Aligned Response Self-Assessment

Name: _____ **Date:** _____

This 5-minute assessment shows how you tend to respond when life puts pressure on you: at work, at home, or when things change fast. There are no right or wrong answers, and every pattern has real strengths.

- Go with your first instinct. Don't overthink it.
- Answer for what you actually do, not what you'd like to do or think you should do.
- Think about the last few months, at work and at home.

Check one box per statement.

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

Done? Only now turn the page to score it.

Score it

Turn each checked box into points using that statement's key.

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

Odd-numbered statements add up to your **Clarity** score. Even-numbered statements add up to your **Connection** score.

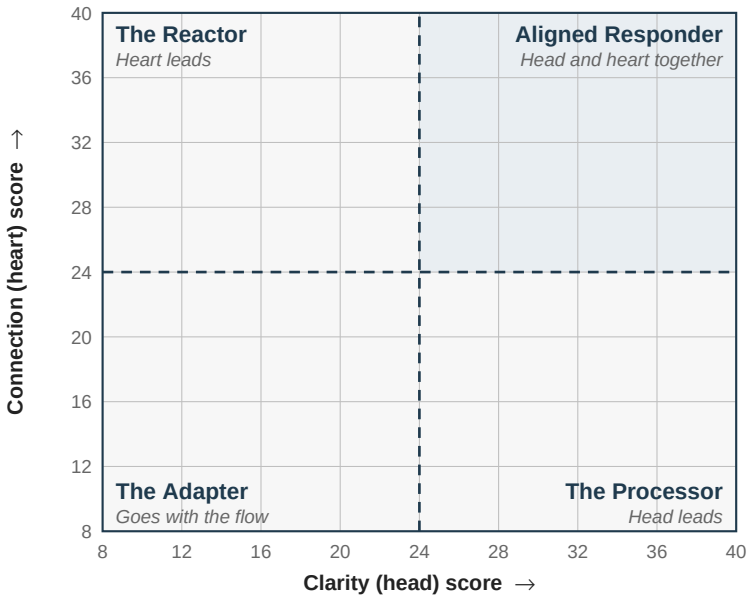
Clarity statement	Key	Points	Connection statement	Key	Points
1	A	_____	2	B	_____
3	B	_____	4	A	_____
5	B	_____	6	B	_____
7	A	_____	8	B	_____
9	B	_____	10	A	_____
11	B	_____	12	A	_____
13	A	_____	14	B	_____
15	A	_____	16	A	_____
Clarity total		_____	**Connection total**		_____

Each total runs from 8 to 40. Here's what they measure:

- **Clarity (head):** how much you slow down to gather facts, see the bigger picture, and weigh the long term before you act.
- **Connection (heart):** how much you stay in touch with your own feelings and the people affected, and let them in.

Plot your scores

Mark a dot where your Clarity score (across) meets your Connection score (up). The quadrant your dot lands in is your natural style under pressure.



The four styles

Every style has real strengths. The goal isn't to become someone else. It's to know your default and reach toward an aligned response when it matters.

Style	Your scores	Strengths	Watch-outs
The Reactor	Clarity under 24, Connection 24+	Warm and passionate. Acts fast in a crisis. People always know where they stand.	Decisions shift with mood. Says things that need repair later. Can lose sight of long-term goals.
The Processor	Clarity 24+, Connection under 24	Calm under pressure. Thorough and strategic. Protects long-term goals and rarely makes rash mistakes.	Reads as aloof or unaffected. Leaves people guessing. Can get stuck in analysis. Carries stress alone.
The Adapter	Both under 24	Flexible and easygoing. Low drama. Keeps the peace and adjusts well when plans change.	Decisions get made by default. Avoids hard conversations. Others end up steering.
Aligned Responder	Both 24+	Thinks it through and stays human. Trusted at work and at home. Consistent under pressure.	Can over-include and slow things down. May absorb everyone's emotions. Can expect others to work the same way.

The further your dot sits from the center, the stronger that style is for you. A dot near the center means you move between styles depending on the situation. Scores right at 24 sit on a line: read both styles and choose the one that sounds more like you under stress.

Communicating from your style

Knowing your default only helps if the people around you know it too. Use these lines with your team and with your partner or family, in your own words.

If you're a Reactor

- **Tell your team:** "I tend to react fast. If I fire off a decision, it's fair to ask me, 'Is this final, or are you still thinking?'"
- **Tell your partner:** "When I'm upset, I may say things before I've thought them through. I'm going to try to say, 'I need ten minutes,' instead."
- **Ask others for:** a pause button you both agree on, and the facts before you're expected to decide.
- **Practice:** wait one beat (or one night) before any decision that affects money, people, or a relationship.

If you're a Processor

- **Tell your team:** "When I go quiet, I'm thinking, not checked out. I'll come back to you by [day]."
- **Tell your partner:** "I do feel this. I just process inside first. I'll tell you where I'm at even before I've figured it out."
- **Ask others for:** time to think, plus a nudge if you've gone quiet for too long.
- **Practice:** share your feelings out loud before you've finished analyzing. Set a decision deadline so thinking doesn't turn into stalling.

If you're an Adapter

- **Tell your team:** "I'm easygoing, so I'll sometimes go along when I actually have an opinion. Ask me directly what I think."
- **Tell your partner:** "I avoid conflict, and that's not the same as agreeing. I'm going to practice saying what I want."
- **Ask others for:** direct questions, and room to disagree without it becoming a fight.
- **Practice:** before saying "whatever works," name one thing you'd actually prefer.

If you're an Aligned Responder

- **Tell your team:** "I'll ask for input, but I'll still make the call. When it's urgent, I'll just decide and explain afterward."
- **Tell your partner:** "I'm usually the steady one. Sometimes I need you to be steady for me."
- **Ask others for:** quick input when time is short, and permission to not have it all together.
- **Practice:** notice when you're carrying everyone else's emotions, and set a limit.

When two styles meet

Pairing	What goes wrong	What helps
Reactor + Processor	One wants to talk now; the other goes silent. Each feels the other doesn't care.	Agree on a time to talk. The Reactor names the feeling; the Processor shares a first thought before it's finished.
Reactor + Adapter	The Reactor decides; the Adapter goes along and resents it later.	The Reactor asks, "What do you actually want?" and waits for the answer.
Processor + Adapter	Nobody brings up the hard thing, so problems go unspoken.	Put hard topics on the calendar so they don't depend on someone raising them.
Any style + Aligned	The Aligned Responder carries the emotional load for both.	Share the load: decide together who owns what.

Getting back to an aligned response

Whatever your style, the path back is the same five steps.

- **Pause.** Notice you've been pushed hot (reactive) or cold (stuck, shut down). Name it.
- **Get the facts.** What do I actually know, and what am I assuming?
- **Check the goal.** What do I want long term, in this business or this relationship?
- **Check the people.** Who is affected, and what do they need to hear from me?
- **Decide by a deadline, then act.** A clear "by when" keeps a pause from becoming paralysis.

Reflect

- Where in my life am I most aligned? Where am I least?
- Is my style the same at work and at home?
- Who in my life needs to know my default style, and what will I tell them?
- What is one decision I'm facing right now that I can walk through the five steps?