Aligned Response: How I See You

Person I'm describing: _____ **My name:** _____

How I know them: [ ] Partner or family [ ] Colleague or team [ ] Friend

Someone who trusts you has asked how you see them when life puts pressure on them. Your answers help them see what's visible from the outside, which is often different from how things feel on the inside.

- Answer for what you've actually seen, not what you think they'd want you to say.
- Think about the last few months. Go with your first instinct.
- Fill this out on your own. You'll talk it through together afterward.

Check one box per statement.

#	Statement	Almost never	Rarely	Some-times	Often	Almost always
1	Before a big decision, they make a list, run the numbers, or map out their options.	☐	☐	☐	☐	☐
2	They'd rather figure things out on their own first.	☐	☐	☐	☐	☐
3	They'd rather act and adjust than wait for more information.	☐	☐	☐	☐	☐
4	When something hard happens, they want to talk it through with someone.	☐	☐	☐	☐	☐
5	Their mood that day seems to change what they decide.	☐	☐	☐	☐	☐
6	They stay calm and even, no matter what's going on.	☐	☐	☐	☐	☐
7	They talk about how a decision will play out down the road.	☐	☐	☐	☐	☐
8	I'm surprised when I find out something was bothering them.	☐	☐	☐	☐	☐
9	They say yes or no on the spot when someone asks something of them.	☐	☐	☐	☐	☐
10	They notice how the people in the room are feeling before they decide.	☐	☐	☐	☐	☐
11	They trust their first instinct and move on it quickly.	☐	☐	☐	☐	☐
12	They tell me how a situation is affecting them.	☐	☐	☐	☐	☐
13	When they're upset, they wait before replying to a text or email.	☐	☐	☐	☐	☐
14	They keep their feelings to themselves.	☐	☐	☐	☐	☐
15	They can explain the reasons behind their big decisions.	☐	☐	☐	☐	☐
16	They've changed a decision after hearing how it would affect someone.	☐	☐	☐	☐	☐

Thank you. Hand this back when you're done.

Compare your results

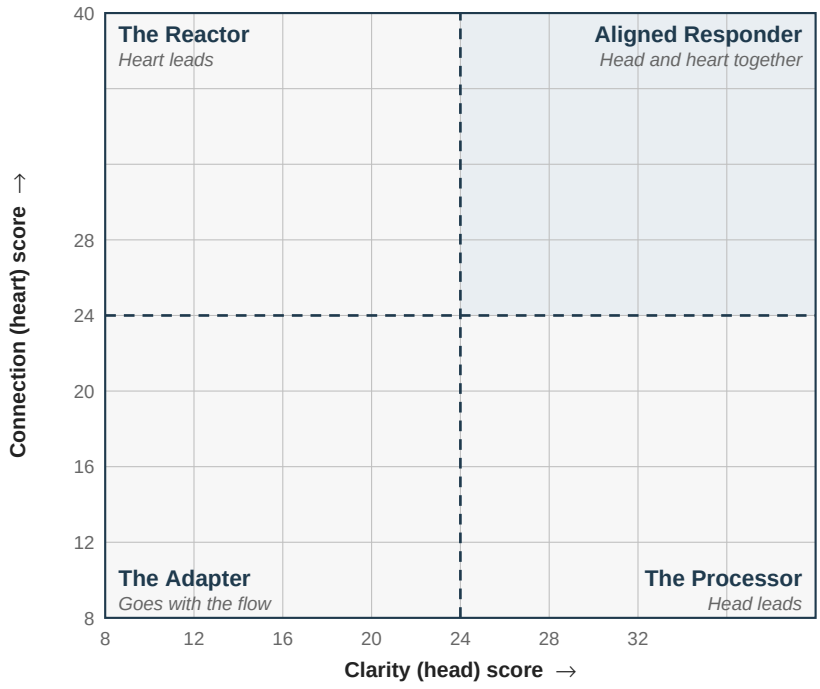
Score the observer's form with the same key you used for yours: Key A is 1 to 5 from Almost never to Almost always, and Key B is reversed (5 to 1). Odd statements are Clarity, even statements are Connection.

Key	Almost never	Rarely	Sometimes	Often	Almost always
Key A	1	2	3	4	5
Key B	5	4	3	2	1

Clarity statement	Key	Observer 1	Observer 2	Connection statement	Key	Observer 1	Observer 2
1	A	_____	_____	2	B	_____	_____
3	B	_____	_____	4	A	_____	_____
5	B	_____	_____	6	B	_____	_____
7	A	_____	_____	8	B	_____	_____
9	B	_____	_____	10	A	_____	_____
11	B	_____	_____	12	A	_____	_____
13	A	_____	_____	14	B	_____	_____
15	A	_____	_____	16	A	_____	_____
Clarity total		_____	_____	**Connection total**		_____	_____

	Clarity	Connection
Me (from my own form)	_____	_____
Observer 1	_____	_____
Observer 2	_____	_____

Plot each pair of scores. The space between the dots is where the conversation starts.



Reading the gap

A gap isn't a verdict on who's right. It shows the difference between what you experience inside and what other people can see from outside. Both are real.

If they see you…	It often means…	Try this
Lower on Connection than you see yourself	You care, but it isn't visible. People can't read what you don't show. This is common for Processors.	Narrate your inside: "Here's how this is landing for me," even before you've figured it out.
Lower on Clarity than you see yourself	You may think things through, but your decisions look sudden or mood-driven from the outside.	Share your reasoning, not just the decision: "Here's what I weighed."
Higher than you see yourself	You may be harder on yourself than others are, or you do more of this than you give yourself credit for.	Ask, "What do you see me doing well here?" and believe the answer.
Differently at work and at home	Your style may change with the setting. Many people are aligned at work and aloof at home, or the reverse.	Ask what's different about how you show up in each place.
About the same as you do	You're seen the way you see yourself.	Use the agreement to pick one growth step together.

Conversation guide

Set aside 20 to 30 minutes with the person who filled out the observer form. Bring both forms.

Ground rules

- Be curious, not defensive. Their answers are their experience of you, not a final judgment.
- The person who was rated listens first and asks questions before explaining.
- Talk about specific moments, not general labels.
- End with one small step, not a list of fixes.

Questions to walk through

- Where did we see me the same? Start with what matched.
- Which statement had the biggest gap between our answers? Can you tell me about a time you saw that?
- When I'm under pressure, what does it look like from your side? What do you wish I knew?
- What would help you see what's going on inside me?
- What do you need from me when things get hard, and what do I need from you?
- What's one thing I'll try over the next 30 days? How will you help?

Our agreement

One thing I'll try: _____

One way you'll help: _____

We'll check back on: ____ / ____ / _____