

RESERVED CHARACTER TRAITS WORKSHEET

You are introverted, reserved, calm, and low-key. You are easily overstimulated and avoid busy and noisy environments as you find them to be overwhelming. You keep your social life fairly simple as you may find dealing with people saps your energy or is unrewarding. You often find it difficult to express yourself and may prefer others to do the talking. You are generally calm and not easily excited about life. You might realize you are less motivated than other people to achieve things like money, status, adventure, romance, or popularity.

As a Reserved person, you exhibit many of the traits of Jesus. The disciples often asked Him 'When Lord?' in regard to the kingdom and rescuing of Israel from the Romans. Jesus was careful about who He confided in, as you may be, and He often spent time away from the crowds, often alone with the Father or with only His disciples.

Key Characteristics

- **Prefer Solitude:** As an introvert, you generally enjoy spending time alone or in small, intimate settings rather than large social gatherings. You may find solitude to be more recharging and comfortable.
- **Reserved and Thoughtful:** You often take time to process information before expressing thoughts and feelings. Reserved individuals may be more reflective and introspective, preferring to consider their responses carefully.
- **Selective Socializing:** While reserved people may not seek out extensive social interactions, they still value meaningful connections. You may have a smaller circle of close friends but develop deep and long-lasting relationships.
- **Listeners:** You tend to be a good listener and may prefer to pay attention rather than dominate conversations. Reserved individuals value thoughtful discussions and may not enjoy small talk as much.
- **Thoughtful Decision-Making:** Due to your introspective nature, you may take more time to make decisions, weighing the pros and cons carefully before settling on a choice.
- **Independent:** Reserved people often feel comfortable working autonomously and may excel in roles that require focused, solitary work.

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.

- **Solitude and Reflection:** Jesus is often described as retreating to solitary places for prayer and reflection. He sought moments of solitude to connect with God and find inner strength.
- **Deep and Meaningful Connections:** Jesus emphasized the importance of love, compassion, and genuine relationships. While He interacted with large crowds, He also formed close and meaningful bonds with His disciples and other individuals.
- **Listening and Empathy:** Jesus was known for His ability to listen attentively to people's concerns, showing empathy, and responding with compassion. He often took time to understand others' needs and struggles.
- **Independence and Autonomy:** Jesus' teachings often challenged conventional norms and encouraged people to think independently and not merely follow the crowd.

