

ADAPTIVE CHARACTER TRAITS WORKSHEET

You are sympathetic, cooperative, merciful, accommodating, and kind. You usually want to get along with other people more than you want to achieve your own individual goals, so you are willing to adjust to help others. You are humble and altruistic, spending significant time and energy helping other people.

Key Characteristics

- **Empathy:** You are often empathetic and sensitive to the feelings and needs of others. Adaptive individuals can understand and respond to the emotions of others in a compassionate and caring manner.
- **Cooperation:** You are cooperative and willing to work with others harmoniously. Adaptive people prefer collaboration over competition and are more likely to compromise to maintain positive relationships.
- **Altruism:** You are often altruistic and selfless, showing a genuine concern for the welfare of others. Adaptive individuals are willing to help and support others without expecting anything in return.
- **Patience and Tolerance:** You tend to be patient and tolerant of others' flaws and differences. You are less likely to get frustrated or angry in challenging situations and are more forgiving.
- **Politeness:** You are associated with politeness and respectfulness in social interactions. Adaptive individuals value manners and try to be courteous and considerate in their communication with others.
- **Trust and Trustworthiness:** You are often trusting of others and can be trusted in return. You value honesty and integrity and are a reliable and dependable friend and colleague.

Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Love and Compassion:** Jesus' teachings emphasized the importance of love and compassion for others, including enemies and those who may be marginalized or neglected by society. Adaptive individuals, with their empathetic and caring nature, resonate with the emphasis on loving one's neighbor and showing kindness to others.
- **Altruism and Selflessness:** Jesus is often portrayed as the epitome of selflessness, teaching His followers to serve and help others without seeking personal gain. Adaptive individuals share this inclination towards altruism, putting the needs of others before their own and seeking to make a positive impact on the lives of those around them.
- **Forgiveness and Tolerance:** Jesus taught the importance of forgiveness and encouraged His followers to be patient, merciful, and tolerant of others. Similarly, adaptive individuals tend to be forgiving and more understanding of human imperfections, seeking to maintain harmony and peace in their relationships.
- **Humility and Nonconfrontational Communication:** Jesus exemplified humility and taught against arrogance and aggressive behavior. Adaptive individuals often display a humble demeanor and prefer non-confrontational communication, promoting understanding and reconciliation over conflict.

- **Valuing Relationships and Community:** Jesus emphasized the value of relationships and the importance of unity within a community. Adaptive individuals naturally prioritize building and maintaining positive relationships, contributing to the sense of community and fostering a supportive environment.

Character Journaling Prompts & Notes

Fulfilling Acts of Spiritual Kindness:

- What acts of spiritual kindness or compassion resonate most deeply with you, and why?

Building Spiritual Trust and Altruism:

- How do you cultivate trust and altruism within your spiritual relationships and community, and why is this important to your spiritual journey?

Maintaining Spiritual Harmony and Peace:

- How do you contribute to maintaining spiritual harmony and peace within your personal spiritual practices and interactions with others?

Fostering Positive Spiritual Interactions:

- How do you actively foster positive spiritual interactions and connections within your spiritual community and beyond?

Envisioning Long-term Spiritual Impact:

- What long-term spiritual impact or positive changes do you aspire to bring about within your spiritual community or among those you interact with spiritually?
