

DISCOVERING YOUR PERSONALITY STRENGTHS

The Two Sides of LOVE

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Hardside - doing what's _____ for another regardless of the _____.

Includes the ability to:

- * be _____
- * discipline
- * _____
- * challenge
- * _____

Softside - demonstrating _____ and unconditional love. Includes:

- * _____ & sensitivity
- * _____ & understanding
- * listening
- * _____
- * admitting when your _____

The Goal - a _____ life. Strive to be _____ with people and hard with their _____.

A Hardside/Softside Evaluation

1. Take the lead						Follow
1	2	3	4	5	6	7
2. Forceful						Nondemanding
1	2	3	4	5	6	7
3. Energetic						Reserved
1	2	3	4	5	6	7
4. Strive to accomplish personal goals						Let others set your goals
1	2	3	4	5	6	7
5. Be self-controlled						Lack discipline
1	2	3	4	5	6	7
6. Make quick decisions						Hesitate in making decisions
1	2	3	4	5	6	7
7. Want to hear facts						Want to share feelings
1	2	3	4	5	6	7

8. Be a motivator							Respond
1	2	3	4	5	6	7	
9. Be highly competitive							Be noncompetitive
1	2	3	4	5	6	7	
10. Be possessive							Share
1	2	3	4	5	6	7	
11. Be assertive							Be shy
1	2	3	4	5	6	7	
12. Express anger to others							Hold anger inside
1	2	3	4	5	6	7	
13. Resist correction							Be very teachable
1	2	3	4	5	6	7	
14. Share your opinions openly							Hide your true feelings
1	2	3	4	5	6	7	
15. Function well under pressure							Function poorly under pressure
1	2	3	4	5	6	7	
16. Lecture when the person is hurting							Listen and comfort
1	2	3	4	5	6	7	
17. Hold grudges							Forgive easily
1	2	3	4	5	6	7	
18. Set rigid standards							Set flexible standards
1	2	3	4	5	6	7	
19. Be hard on him (her) as a person							Be soft on him (her)
1	2	3	4	5	6	7	
20. Be hard on his (her) problems							Be soft on his (her) problems
1	2	3	4	5	6	7	

Scoring the instrument:

The total of all the numbers circled = _____

Mark your total score with an "X" on the line below.

Hardside	Intensity Index						Softside
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20	40	60	80	100	120	140	