

ADAPTIVE RELATIONAL STRENGTHS WORKSHEET

Adaptive individuals excel in fostering positive, harmonious relationships in both community settings and conversations. Their traits of kindness, empathy, and cooperation create strong relational bonds and promote a sense of trust and collaboration.

Relational Strengths in a Community

- **Promoting Harmony and Cooperation:** High Agreeableness individuals are natural peacemakers, working to maintain harmony within the community. They value cooperation and collaboration, helping to reduce conflict and encouraging others to work together effectively.
- **Empathy and Compassion:** They are highly empathetic, often attuned to the needs and emotions of others. This makes them sensitive to the struggles of community members and willing to offer support, fostering a caring and compassionate environment.
- **Encouraging Inclusivity and Kindness:** Their warm, friendly nature helps create an inclusive atmosphere where everyone feels valued. They are likely to go out of their way to ensure that all community members are treated with kindness and respect, enhancing social cohesion.
- **Building Trust and Loyalty:** Their trustworthy and sincere nature helps them build strong, loyal relationships. Others in the community are likely to trust and rely on them, knowing they act with integrity and genuine concern for the well-being of others.
- **Supportive and Encouraging:** They are natural encouragers, providing emotional and practical support to others. In a community, they inspire confidence and motivation in others, helping people feel valued and supported in their endeavors.
- **Mediators of Conflict:** When disagreements arise, they are often the first to step in and mediate. Their calm, empathetic approach helps diffuse tension, leading to peaceful resolutions that respect all sides of an issue.

Jesus' Teachings

Adaptive individuals are characterized by traits such as kindness, empathy, compassion, and a strong desire to maintain harmony in relationships. In a community, these individuals foster cooperation, understanding, and peace. Jesus' teachings emphasize love, service, and humility—values that align closely with the relational strengths of adaptive individuals, especially in how they seek to promote harmony, care for others, and build strong, supportive relationships.

Teaching on Love, Service, and Humility

One of Jesus' teachings that reflects the relational strengths of adaptive individuals is His command to love others selflessly and serve with humility. A key teaching is found in John 13:34-35, where Jesus calls for love as the defining characteristic of His followers:

John 13:34-35: *“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

