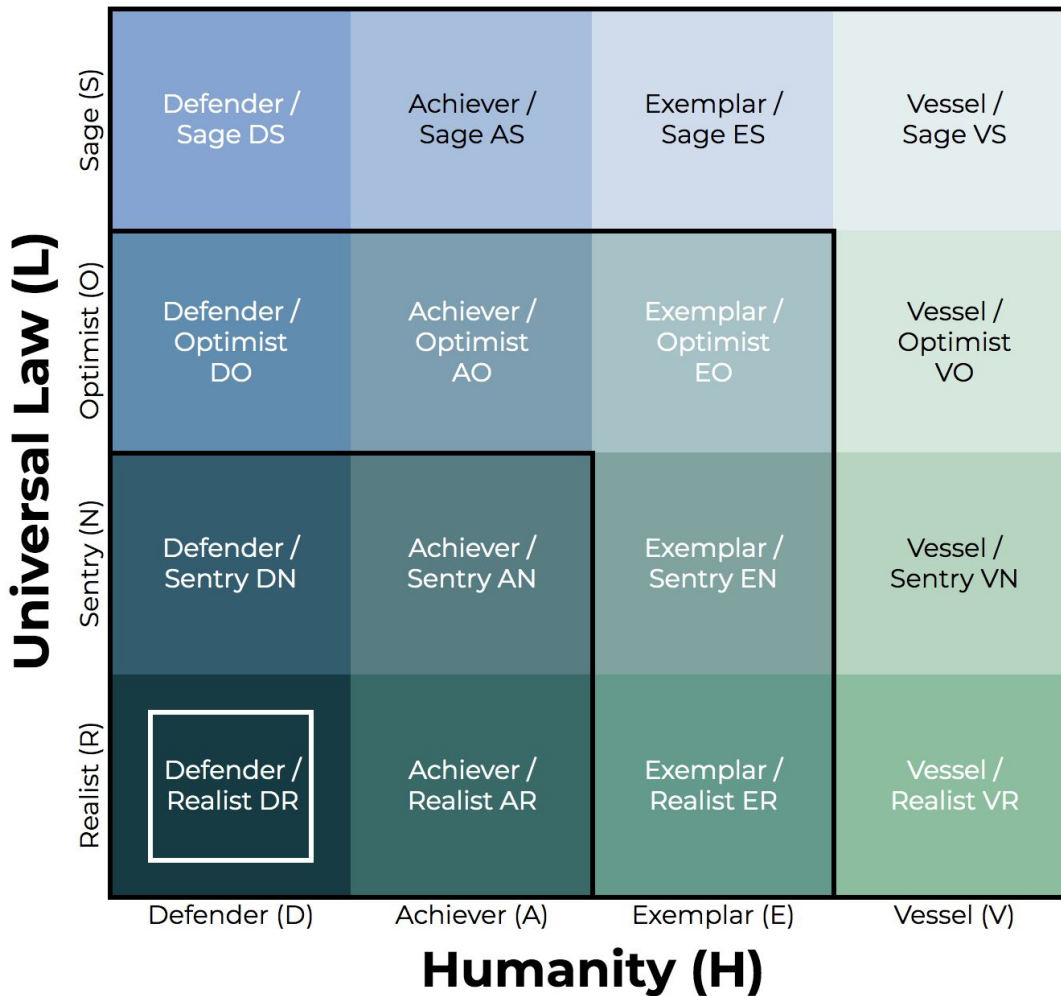


Your Mindset Quotient Test Full Analysis

DEFENDER/REALIST (DR) - protector, reactor, intelligent, grounded



Point range: (H) 0-25 / (L) 0-25

- Your Humanity Score is a measurement of your motivation and ideals in relationships.
- Your Law Score is a measurement of your understanding, operation, and execution of universal laws and principles of success.

Overview - The Defender/Realist is the most guarded mindset type on the grid because it lives the most reactive, survival-based experience. A person with this mindset type has likely experienced deep trauma, may deal with trust issues, lives in fear, largely unaware of (or disbelieving in) universal laws. A person with this mindset type combination is always ready with a response to any upset or blow, because anything could go wrong at any given moment, and it often does. Each decision, each response, stems from the belief that they are on their own, and that success depends solely on their own strength or smarts.

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

Driven by - Survival, ease, stability, security, personal needs, responsibility, protecting what's theirs.

Focused on - Self-Reliance

Combination Analysis - Loyal and Intuitive in relationships, you have a sixth-sense about others' intentions, and you can be sensitive, sometimes to a fault. Your keen observation skills sometimes get in the way of seeing what's possible, and you often resist change, especially when it is imposed by someone else. The struggle with fear is always running in the background—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 elicit pity or by fighting to end the conflict quickly. In either case, you need things to be resolved quickly. There is no in-between for you. It's your deep need for things to be a certain way that keeps you from responding only half-way. In either case, it is the potential threat to your identity and safety in your relationships that causes 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 is often 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 angry 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, and you trust empirical proof more than a (probably fabricated) testimonial.

Other Common Attributes:

- You are highly observant and aware of another's reactions and feelings even when you don't know the person.
- You have an excellent/detailed memory for what is important to others.
- You can provide what others need before they ask.
- You are quick to adjust to any surrounding with an excellent sense of your environment's functions and how to best use them.
- You are reliable for follow through and completion for others.
- When it involves helping others, you can be counted on to work long and hard to see that tasks are completed.
- You have been described as grounded, practical, and dependable.
- You do not like working with abstract thought or theory.
- You find it difficult to do things that don't make sense to you.
- There is nothing more valuable than tradition, security, and living a peaceful life.
- You naturally focus on what people need and want.
- You are often described as considerate, kind, and thoughtful.
- You are inclined to put the needs of others above your own.

- You learn best in environments where people are supportive of one another.
- The best days for you are structured and orderly and you take your responsibilities seriously.
- When personally attacked you become uncomfortable—if others are attacked, you feel the need to protect.
- When a new subject matter arises, you can't stop researching the topic until you have exhausted all there is to learn.
- You feel it is more important to have a close relationship with values and principles rather than ideals and standards.
- When you make a promise, you will do anything necessary to deliver.
- You try to be as generous as possible with the people you love but sometimes this can leave you feeling taken for granted.
- Getting acknowledgement for your generosity means a lot to you and gives you vitality to keep going.
- Friendly, affirming atmospheres fill your soul with meaning and happiness.
- You enjoy harmonious interactions and positive vibes.
- You are not confident that the people in your life hear and understand you.
- You may sometimes feel that your goals are delayed by unresolved issues from the past.
- You can be easily overwhelmed by an influx of new ideas and goals.
- You can be easily offended.
- You find it difficult to get new ideas.
- You are triggered easily by stressful situations.
- You resist changes that require you to step into the unknown.
- You would not describe yourself as completely free from past event and emotional trauma.
- You are confident that your vision and/or goals have a divine, inspired, or uplifting purpose.
- You spend a lot of time analyzing your problems to figure out the best solutions.

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, or having a bad attitude. You may attempt to hide these characteristics, but they are more easily detected by others than you think. If nobody is saying anything, they're likely tolerating it to keep the peace. An unchecked defender/realist is a cynic, and known to show unrestrained anger when things go wrong. The more you persist in these thought- and response-habits, the more life will seem to bully you.

A recovering Defender/Realist 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

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