

### **Yellow Brain**

I See Myself As: Dependable, punctual and responsible  
I Am Naturally: Respectful and concerned  
My Attitude Is: Strong sense of right and wrong  
My Priorities Are: Organization and accountability  
In My Personal Relationships I Am: Practical and serious  
Others May See Me As: Predictable, inflexible and controlling  
I Deal With Change By: Developing a plan to implement change  
My Stress Factor Is: Dealing with disorganization and being out of control  
When I'm Frustrated: I can become anxious and worry

### **Blue Brain**

I See Myself As: Helpful, creative and communicative  
I Am Naturally: Affectionate, flexible and nurturing  
My Attitude Is: Enthusiastic and compassionate  
My Priorities Are: Harmony and hugs  
In My Personal Relationships I Am: Thoughtful and romantic  
Others May See Me As: Overly emotional, talkative and naive  
I Deal With Change By: Asking myself how the change would feel  
My Stress Factor Is: Lack of cooperation  
When I'm Frustrated: I can become depressed and passive resistant

### **Green Brain**

I See Myself As: Logical, intelligent and composed  
I Am Naturally: A nonconformist and visionary  
My Attitude Is: Be self-sufficient and fair  
My Priorities Are: Independence and privacy  
In My Personal Relationships I Am: Sensitive, but uneasy with emotions  
Others May See Me As: Factual, insensitive and intimidating  
I Deal With Change By: I take time to process my thoughts  
My Stress Factors Are: Coping with incompetency and intrusions when I am concentrating  
When I'm Frustrated: I withdraw and can become indecisive

### **Orange Brain**

I See Myself As: Dynamic, generous and spontaneous  
I Am Naturally: A negotiator and troubleshooter  
My Attitude Is: Enthusiastic and courageous  
My Priorities Are: Freedom and fun  
In My Personal Relationships I Am: Energetic  
Others May See Me As: Disorganized, resistant, and irresponsible  
I Deal With Change By: Embracing and enjoying new opportunities  
My Stress Factor Is: Someone else's rules or directions  
When I'm Frustrated: I "drop out" physically or mentally