INSIGHTS FROM TESTING, LETTER TO YOUR SELF

responders feedback from the testing

Self diagnosis and direction for changes are presented here from an exercise of writng a conclusion to the testing.

33 response to the questions on a letter to your self or a friend reveal the variety of insights, cognitive and emotional gains personal growth generated from the testing.

The questions here explore the insights generated as a personal pattern, as a relational modality.

What is your wellness relational modality diagnosis?

Attempt to integrate your ten metaphor tests along the six role syndromal process

Then integrating the experiences as the emotional sequence of a syndrome and

Then identify the consequence changes a person can make in the future.

Share your several overall impressions about how you wish to modify your way of resolving conflicts so that you can be better adjusted

The final question seeks feedback on the functionality of the assessment and its effectiveness in imparting knowledge, insights and clarity on changes.

Has the 'Wizard' emotional education program helped you in understanding psychology as the Science of Conflict Resolution and then in learning about your pattern and how to adjust it?

friend and review insights from your testing experience. What is your wellness relational modality diagnosis as identified in your personality inventory test?

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| Text Response |
| Well you have now really thought about your past and you relationship with your family you really can not hide any feelings now can you. I think that you have unresolved issues with your middle sister that you seriously need to consider getting professional help to deal with. You should be able to forgive and forget so you can move forward in your life. You also should learn to not be so negative and you should learn to trust and be more open with your friends and family. You need to have more self confidence and be open to trying new things and putting faith in your choices. |
| You really have problems speaking up for yourself and putting yourself in motion to figure out what the best course of action when it comes to conflict. It really hinders you from getting what you need out of a problem or coming to any conclusion that could be any sort of closure for yourself and whom ever else you are in the conflict with. (I really am not sure if I am answering this one right because I don't think I understand what you're asking me to do in this question. It's not worded in a way that really makes sense to me. So I did answer to the best of my ability.) |
| I should stand up for myself more I guess. But only if I feel it's truly important. I don't see the point of letting some one elses actions affect me. |
| I over react and act like a crazy person when there is no reason to. I need to just calm down and look at the entire situation. The world is not ending, I'm not going to die. I will be on earth for another day and all will be ok. If i just take time to understand what is happening then I have no reasons to panic and be stressed out. |
| Hey you, I hope things are going well and that you are not working too hard. I'm really excited for you and your new home. I can't wait to see how you make it awesome inside and out. I can't believe that after everything you've gone through, you're finally getting things falling into place. A new home, and possible marriage. Even if you don't get to teach soon, you are still working w/ animals, which i know that you love doing. Can't wait to see what happens int he net 5 years for you. |
| Dear Me, You are such a Lion - submissive and cooperative. By now, by working through these exercises, you should recognize that you do, indeed, allow your decisions to be made for you and go along with what others want you to do. It's important that you recognize this, so that you can have less conflict and, in the end, happier and more fullfilling relationships. XXXOOO, Me |
| I think this test brought out my writing skills bck. I feel good about it. |
| I just participated in a psychology experiment that to me was out of the norm. It asked me bunch of things about my past. It also asked me how I relate to animals and how I handle conflicts. I learned how much I yearn for attention and approval. |
| I think I am probably most like the tinman, I don't let people in because I am afraid of being hurt. I thought of several reasons of things I do wrong and that I can do better to stop making those mistakes. It was a good experience, even though it made me slightly uncomfortable knowing I was doing things wrong. It was good to get out of my comfort zone. |
| You are optimistic and hopeful for good things to happen. Things can frustrate and worry you, but your heart is always in the right place. Keep on keeping on and you'll bring joy to yourself and others. |
| I'm not sure exactly what this question is asking; I think I would need to refer back to the earlier parts of the exercise. |
| I guess I want to find one person that I can let into my space and not worry about if I will get hurt. |
| I am going through a stressful period and need to communicate with other |
| This testing experience opened my eyes to my needs and wants in becoming a successful and happy human being. I saw the different conflicts i was dealing with and internalizing and was able to confront them through many different steps. My personality is clearly geared toward the scarecrow as well as the tin man as I noticed from the various steps of addressing my anxieties. |
| I believe my testing experience has made me remember some bad memories I would have forgotten growing up, and has shown me what kind of personality I have. It has brought great insight into my psyche and hope in the future I can do more to resolve my interpersonal conflicts. |
| Well I took this long psychological test but it was quite revealing so it was worth it. I found some patterns in my thinking and dreaming and the way that I look at the world. |
| I think I am like the tin man, submissive and antagonistic. I hold a lot of stuff inside and am passive aggressive about it. |
| Me: You have gone through life letting bad things happen to you because of your negative outlook. Me: You're right. Me: You are smart enough to see conflicts forming. Instead of running from them, confront them before they blow up. Me: I see. Me: If you try it, you will be amazed at the results! Me: OK! |
| Although I'm no expert, I think a diagnosis of a sorts is fairly obvious through this process. I had a serious emotional problem several years ago, related to my marriage and the birth of my daughter, and the conflicts that came up from that left a serious impact on me, including a positive one: I'm much better adjusted now and better able to handle conflicts that do come up. I feel happy most days. From the personality inventory at the beginning, I think I probably identified most with the Scarecrow figure, a submissive and cooperative figure. Second would be Dorothy, which is odd because she's the opposite of the Scarecrow figure. Yet I feel a side of myself that is dominant and assertive. |
| Hello there, I think that this test has been very helpful and insightful for you, don't you? It has shown you some areas where you need to improve the way that you deal with others. It has shown that you need to believe in yourself and have more confidence in yourself in order to become the person you want to be with the life you want to live. I think it that this information is very valuable and that you should be making changes right away. I know it seems scary, but you are so strong. I know you can handle it and I am so proud of you! |
| I think I am a cooperative person whom likes to not disappoint others. I think it also makes me a bit submissive in that I do not like to lead or take control of situations when I should. |
| I realize that I need to let myself go more. I related stories to events in my life without realizing that's what I was doing, or experiencing. I have emotions that I know are there but I don't address them enough to learn how to let them go. |
| I am an anxious person who also is very depressed. |
| I think that I am most like the scarecrow because I have a hard time getting over fears and obstacles in my life sometimes. I just need to remind myself not be scared and everything will be okay. |
| I have changed a lot from a not appreciable self centered behavior to much more human and helpful. This gives me a lot of pleasure and delight. I have decided to give love care, affection, help, and consideration to all the desired who come to my life. |
| I think I have discovered that through this test It was easier for me to express the things that I normally cannot. I'm not sure what my diagnosis is or if I should have remember that part, but this test did help me put feelings into pictures and words better. |
| Hey! I just took this wellness relational modality test to learn about the type of personality I have. It was fun, but it turns out that I am way too dependent on others, on the one hand, and want to be completely independent on the other. Have to figure out how to balance that, right? I'm also stubborn -- who would have guessed. |
| I have figured out that I am a basketcase. I have issues, most of which are not resolved ones. Some things that have happened to me as a child that I still hold on to and use against people. This is affecting my life and how I deal with people in the world. I am not a happy person. I am not normal! I like to be in my shell and not bother people, when I am around people I become a mother to them. |
| I have come to realize that overall, I am a good person, despite me being hard on myself at times. I haven't had the easiest life, but I have persevered through a lot of hardships. I know that I have had my moments where I can be too stubborn and hard-headed. But I know that that is not the best way to go about life in the sense of maintaining healthy relationships, and leading a responsible, productive life, and I am constantly working on improving those aspects. |
| I have had a really insightful experience with taking this test. It has allowed me to reflect on myself and to consider things from different perspectives. It has truly taught me more about myself than I have realized on my own. I am very interested in learning more about the things that I have discovered today during the testing experience. I believe that this uncovered many layers of myself that I don't tend to think about quite as deeply. |
| Dear Me, I've realized that I probably hold things inside a little bit too much. It could be hugely beneficial for my mental well being to be more open with other people and accept help when it is available. |
| I think that my diagnosis from the inventory test diagnosed me as a submissive antagonist, I'm not really sure though because I didn't really see any results. |
| well i think this test went rather well, you did fine on all the drawings, and put what you thought was the right information in the boxes, and felt that was what you truely believed in which is what is important, to try to the best of your abilities. |

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| Statistic | Value |
| Total Responses | 33 |

Q21.3. Relational modalities are patterns of emotions unfolding in a six step dialectic conflict resolving sequence. The metaphors illustrate the six step emotional behavioral process, your conflict resolution pattern. Attempt to integrate your ten metaphor tests along the six role syndromal process as the manifestation of this relational pattern.

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| Text Response |
| I noticed that during the test my unresolved issues with my sister kept reappearing in almost all aspects of my life. I feel like this shows how everything is connected and affecting the rest of my relationships. All the six steps are inter-related and each is affecting the other like a domino effect. |
| I do not understand this question. The terms used in this question are over my head. I took notes from the reading at the beginning of the survey and I still do not understand what you are asking me to do here. I could do it if it were in similar,easier to understand terms. Sorry. |
| I'm not sure what you want me to do? |
| Stress, i can recognize the stressors and there is really no reason to keep stressing over the same things. I clearly need to get over being uncomfortable and stop the pattern. Response shows me how to better deal and cope. Anxiety shows me whats really going on inside of me. Defense is how i react. Reversal is possibly the reverse of defense. I'm not really sure on that one. Compromise is how things should be handled. |
| I'm a qiuet person, who avoids conflict. I want people to like me, but I also don't care if they think that I'm different. I like to keep to myself and only really react when something really bothers me. |
| I'm not sure what I'm supposed to do here, but I'll give it an honest effort: The incident (stress) presents itself, my response is typically to try and avoid conflict, the conflict doesn't leave, the tension/anxiety builds, a compromise is offered (usually by me), and a resolution is achieved. |
| I think the emotional tests right from the start sking for the conflict made me brain storm and write about my chilhood days were good. |
| My blink reaction to conflict gets pulled from how my life, from childhood to adulthood, have shaped me as a person. Then, it's the real me (who I am and what is important to me) that play a big part in handling conflict. Whether or not I get what I want, I tend to react to things the same way. I can be arrogant sometimes, and I can be a timid house cat. I can be guilt tripped into doing things I don't want to do to avoid conflict. I'm realizing that some conflict is good as long as it is gone about in the right way. |
| My childhood memories of being hurt, the distrust I have with my parents, and feeling like I am not being listened to as an adult, caused me to resolve the issues I was dealing with by withdrawing and dealing with people in a passive-agressive manner, by letting others have what they wanted from me without fighting and not allowing them to have access to my talents by not practicing them to punish them. Feelings of resentment made life difficult because I also felt loyalty to family members. I resolve this by trying to be more open with them and not disallowing access to my talents. |
| Conflicts will always arise and how you deal with them can say a lot about who you are. |
| Again, I'm not sure I have the reference of the six roles |
| Oh now.. I don't think I got that far in unraveling myself and if I did I am not sure I want to share it. |
| stress: not being accepted, response: tuning out holding things in, staying distant anxiety: hidden feelings of love and compassion defense: staying like a deer to the lion reversal: having dreams of mixed feelings love and hate compromise: relying on god or good people like saints to help me |
| Through the 10 metaphor tests i was able to visualize my conflicts, my anxieties, my problems and then react to them. It became clear how my personality and thoughts created some conflict and after learning about how I identify my personality it was clear how these conflicts can be resolved. Usually there is some type of absence of confidence or awareness of my actual self. |
| I believe that when I come upon a conflict, I dont look at all the possible solutions to ease or solve my problems. With this six role syndromal process, it can allow me to look at my interpersonal conflicts in a new light that I never thought of before! |
| I get into conflict with an outside influence and that puts me under stress and I initially seem to always respond with passivity and fear and then as it builds I give a harsher response as a defensive measure. But eventually, I get to a point where I realize that I need to let go of my own fears since those are the ones that hold me back, not the external influence, so I let my defenses drop and push forward and find freedom in that response and a resolution. The outside problem might still be there but the conflict was always just inside me, in reality. |
| I struggled with a mentally ill mother and being rejected by her my entire life, I wore a mask of happiness so the world didn't see the underlying pain. But I was sad, very sad. And scared to go out into the world. I later found out that it was okay to venture out, but I had to be smart about it. |
| Strress- A lot of the conflict events were unseen. Response- The response does not seem to be realistic or helpful in really resolving the conflict. Anxiety- The fruit looks good on the outside, but is rotten at the core. Defense- Ignoring the conflict or whining about it never solved anything. Reversal- The dream sequences were enlightening showing how I perceive myself as having no control. Compromise- I am capable of being proactive to resolve these conflicts. |
| The interpersonal conflicts from the first column, Stress, show a pattern of other people misjudging me. It's clear I think I know myself best. As a Response, putting on a mask of silence in my main conflict as an adult is the exact wrong thing to do when I feel I have a problem with people misjudging me. The family I have now is open and loving, but it wasn't always that way. The Anxiety that comes from taking off the mask leads to a regrowth of myself, trusting myself to be honest and to take care of myself. I'm not sure what the Defense column is supposed to represent, but I find it interesting to think of it as a counter-balance against the removal of the mask and regrowth. The Reversal column involves a few strange images as well, but again I find it very useful to examine these aspects as well. Finally, the story at the end about the toaster is the Compromise that acknowledges that others have their own way of doing things, and I have to be happy in my self, all by myself, and strong enough to stand alone. I don't depend on anyone or need anything from anyone, although I do what I can to help people along their paths. |
| Through the metaphor tests I now see where some of my problems initially began. I also can see how I have been trying to progress towards resolving them but how I tend to get stuck when trying to resolve them because I keep letting the same pattern happen over and over. I must break this pattern if I am to ever resolve these issues. |
| The tests that previously created, I think shows myself as non-confident and self-conscious. It shows me as a person who is not very willing to change and often stays in the same place instead of improving myself. |
| I have to address the problems that I have, the things that I do to cause issues and distance in my life. I have to agree that they are a problem,, accept them. I have to learn tools and ways to change them. Identify behaviors that need to be changed. Take action to change these things about myself. |
| I do not remember all of the metaphor tests and syndromal processes after these past 4 hours. What I remember is I am seen as something lower then life, I am not in complete control of my life and that I am dependent on a lot of things. I am not seen as strong but weak, and I need to reverse just about everyway I feel. |
| I have stress resulting from my childhood, adolescent, present and family conflicts. This stress elicits a response from me in that I wear a mask where I act like im happy even though I may be scared. My important relationships know this mask well, though. This response leads to anxiety where I feel like Im not good enough and I wont be able to do things successfully which is a mental roadblock to me getting what my heart really desires. This fear is what makes me put up certain defenses and feel certain ways that aren't necessarily healthy. This gets expressed through dreams and how I feel in my day to day life. As far as the compromise, i have come to recognize that there are two parts of me that I need to reconcile: the part where I'm adventurous and a go getter and the part where I worry and hold myself back. |
| This methodology is a new experience for me, but I assure that this six step emotional behavioral process has really helped me to manifest my syndromal pattern and figure out my weak points and unstable areas of emotions. |
| I think I first have to figure out what conflicts I have in my life and then start to figure out how I can remove them. |
| I don't even understand this question. The conflict resolving sequence is Stress, Response, Anxiety, Defense, Reversal and Compromise. In step 1, I looked at how my reaction to stress has changed from childhood to adulthood. In step 2, I examine my family relationships and discovered that some of them are stressful. My response to Stress has been to hide my feelings behind a mask of indifference in step 3. In step 5, I discovered that the mask is hiding my fear of being alone (anxiety). In the Defense sequence, I have looked at ways to compromise, and in step 7 (Reversal) I identify two characteristics, fear and anticipation of the future, and desire for independence. IN the final sequence, Compromise, I have looked at compromise as a solution. |
| Have a problem - hold it in - eventually bust - say things that are bad - feel the need to withdraw - never have a connection That is my pattern. If I have a problem, see a problem, get in the middle of a problem I have no one to tell about it because I don't surround myself with people. I keep that to myself, or just ignnore the issues until one day I bust with emotion and it all comes flooding out. By then, I am so filled with emotion things that I say come out wrong, which is a huge fear of mine (not speaking my mind at the time), and then I feel the need to just go back and not have conversations with people because things like this happen. This is keeping me from having connections with people. |
| Honestly, my memory isn't the greatest, so this may not exactly be the answer you're looking for, but here's my best attempt. The illustrations used for stress were mostly tied to my skin condition - the fact of, and how it created distance between me and my mother in my adolescence. Then, financial problems into my adulthood due to irresponsibility. Response: Me responding to the stress by making people laugh to gain friends. Anxiety: I rarely get anxious anymore. Just about the only time I do, as mentioned, is when I'm around certain musicians. I drew the heart, saying that I want to be the best person I can be, and I would say that that could translate into being more confident in those instances. Defense: Honestly, I'm not entirely sure on how it relates to the test, except for the possibility of relating oneself to an animal as a defense mechanism. Reversal: My dreams were about breaking free of my skin condition so that I could "be one of the guys." Thus, reversing my current lot in life, even though that wasn't quite possible. Compromise: A story about how to cooperate with other people, take suggestions, and be responsive. |
| By taking the ten metaphor tests I realized things about myself that I never had before. I discovered that I have many different parts to my personality that certain situations and people evoke out of me. I can behave in one way with certain people and situations and in another way in another. It really depends on the emotions and feelings that they bring out of me. |
| I have no idea what you're even asking of me with this question. |
| The self knowledge that I harbor feelings of anger while not expressing them openly may relate to my conflict resolution pattern of allowing things that I dislike to happen, and then not doing anything about them. To change these patterns, my tin man behavior should become more assertive to change the behaviors and outcomes I don't like instead of just accepting them. |
| those emotions manifest in my daily life in ways i may or may not notice, sometimes simple and subtle, but others bright and loud in front of my face that i can't ignore them any longer. |

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| Statistic | Value |
| Total Responses | 33 |

Q21.4. Share your several overall impressions about how you wish to modify your way of resolving conflicts so that you can be better adjusted:

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| Text Response |
| I definitely need to learn to be more open and honest with myself and be more trusting of others. I need to not jump to anger and instead focus on the solution. I also need to learn to ask for help from others when I need it instead of stressing over things in silence. |
| I obviously want to change the ways I resolve conflicts but I am too timid to do so it seems. I like the idea that I know what I should do. That is a good first step I think. |
| I compromise. I would prefer that people got along. I give in when it's not a big deal. I don't see the point in arguing. If both parties feel they are right and it's a significant discussion, I would hope there is a compromise. |
| I would like to look at the bigger picture more and see what is really important. I fixate too much on the small things and I think if I didn't then I would be able to overcome obstacles faster and easier. |
| I want to be able to better voice my opinions and emotions. I want to be easily understood and have people respect me for how hard i work and the things that I have dealt w/ in my life. |
| My overall impression about how I wish to change my way of resolving conflicts is to be less easily swayed and less trusting. |
| Overall I need to be brave, calm, cool nd courageous. |
| I shouldn't jump to conclusions. I need to stand up for myself more often. Never lose sight of what is important to me. Do not let conflicts escalate to a point where a relationship can be ruined. |
| Be more open with my feelings. Allow others to have access to things I can do for them. |
| Have more faith, breathe, don't freak out. Take a step back and analyze the situation before things get out of control. |
| I saw patterns of making a big deal of things that don't need to be and not letting go of things |
| I want to be less defensive and more I don't know the word.. |
| I dont think any of it is my fault - maybe i should have stood up myself from the start |
| resolving conflicts all starts with rational thought. I cannot solve a problem about myself if i am not thinking rationally. For example, if I am going to stand up to a bully, I cannot hinder myself by thinking negative thoughts such as "im not good enough", "i deserve to be bullied" "I cant win". These thoughts are not true and giving them life only makes it harder to try the things that are difficult in life. I must also internalize and be okay with failing. Once I know that failing is fine then I can better handle the conflicts that come my way. This adjustment is happening already as i gain more and more experience with people. It helps to visualize my problems in order to fully see the real problem (not hide anything from myself) so i can solve the problem. |
| This study has really shown me I need to work on how I sold conflicts instead of just pushing them to the side. |
| Overall this was a worthwhile exercise for me.I never thought there were overall patterns to my life but I've identified some now. I can see that I'm sort of projecting this one side that needs and wants to be protected and another side that comes in to save the day. I think I need to actually just be me and realize that things get scary but that I can handle it anyway. There's no scared child and shining knight coming to save me - those are both me. |
| I just want to be more mindful of the decisions I make. |
| 1. Resolve conflict when you see it coming. 2. Be proactive in resolving conflict. I am capable of effective conflict resolutiotion |
| I think in the column marked Defense, when I review my stories there, it's clear that I have a ways to go - I think too highly of myself at times, I am too sure, and I need to accept other people's viewpoints as valid. I also have a tendency to fret and worry, to carry a doubt around deep inside myself instead of letting it out. |
| I wish to worry more about myself and less about others. I will always care for the well being of others, but I need to change the way I look at myself too. I am atleast as worthy as all those I worry about. |
| My overall impression is that this was a learning experience. I find myself not willing to change and not wiling to take too many chances. I found that I am an introvert and need to be more trusting of friends. |
| I would like to learn to be more accepting that I can't control things. Let others control some aspects of life. Realize that I can forgive people without letting them hurt me again. |
| I found I need to be happier more often, and listen more. |
| I wish to modifiy my conflict resolution so that I face my fears more head on. I also wish to improve on my self esteem and confidence by fully accepting myself and allowing myself forgiveness for mistakes. |
| First of all every one should have a good awareness of his own thoughts, whether they are on the right track or not, before criticizing and blaming others. We as a social animal should be much co-operative, helpful and loving to other living ones, which will relieve a lot of stress and strain from our mind. Trying to be always the boss and thinking whatever I do is right are totally unstable levels of mind that increases conflicts in our minds. |
| I think I have to first admit that I have conflicts and then seek help from others close to me in resolving them. Dealing with my conflicts has always been a personal thing for me and now I know that what I am dealing with usually affects someone else in my life that could also be a source of help. |
| I think that perhaps I should be more assertive at time, and not always submit to whatever the "other" wants to do. |
| I really do want to be able to put myself out there and have different connections with people. I would love nothing more than to not be afraid to talk to people because of things that have happened that are keeping me from having connections (issues with father, teen trauma, etc). I would love to be one of those people who were more out going and open with feelings and things like that. I know that in order to have that, I need to be more trusting of people and situations and I am willing to do that. |
| Be more responsible Accept that I am not always right Accept that, in some instances, authority figures are in place for a reason Accept that other people's thoughts matter, too. |
| I think that I really just need to make more of an effort to push myself past my comfort zone. If I ever want to live a life differently than the one that I am currently living, I am going to have to make some changes within myself. These are things that only I have the power to change, so it is up to me to put thought into action. |
| I just need to be more vocal and open with others about my dissatisfactions and needs. |
| I wish to start expressing my feelings instead of bottling them up inside. It may be healthier and more resolving to change outcomes in my life by addressing them instead of avoiding them. |
| i would try harder to be more straight forward with people, and to do it sooner rather than later, cause putting it of may only make it worse for me and others involved |

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| Statistic | Value |
| Total Responses | 33 |

Q21.5.      Has the 'Wizard' emotional education program helped you in understanding psychology as the Science of Conflict Resolution and then in learning about your pattern and how to adjust it?

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| Text Response |
| I'm not sure if I learned the complete understanding of the Science but I did discover that my problems with my sister are deep and they are not going away if I keep ignoring them. I need to act to heal and help myself move on. I need to learn a way to forgive so I can move on with my life. I do see a pattern in that I usually hide my feelings and just pretend there is not a problem if I ignore it. I can in the future ask for help and be more trusting and learn to not shut down emotionally. I can then perhaps rest easier and finally stop having nightmares. I need to reduce the stress and I need support from those that love me to do that. |
| I feel like the Wizard emotional education program is not really set up for those who do not understand a great deal of psychology termonolgy. As you can see from some of my answers on this page I had a really hard time understanding some of the terms used in this study. The six step emotional behavioral process helped me the most out of the entire study. It has helped me see how I can adjust my ways of going about resolving conflicts. |
| Not really, I'm sorry. |
| I think it did help me, It made me look at things differently like I haven't had a chance to before. |
| Not really. I felt more like I was trying to make thngs make sense after i drew images. I felt very awkward tying to connect emotions to silly things. |
| It really has. This has been interesting and I've learned a lot about myself. |
| Yes definitely |
| Yes, in that it's opened up some realizations I've previously had and lost sight up. It brought them to the forefront of my mind again. It's great to have those reawakened to remind myself of who I am. The more I think about this whole experiment, the deeper understanding I get of who I am. Things about me that I am afraid to admit, it has brought out. |
| Yes, it has greatly. That was really interesting and helpful. |
| It's only re-affirmed anything that I already knew. Also, psychology isn't always about conflicts and it's important to remember that. |
| Yes; these projectives were helpful in identifying patterns. |
| I see a pattern but I have always known it was there. I thought it was pretty cool well except for the drawing I really hate drawing things. I really did do the best I could. |
| yes I believe so. |
| I have definitely learned a lot about identifying problems, confronting them, visualizing them, and then solving them and coping with them in a functional manner. After doing the test i feel less anxiety and much calmer. Simply doing these test I already see great improvement in my anxiety reduction. Everyone has conflicts in their life. They are unavoidable, therefore the goal is not to avoid conflicts but to understand them and react to them in a healthy manner. |
| It really has, it has shown me how I reacted to conflicts over time and how I have grown as a person and will continue to make changes in the future! |
| Yes. It's let me see problems I had dealing with conflicts that I never realized before. I sort of knew they were there but I never put it together and saw the overall patterns. |
| It's helped me see how one thing leads to another even if they don't seem connected. Events in my past affect my current actions and relationships. |
| Absolutely. My pattern was conflict avoidance and my adjustment is to take it head on. |
| I don't know very much about psychology as a field of study, but I certainly recognize the notion of conflict resolution as being an important one in everyone's life. This session has reminded me of some counseling sessions I have attended in the past, where I talk about patterns in my responses to situations, and try to recognize ways of changing that pattern into something more productive. |
| This has helped me to understand and learn my pattern better. It has shown me where some of my issues stem from and given me a clearer picture of how I can improve, or at least begin to work towards improving myself and my life. |
| Yes, I think it has been extremely helpful and resourceful. Although this did take me almost 4 hours I think it was a great exercise to learn more about myself. Most of the stories and metaphors I created are actually based on my reality and friends and experiences. |
| Yes, it's amazing how relatable all the stories I came up with were to my own life, without realizing it. |
| No, it actually made it more difficult with the repetitive activities, but I am sure it was just my opinion. I feel the abundance of questions and redundancy of them were excessive, make it a bit less and it will be easier to process. |
| Yes. I feel like I've learned a lot about what I am conflicted over at the moment, which is graduating college and starting a new chapter of my life. I feel like I also know how to take steps to make it better and go for what I really want. |
| Yes, though this topic is quite unfamiliar for me, but the detailed description and education and analysis program has helped me a lot to understand myself and my weak points, and to correct myself where ever necessary. Thank you so much. |
| Yes, it has made it easier for me to see my conflicts and how to express I have those conflicts and then put me in the right direction for solving them. |
| I think it has, amazingly. |
| It's helped me see some things that connected. The mask thing, for me at least, was a little weird and didn't help me much. Just makes me feel lonely. I though the first part, the animals part, and the fairytale parts were the ones that helped me see the most abotu myself. I did enjoy it a lot! |
| Overall, this was a good experience. Most of the things I have discussed have not been new thoughts, but this has made me think of other ways to change my behaviors as well. |
| Yes it has helped me immensely because I have been taught how to look at the conflicts and choose how I can work through them for solutions |
| No, I really don't believe that it has. That's not to say that it won't help anyone. It just didn't really help me personally. |
| The Wizard has helped me pinpoint emotional barriers and help walk through them by outlining experiences in my life that relate to my dominate personality trait. |
| it has helped me learn about my emotions and how i should better deal with them and ajust myself around them. |

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| --- | --- |
| Statistic | Value |
| Total Responses | 33 |

how