as long as they're cautious or prudent like you, but wouldn't it be nice if there weren't always so many problems to talk about?

Other Common Attributes of the Defender/Sentry:

- 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.
- When it comes to your goals or desires, you see yourself as someone who will accomplish them as long as you can find a safe path.
- Accomplishing your vision and goals would be easier if there weren't so many risks.
- You quickly identify the dangers of new ideas, and readily warn others who can't see them as easily.
- You are steadfast in holding your position when the potential for negative outcomes arise, and you wish others around you weren't so eager and careless to proceed despite them.
- You may be easily triggered by stressful situations, and go out of your way to mitigate them.
- You are cautious about changes that require you to step into the unknown.
- You may spend more time organizing the life you've already built than planning for the achievement of new goals or desires.
- You might describe yourself as free from past emotional trauma, but others who know you may disagree.

Possible Blind Spots - The Defender/Sentry may become over-analytical to the point of paralysis, brash, demanding, codependent. Cynicism may be holding you back more than you know. While you are good at imagining future possibilities, you may be spending too much time imagining worst-case scenarios that may or may not ever happen. Spend time imagining what you actually want instead of the worst that

could happen, and one day you may look back and see how your life began to go in a new direction.

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

“A man becomes calm in the measure that he understands himself as a thought-evolved being... and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene. The calm man, having learned how to govern himself ...will find his business prosperity increase as he develops a greater self-control and equanimity...” - James Allen, As a Man Thinketh

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“Where do I go from here?” - Learn how to leverage your sixth-sense to create more security for your family, and use your unique skill of foresight with the laws of success to achieve more with less effort. Return to the website and explore our [recommended resources](#) (<https://mindsetquotienttest.com/extended-results-dn/>) or get the [FREE ebook here](#) (www.jackrabbitfactor.com).