



ADAPTIVE TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your adaptive traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

Session 1: Take the Identity Assessment

Adaptive is your 'Primary' or 'Secondary' Trait (circle)

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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?

ADAPTIVE SPIRITUAL STRENGTHS 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.

Adaptive individuals lead to strong spiritual strengths that are crucial for community building, compassion, and service in the Christian faith. These traits not only enhance personal spiritual growth but also contribute positively to the broader community.

Spiritual Strengths

- 1. Compassion and Empathy:**
 - **Strength:** Adaptive individuals are often compassionate and empathetic, naturally inclined to care for others and support those in need.
 - **Bible Reference:** *"Carry each other's burdens, and in this way, you will fulfill the law of Christ."* (Galatians 6:2, NIV)
- 2. Conflict Resolution:**
 - **Strength:** They are skilled at fostering harmony and resolving conflicts, often acting as peacemakers in difficult situations.
 - **Bible Reference:** *"Blessed are the peacemakers, for they will be called children of God."* (Matthew 5:9, NIV)
- 3. Generosity and Service:**
 - **Strength:** Their desire to help others leads them to serve in their communities, showing generosity through time, resources, and support.
 - **Bible Reference:** *"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."* (2 Corinthians 9:7, NIV)
- 4. Building Community:**
 - **Strength:** Adaptive individuals foster a strong sense of community, encouraging inclusivity and building relationships within the faith community.
 - **Bible Reference:** *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another."* (Hebrews 10:24-25, NIV)
- 5. Forgiveness and Understanding:**
 - **Strength:** They often possess a forgiving spirit, willing to understand and forgive the shortcomings of others, reflecting Christ's love.
 - **Bible Reference:** *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* (Ephesians 4:32, NIV)
- 6. Encouragement and Support:**
 - **Strength:** Adaptive individuals are often uplifting, offering encouragement and support to those who are struggling in their faith or personal lives.
 - **Bible Reference:** *"Therefore encourage one another and build each other up, just as in fact you are doing."* (1 Thessalonians 5:11, NIV)

Spiritual Strengths Journaling Prompts & Notes

Understanding Compassion:

- How do you express compassion in your daily life, and what impact do you feel it has on others?

Conflict Resolution:

- When faced with conflict, how do you typically approach resolution? Can you recall a situation where your approach led to a positive outcome?

Generosity and Service:

- What motivates you to serve others, and how do you feel spiritually nourished through acts of service?

Community Building:

- How do you foster connections and relationships within your faith community?

Forgiveness and Understanding:

- How do you approach forgiveness in your life? Are there particular challenges you face in this area?

Encouragement and Support:

- How do you actively encourage others in their spiritual journeys? Can you share an example where your support made a difference?

Self-Care and Boundaries:

- How do you ensure that your desire to help others does not lead to burnout or neglect of your own needs?

ADAPTIVE VULNERABILITIES WORKSHEET

Adaptive individuals are typically compassionate, cooperative, and empathetic. While these traits foster positive relationships, they also come with vulnerabilities.

Vulnerabilities

- **Difficulty Asserting Themselves:** Individuals high in agreeableness may struggle to voice their own needs and opinions, often prioritizing others over themselves.
- **Fear of Conflict:** Their desire for harmony can lead to avoidance of necessary confrontations, resulting in unresolved issues and resentment.
- **Overcommitment:** Agreeable individuals often have a hard time saying no, leading to taking on too many responsibilities or obligations.
- **Sensitivity to Criticism:** They may be more affected by criticism or negative feedback, which can impact their self-esteem and motivation.
- **Tendency to Please Others:** A strong desire to be liked can result in people-pleasing behavior, sometimes at the cost of personal authenticity.

Jesus' Teachings

By reflecting on these teachings of Jesus, adaptive individuals can find guidance in addressing their vulnerabilities. Integrating these principles into daily life can promote personal growth, enhance self-awareness, and strengthen relationships, allowing for a more balanced and fulfilling approach to interactions with others.

- **Difficulty Asserting Themselves** - *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." (Matthew 7:7)*
This teaching emphasizes the importance of expressing one's needs and desires. It encourages individuals to ask for what they need rather than assuming others will recognize those needs. Practicing this can help build confidence in asserting oneself.
- **Fear of Conflict** - *"Blessed are the peacemakers, for they shall be called sons of God." (Matthew 5:9)*
This verse highlights the value of healthy conflict resolution. Understanding that peacemaking includes addressing issues rather than avoiding them can help individuals view conflict as a path to deeper understanding and reconciliation.
- **Overcommitment** - *"Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28)*
This teaching encourages individuals to seek rest and renewal. Recognizing that it's okay to take a step back and recharge can help in setting boundaries and avoiding overcommitment.
- **Sensitivity to Criticism** - *"Do not judge, or you too will be judged." (Matthew 7:1)*
This teaching reminds individuals to approach criticism with grace and understanding. Instead of internalizing negative feedback, they can focus on constructive criticism as a means for growth, recognizing that everyone has flaws and areas for improvement.
- **Tendency to Please Others** - *"You shall love your neighbor as yourself." (Mark 12:31)*
This commandment underscores the importance of self-love and self-care. Individuals must remember that loving themselves is equally important as loving others. Balancing care for oneself with care for others can help reduce people-pleasing tendencies.

Other Practical Guidance

Personal Guidance

- **Practice Assertiveness:** Engage in assertiveness training or role-playing scenarios to practice expressing your needs and opinions. Start with small statements and gradually build up to more significant issues.
- **Embrace Healthy Conflict:** Recognize that conflict is a natural part of relationships. Reframe your perspective to view conflict as an opportunity for growth and understanding rather than something to be avoided.
- **Set Boundaries:** Learn to say no when necessary. Start with low-stakes situations to practice setting boundaries, then gradually apply this to larger commitments.
- **Build Resilience to Criticism:** Develop a mindset that views criticism as feedback for growth rather than a personal attack. Seek constructive feedback from trusted individuals and practice self-compassion.
- **Cultivate Authenticity:** Reflect on your values and desires. Engage in activities that align with your authentic self and prioritize being true to yourself over seeking approval from others.

Relationship Guidance

- **Communicate Openly:** Make it a habit to share your feelings and needs with loved ones. Use “I” statements to express how certain situations affect you without placing blame.
- **Value Different Perspectives:** Recognize that differing opinions can enrich conversations. Practice active listening and validate others' viewpoints, even if you disagree.
- **Engage in Mutual Decision-Making:** In group settings, encourage collaborative decision-making. Ensure that everyone's voice is heard, including your own.
- **Practice Self-Care:** Prioritize your well-being by engaging in activities that recharge you. This includes setting aside time for self-reflection and personal interests.
- **Seek Support:** Surround yourself with people who respect your needs and boundaries. Consider seeking counseling or support groups to discuss challenges you face.

Notes

ADAPTIVE TRAIT NAVIGATING CHALLENGES

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.

Challenges You May Experience from Yourself and Others

Your interpersonal skills and ability to work as part of a team can be critically important to your success at work, school, and on committees. Organizations often adopt a team approach to nearly every aspect of their business by including multiple departments or disciplines inside their structure. While you are innately 'wired' to be a team player, your tendency to yield your position to others instead of taking a firm stand can sometimes come across to others as non-assertive, naïve, submissive, conflict-adverse, gullible, dependent, or perhaps even weak. It's helpful to be aware of how your interpersonal style at work can be perceived by others so that you can monitor your behavior.

How to Effectively Manage Challenges

- **Embrace teamwork:** Utilize your natural inclination to collaborate and work effectively with others in a team environment.
- **Assertiveness with diplomacy:** Find a balance between being accommodating and asserting your own ideas and opinions when necessary.
- **Set boundaries:** Be clear about your own needs and priorities while also considering the needs of others. Don't hesitate to assert yourself when your boundaries are being encroached upon.
- **Foster open communication:** Create an environment where everyone feels comfortable expressing their opinions and concerns openly and respectfully.
- **Develop conflict resolution skills:** Be proactive in addressing conflicts that arise within the team, focusing on finding mutually beneficial solutions.
- **Stand firm on principles:** While being cooperative, remain steadfast in upholding your values and principles, even if it means disagreeing with others.
- **Seek feedback:** Actively solicit feedback from colleagues to ensure your approach is perceived positively and to identify areas for improvement.
- **Continuously self-monitor:** Be mindful of how your agreeable nature may be perceived and make adjustments as needed to assert yourself appropriately.

Jesus' Teachings

By integrating these teachings into your approach, you can navigate challenges effectively while maintaining your naturally agreeable disposition. This balance will not only enhance your interpersonal skills but also reflect the values of compassion and integrity that Jesus embodied.

- **Embrace Teamwork:** Jesus emphasized the importance of community and collaboration. In Matthew 18:20, He said, "For where two or three gather in my

name, there am I with them." This underscores the significance of teamwork and the presence of God in collaborative efforts. Encourage unity and collective effort within your team, fostering a sense of belonging.

- **Assertiveness with Diplomacy:** Jesus demonstrated assertiveness in His teachings and actions, such as when He spoke truth to power (e.g., Matthew 23). Use Jesus' model of speaking with truth and love to assert your ideas diplomatically, ensuring that your voice is heard while respecting others.
- **Set Boundaries:** Jesus often withdrew to pray and recharge (e.g., Luke 5:16). He recognized the importance of setting boundaries for His well-being. Follow His example by setting personal boundaries to maintain your health and effectiveness, while being considerate of others' needs.
- **Foster Open Communication:** Jesus engaged in open dialogue with His disciples, asking questions and encouraging discussion (e.g., Matthew 16:13-15). Promote a culture of open communication in your team by modeling transparency and inviting diverse opinions.
- **Develop Conflict Resolution Skills:** In Matthew 18:15-17, Jesus provided a process for resolving conflicts among believers, emphasizing reconciliation and understanding. Take a proactive role in addressing conflicts, focusing on healing relationships and finding solutions that honor everyone involved.
- **Stand Firm on Principles:** Jesus stood firm in His mission and values, even when faced with opposition (e.g., John 18:36-37). Uphold your principles with courage, even when it requires difficult conversations or standing alone. Your integrity will earn respect.
- **Seek Feedback:** Jesus often asked His disciples for their thoughts and insights (e.g., Mark 8:27-30). Create a feedback-rich environment by regularly asking for input from colleagues to improve your interpersonal effectiveness.
- **Continuously Self-Monitor:** Jesus taught about self-examination (e.g., Matthew 7:3-5), encouraging individuals to reflect on their actions and attitudes. Regularly assess how your agreeable nature is perceived and seek to balance it with assertiveness when necessary.

Notes

ADAPTIVE LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

Primary Learning Style: Auditory



Auditory learners learn best through sound and spoken word. They tend to retain information better through lectures, discussions, podcasts, and listening to explanations or recordings.

Auditory Learner Resources

As an 'auditory' learner, here are some resources to help you better understand the bible and other concepts.

- **Listen to the Bible from Bible.com at <https://www.bible.com/>**
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject audio podcasts at <https://bibleproject.com/podcasts/the-bible-project-podcast/>**
The BibleProject podcast features detailed conversations exploring the biblical theology behind each animated video and series they create.
- **Through the Word audio podcasts at <https://throughtheword.org/platforms/plans/>**
Understand the Bible in 10-minutes a day with clear and concise plans for every book and audio guides for every chapter of the Bible.

Secondary Learning Style: Experiential/Active



They learn best through physical activities and hands-on experiences. They prefer learning by doing, such as participating in experiments, using an App, or interactive activities.

Experiential/Active Learner Resources

As an 'experiential/active' (kinesthetic) learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion App at <https://www.bible.com/app>**
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject App at <https://bibleproject.com/app/>**
Watch, Listen, and Learn - Your guide to the Bible's unified story. On the app, wherever you start is just the beginning.
- **Through the Word App at <https://app.throughtheword.org/>**
Understand the Bible in just ten minutes a day, with plans for every book and Audio Guides for every chapter.

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.”*

This teaching emphasizes love, compassion, and care—hallmarks of an adaptive. Adaptive individuals often embody this call to love others, building relationships based on kindness, empathy, and concern for others' well-being.

Teaching on Humility and Service

Jesus also taught the importance of humility and serving others, which aligns with the adaptive individual's natural desire to help and support those around them. In Matthew 20:26-28, Jesus teaches that greatness comes from serving others:

Matthew 20:26-28: *“Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”*

This teaching highlights the strength of serving others with humility, a trait often seen in adaptive individuals. Their willingness to put the needs of others before their own creates a strong sense of community and mutual support.

Bible Verse that Represents These Relational Strengths

A Bible verse that represents the relational strengths of an adaptive individual, particularly their focus on kindness, patience, and peaceful relationships, is:

Ephesians 4:32: *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

This verse highlights the importance of kindness, compassion, and forgiveness, traits that are central to adaptive individuals. Their ability to foster understanding and peace through empathy and gentleness strengthens relationships and builds a harmonious community.

Notes

ADAPTIVE CONVERSATION 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.

Conversational Strengths

- **Empathetic Listening:** Adaptive individuals excel at active listening, making others feel heard and understood. Their genuine interest in others' feelings and perspectives creates an atmosphere of openness and trust, which strengthens communication.
- **Encouraging and Supportive Feedback:** In conversations, they offer positive and supportive feedback, focusing on uplifting others rather than being overly critical. This makes interactions with them feel affirming and constructive, even when discussing challenges.
- **Patience in Conversations:** They are patient communicators, willing to let others take their time to express themselves fully. This patience allows conversations to unfold naturally, ensuring that everyone feels respected and valued.
- **Adaptable and Non-Confrontational:** In conversations, adaptive individuals are flexible and open to different viewpoints. They tend to avoid confrontations and are more likely to agree or compromise to maintain harmony, making conversations smoother and less stressful.
- **Sincere Interest in Others:** They genuinely care about the well-being and thoughts of the people they engage with. This sincerity builds trust and strengthens relational bonds, as others feel that they are valued for who they are.
- **Emotional Sensitivity:** Adaptive individuals are sensitive to the emotions of others, allowing them to respond empathetically to both verbal and non-verbal cues. This emotional intelligence enhances the depth and quality of conversations, making them more meaningful and emotionally supportive.

Jesus' Teachings

Adaptive individuals excel in conversations through their empathy, kindness, and focus on maintaining harmony. They are often good listeners, gentle in their speech, and skilled at resolving conflicts in a way that preserves relationships. These strengths create an environment where others feel valued and understood. Jesus' teachings emphasize humility, love, and thoughtful communication, aligning with the relational strengths of those who prioritize gentleness and peacemaking in their conversations.

Teaching on Gentleness, Kindness, and Peacemaking in Speech

One of Jesus' teachings that reflects the conversational strengths of adaptive individuals is His emphasis on thoughtful, kind, and non-judgmental communication. In Matthew 12:36-37, Jesus speaks about the importance of our words and how they reflect our hearts and affect others.

Matthew 12:36-37: *"But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned."*

This teaching highlights the importance of speaking with care, understanding that our words have weight and can either build up or tear down relationships. Adaptive individuals excel in thoughtful, kind communication, which fosters harmony and understanding in conversations.

Teaching on Humble and Compassionate Speech

Jesus also emphasized humility and compassion in communication. In Matthew 7:12, He teaches the **Golden Rule**, which directly applies to conversations and how we treat others with the same respect and consideration we desire:

Matthew 7:12: *“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”*

This teaching encourages treating others with kindness and empathy, a natural strength for individuals with high Agreeableness, who are skilled at making others feel respected and valued in conversations.

Bible Verse that Represents These Conversation Strengths

A Bible verse that aligns with these conversational strengths, particularly their focus on gentleness, patience, and maintaining peace in their speech, is:

Colossians 4:6: *“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”*

This verse speaks to the importance of grace in communication, a trait naturally displayed by those adaptive individuals. Their ability to speak with kindness, empathy, and tact allows them to connect with others in a positive and constructive manner.

Notes
