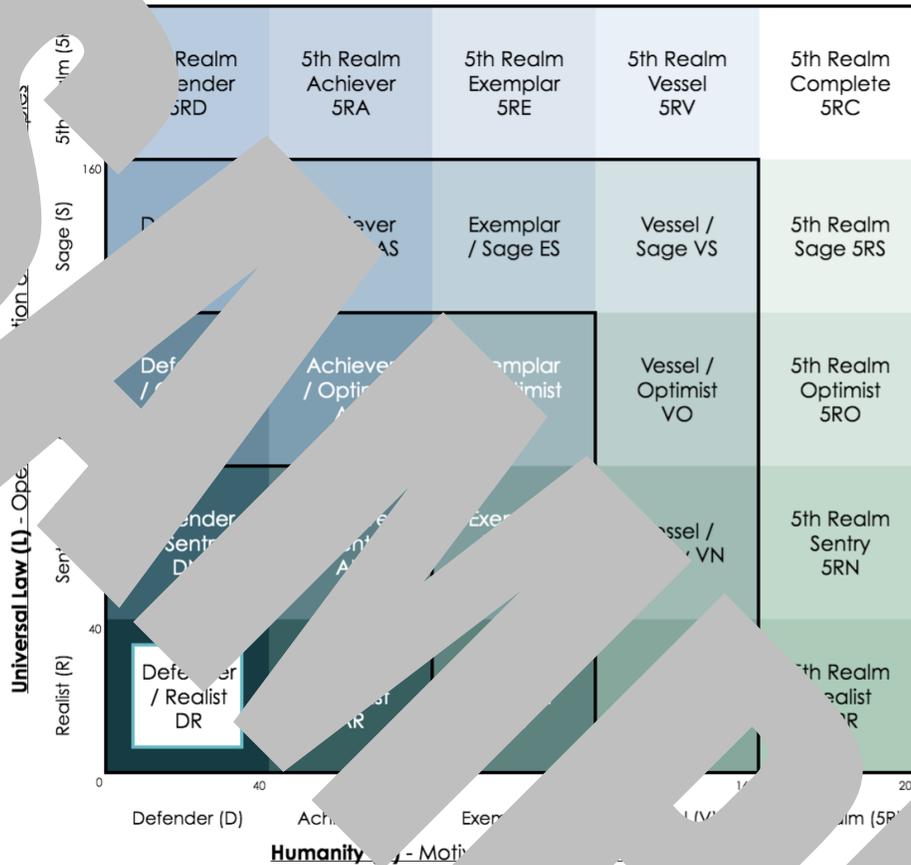


Mindset Quotient Test Full Analysis

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



Defender/Realist (DR)

Points H(0-40), L(0-40)

Protector, reactor, intelligent, grounded

Overview - This is the most guarded mindset type on the grid. 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 – Patient, intuitive, pragmatic, street smart, scrappy, responsible, grounded, resourceful.

Drives – Safety, peace, stability, security, personal needs, responsibility, reputation, protection of what's yours.

Common Pitfalls in Analysis – If you're grounded and intuitive in relationships, you have a sixth-sense about others' intentions. You may be sensitive, sometimes to a fault. Your keen intuition skills may get in the way of seeing what's possible, and you may be more than a little bit intimidated if it is imposed by someone else. The struggle with fear may be related to the fear of loss, fear of falling short, or fear of changing your life and priorities in relationships.

When threatened, you are often either going quiet to de-escalate a conflict, or by reacting to a provocation as fast as possible. In either case, you need things to be resolved completely. You're the Defender. It's your deep need for things to be resolved that keeps you from responding only half-way.

The retreator version of the Defender is often accused of being 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, the potential threat to your identity and safety in your relationships that you're reacting to is real. Deny, or blame an accuser. Both responses show a deep need to protect what's yours and what's yours, because you've worked too hard to survive this far.

Because you often find yourself living in survival mode, you're not objective enough to preserve the status quo, even if it's undesirable.

You pride yourself in being intelligent and grounded in reality. You often struggle in the execution of your goals. You feel deeply and wish for a better life. Unfortunately, circumstances beyond your control keep you from enjoying the fruits of your labor. 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 unable 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 more 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 find it hard to agree 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 testimony more than a (probably fabricated) testimonial, and you trust yourself to get things done more than almost anyone else.

Summary of the Defender/Realist:

- Concerned and aware of other people's opinions and feelings.
- Values other people's memories as important to others.
- Quick to notice any situation with a sense of the environment's functions and how to deal with it.
- Reliable and knows what to do in many circumstances.
- Grounded in reality and does not get carried away.
- Does not like to be wrong, with a strong sense of the consequences.
- Finds it difficult to do things that do not make sense to them.
- Appreciates tradition, history, and values of a people.
- Naturally focuses on what people need and how to help them.
- Considerate, kind, and thoughtful.
- Inclined to put the needs of others above their own.
- Learns best in environments where there is a lot of cooperation.
- Takes responsibilities seriously.
- When others are attacked, you feel a need to protect.
- Feels that values and principles are more important than money and standards.
- Willing to do almost anything necessary to deliver on a promise.
- Tries to be as generous as possible with loved ones, but sometimes feeling taken for granted.
- Friendly, affirming atmospheres fill the soul with meaning and purpose.
- You try to always be prepared for the worst.
- You feel that if other people would just do their part, you could 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 preternatural, doubter, struggling, having a bad attitude. You may attempt to hide your emotions, 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 uncaring realist is a cynic, and may show unchecked anger when things do not work out the way you persist in these thought- and response-habits, the more life will seem to bully you.

... grows... **Under/Realist stage of development will attest to**
win

...ce... his [h... meaning] thoughts, and all the world
...m, and... help him; let him put away his weakly
...sick... and... will spring up on every hand to aid
his strength... thoughts, and no hard fate shall
bind him..."

Change your score, ... you

Recommendations for Improvement

Discover how your skill for detecting... from... give... an uncommon advantage in achieving your goals... level... sixth... to create more financial security. Download the [Free Ebook](#)