

DOWNLOAD PDF PERSONALITY INSIGHTS FOR MOMS (PERSONALITY INSIGHTS FOR . SERIES)

Chapter 1 : Global leader in learning and development solutions - Insights

Personality Insights for Moms also helps moms understand and use their own personality styles, understand their children's ability to communicate better, handle conflict, and offer appropriate discipline, (or D-I- S-Cipline).

October 23, December 27, I spent the last Thursday and Friday on a division-wide personality assessment workshop run by Insights Discovery. The user completes 25 rounds of 4 multiple choice questions and the results are then compiled into a personal profile for the workshop. The assessment categorises different aspects of your personality into 4 colours, described above. There are 72 types available based on the different possible colour mixes. The assessment is based on Jungian archetypes and is quite similar to the Myers-Briggs type indicators, which is largely pseudoscience. Day 1 involved a lot of activities aimed at familiarising everyone with the different colour categories and given several opportunities to guess which colour was most dominant for them. Each corner of the room had a table with cards on it for the different colours. The cards had words that were descriptive to the different colours. Each participant had to pick three cards from each colour corner and give the ones which they felt were least descriptive of them to other participants. I ended up with blue cards in two similar activities but turned out to be red dominant with blue a close second. The two pics below are from my personal profile. Basically, they were advising against this becoming another form of discrimination and drumming it into our heads that people are mixes of colours, not individual colours. The Language Use The language use quickly switched to precisely what they were advising against, though. The facilitator used the incorrect phrasing as well as the participants. In fact, the softer colours green and yellow were consistently getting the short end of the stick the whole way through the two day workshop. The departments attending were expecting their members to be predominantly blue and red, so the greens and yellows were seen as outliers, oddballs, quirky, and less desirable. One guy was consistently mean about yellow while in the same breath saying his daughter was probably yellow. There was a lot of grouping happening. During discussions about how to engage with the different colours there were bizarrely superficial descriptions tossed around. During the same discussion I had to say that, as the only red dominant person in the workshop, red people Christ are more than just the colour and would still feel hurt if they received an abrasive email or be concerned that someone was angry at them if the tone was too terse or formal. Participants who had similar profiles to those in management positions were plumped up and bolstered with approving pats on the back. Additionally, there was a lot of talk about an authentic self and staying true to your persona, but then mention would be made about improving around that and possibly changing due to drastic life events, which was enough of an un-explained contradiction to make me feel slightly uncomfortable. I do just want to note that the way the Less Conscious graph look on the right of the last image above is calculated irked me. This graph looks at the inverse of your answers. For example, the opposite of red is green so if you are indicating high red in your responses then the remaining value to the top of the graph is populated with green. Summary The resulting categorisations are accurate enough. However, the application is problematic. Less self-reflective people may be more easily influenced by the lengthy write-ups. The facilitator said that when a person undergoes notable life-changes or if a few years have passed they can redo the test. The workshop does encourage thought about other types and tries to stretch this into empathy and compassion, but that seems to stop with the individuals participating. It feels like these exercises are just corporates attempting to iron the kinks out of their employees. Green, you need to ramp up your red energy and challenge more. Wait, not that much.

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Chapter 2 : Susan Crook Personality Insights for Moms Online

Personality Insights for Moms! By Susan Crook with Robert A. Rohm, Ph.D. is the way to DISCover Communication Success. When moms (and dads and even grandparents) understand their own personality type and have these helpful insights into each child's personality type, a door is opened for excellent communication and understanding that is mutually beneficial and helps prents rear well-adjusted.

Family Court System Two individuals who once comprised a loving marriage, now bear titles of defendant and plaintiff, standing before the family court among a plethora of custody cases. Judges and family relation officers laboriously examine intimate details of a family, attempting to make reasonable decisions affecting multiple lives. Their rulings directly affect the future care and psychological development of children. Court officials are highly experienced and educated, yet they often lack knowledge in Cluster B disorders, specifically narcissistic personality disordered individuals or NPD. Cases involving NPD parents can be supremely pernicious in child custody cases. Our court system has a drastic need to be educated on this disorder, and how it creates high conflict divorces and continued abuse. Often the court is the instrument used as a surrogate to persistent cruelty. As a clinical psychologist I have treated women who make up the majority of victims, and children who have endured the effects of narcissistic abuse. I hope to convey clarity to judges and family relation personnel in order to strengthen their insight. Narcissistic Personality Disorder and Mentalization: The symptoms associated with Narcissistic Personality Disorder, or NPD, affect the development of how children mentalize, or in other words, their reflective functioning, which is a vital psychological function. The Diagnostic and Statistical Manual of Mental Disorders or DSM- 5 is the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders. NPD is one of the four Cluster B personality disorders characterized by a dysregulation of emotions, thinking and behavior. Significant impairments occur in identity as well as interpersonal functioning, such as empathy and intimacy, and are not due to substance abuse or a general medical condition. If court officials can appreciate this one area of psychological health when trying to determine a high conflict divorce settlement involving custody, children benefit immeasurably. It involves considering and understanding why they and other people behave in defined ways. It is distinguishing inner from outer reality, and pretend from real modes of functioning. This ability is imperative for successful relationships, the foundation of our existence. An inability to do so leaves individuals exposed to meaninglessness, chaos, anxiety and the perpetuation of additional personality disorders, and consequently, more high conflict divorces. Our reflective self develops at the beginning of infancy through parent-child interactions. At three-years old, children understand others have differing feelings from their own. It is not until approximately six-years of age that a child fully understands other individuals have different thoughts. Limited reflective functioning can cause unhealthy interpersonal relationships. It may trigger anxiety, and cause aggressive and destructive behaviors. Parents with low reflective functioning produce children with low reflective functioning as well as attachment-insecurity. To break the cycle, court officials who receive education in Cluster B personality disorders, can be of service. The criteria receiving the most attention with narcissistic personality disorder are impairments in: Inability to empathize Lack of concern for feelings, needs, or the suffering of others Lacking remorse after hurting or mistreating another Exploitation by deceit or coercion; lying The use of dominance or intimidation to control others Judges may believe they have the ability to recognize these traits in an individual standing before their bench, however, the pathology is covered by an inauthentic, competent persona. The action before the court could constitute covert abuse if the litigants have a history of multiple legal actions. Charm, misrepresentation of self, embellishment, and fabrication are vehicles used by the NPD parent in their submissions, believing most of their own lies. Facades are built as the burden of proof. The NPD parent persists with deceitful hyper-focus toward the ex spouse, expending energy continuing the insidious abuse. This is not easily seen or believed by others, and court officials often succumb

to the fallacious view portrayed by the NPD parent. This is because the narcissist has an impeccable ability to blame the victim, and has no ability for self reflection. Parents with NPD have common features. Often they fall on various points of the financial spectrum, yet it is the NPD parent who exhausts their counterpart with endless court activity, having larger incomes or support to continue battling. It cannot be stressed enough how proficient they are at deceiving others, fabricating an inauthentic lifestyle hidden from the awareness of their new spouse, family, boss, coworkers, and even their own children. Understandably, court officials get misled and are mistaken in their recommendations and rulings pertaining to custody. In order for children to have successful interpersonal relations, they need to be aware of and understand how they and others think or feel. This development depends upon the presence of a psychologically healthy caregiver. This growth can be hindered by the NPD parent if the court grants them custody. NPD parents devote a hatred or destructiveness towards others who make any demands on them, including their children who unequivocally need their parents for development. The custodial parent may also need the NPD parent because of court orders, thus leaving the NPD parent feeling impinged upon leading to more hostility. In many cases the custodial parent is reliant on the NPD parent to follow court orders regarding parenting time, educational orders, pick up and drop off, and finances just to name a few. Overwhelming anxiety, depression, frenetic acting out and exhaustion may be a result. For example, court ordered financial obligations may put the custodial parent in a position to demand funds for bills that are mandated to be paid or owed, as well as child support and weekly alimony. Court orders are created with the whole picture in mind, with judges under the assumption that both parties will do what they are told. Grandiosity, a criterion of narcissism, gives the NPD parent feelings of entitlement, causing them to behave as if they are above the law, disregarding any court ordered financial obligations. This manifests in daily life by the children seeing the cable shut off, or living in a home that is now cold or in need of repair. Children see the custodial parent weakened and distracted, because the focus is on daily survival instead of their development. Therefore, not only is the NPD parent unable to foster the development of the children, they impede the custodial parent by inducing constant emotional upheaval. The anxiety felt by the custodial parent trying to financially and physically support the children, have a career, in addition to being troubled preparing for numerous court appearances, can gravely affect children and their mentalization. Their internal psychological structures are depleted from multiple stressor from the NPD parent. Consequently, they may have difficulty knowing the difference between fantasy play and reality when presented with challenging emotional material. Children believe their fantasies are real, leading to inadequate differentiation between mind of self and mind of other. Therefore, not having the ability to discriminate can lead to pathology, such as the child developing a cluster B personality disorder. The Court Protecting Children: Significant impairments in personality functioning manifesting through impairments in identity, empathy, grandiosity, deceitfulness, and hostility, akin to NPD affect children in a critical area of their psychological functioning; their ability to mentalize. Child development depends upon the direct caregiver having healthy psychological structures such as an ability to empathize, observe societal values, and have personal integrity. Mentalization is a fundamental significant psychological function that facilitates the formation of a stable sense of self. However, the court could take a positive role in protecting children by monitoring the compliance of court orders to ensure fewer court motions of contempt or custody battles are submitted. Judges can also order a psychological evaluation of both parents by a skilled psychologist who has an expert understanding of Cluster B personality disorders. Judges need to understand that not all clinicians know the depths of NPD and its consequences. Family relation officers could receive more training in narcissistic personality disorders, and perhaps arrange for the services of a psychologist to determine if the conflict is due to a psychological disorder. Finally, it is important that we keep the discussion about Cluster B disorders open to reduce misconceptions and mishandling of high conflict custody cases and divorces. To download a copy of this article, [click here](#). Kristine Danback is a licensed clinical psychologist in New York. She conducts face to face psychotherapy sessions, via tele-therapy, helping people with various disorders with a speciality in narcissistic abuse. She also provides divorce coaching and has been an OMB advocate since its inception. She can be reached at her website:

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Education on Cluster B disorders will allow these professionals to truly act in the best interest of the children. Each year, Tina offers life-changing weekends of camaraderie and healing at the Lemonade Power Retreat. Tina also offers one-on-one coaching services and a private, secure forum called, The Lemonade Club , for those enduring high-conflict custody battles.

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Chapter 3 : Susan Crook (Author of Personality Insights For Moms)

DID Super Moms Ke Naye Season Mein Moms Ne Dikhaya Apna Tashan!! - DID Super Moms (Season 2) - 27th March

Some mothers and daughters are best friends. Others talk once a week. Some see each other weekly; others live in different states or countries. Others talk through everything. There also are ups and downs, no matter how positive or prickly the relationship. In her private practice, Roni Cohen-Sandler, Ph. A New Understanding of Mother-Daughter Conflict, sees three primary complaints that daughters have about their moms: Moms try to parent them and are overly critical and demanding. Whatever your relationship with your mother or daughter, you can always make improvements. Make the first move. Doing so inevitably leaves relationships stuck. Many think that the only way to improve a relationship is for the other person to change their ways. Interestingly, this can still alter your relationship. Think of it as a dance, she said. When one person changes their steps, the dance inevitably changes. Both moms and daughters often have idealistic expectations about their relationship. For instance, kids commonly think their mom will be nurturing and present “always. This idea can develop from an early age. When her kids were young, Mintle found herself setting up this unrealistic belief during their nightly reading time. Lack of communication is a common challenge with moms and daughters. Be an active listener. They realize conflict is inevitable and they deal with it head on. This applies to mother and daughter relationships, too, she said. Not resolving conflict can have surprising consequences. But pick your battles. Instead of arguing about something so small, Mintle put the hat on and moved on. Put yourself in her shoes. But a panoramic lens provides a much wider view, letting us see the object in a larger context. Mintle views forgiveness as key for well-being. Balance individuality and closeness. It can be challenging for daughters to build their own identities. Sometimes daughters think that in order to become their own person, they must cut off from their moms, Mintle said. Both are clearly problematic. But daughters can find their voices and identities within the relationship. We learn how to deal with conflict and negative emotions through our families, Mintle said. Mintle and her mom had a positive relationship but sometimes struggled with this balance. When Mintle was a well-established professional in her 30s, her mom would still tell her what to do. Then, she realized that she had to talk to her mom in a different way. The next night her mom said the same thing, Mintle used humor: Moms and daughters disagree on many topics, such as marriage, parenting and career, and they usually try to convince the other to change those opinions, Cohen-Sandler said. Moms feel threatened and rejected that their daughters are making different decisions. Daughters think their moms disapprove of them and get defensive. Stick to the present. It becomes their default disagreement. Talk about how you want to communicate. But if you want to reach me during the day [with something] more urgent, just text me. One way to ease into reconnecting with your mom or daughter is by setting clear-cut boundaries. Boundaries are key for any healthy relationship. For instance, when visiting your mom or daughter for the holidays, stay at a hotel. If you can create and maintain boundaries with her, then you can do this with anyone else, such as your boss or partner, Mintle said. A daughter might involve dad because mom is driving her crazy. Either way, talk directly to the person. She blogs regularly about body and self-image issues on her own blog, Weightless, and about creativity on her second blog Make a Mess. Retrieved on November 10, , from <https://>

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Chapter 4 : Personality and place: New insights on person-environment links

Description. By learning and applying the communication skills and strategies discussed in this book, you will be able to give your child the gift of successful communication, unconditional love and understanding at a level you have never experienced before.

February 27, , Society for Personality and Social Psychology Psychological traits, such as personality and well-being, are spatially and regionally clustered within cities, states, countries, and the world. Four presentations showcase cutting-edge research that investigates how traits are spatially and geographically clustered, what mechanisms drive the uneven distribution of traits, and the consequences of these spatial patterns. Life satisfaction and location Research published in the journal Social Psychological and Personality Science examines the association between overall well-being and two important behavioral indicators of regional success— migration and population growth. Using life-satisfaction data from over 2 million U. Analysis shows that the association was not due to regional differences in birth or death rates, but rather due to high levels of domestic migration. It could be that people intentionally move to places that are happier, and the factors that attract people also contribute to happiness, or it may be that places that are growing feel more energetic. The study found that only one of the Big Five personality traits predicted terrain preference—extraversion. Results of the study also showed that introverts tend to live in mountainous regions, while extroverts live in open and flat regions. The researchers caution that there is no evidence mountains make people introverted, but rather, introverts tend to choose mountainous geography because of the secluded environment. Lead researcher Shige Oishi says that individuals should consider their personalities more closely when choosing a place to live; "Some cities and towns have geography that is more accommodating for some people than for others The study is under review for the Journal of Personality and Social Psychology. Oishi cautions that there is more research that will be collected to determine the underlying mechanisms of the association, and to see if the results are replicated on a larger scale. City-dweller or rural resident? Globalization and an increasing tend toward domestic migration and mobility—especially among younger individuals—makes the question of where to live an important one. Preliminary results have shown a small but significant person-city interaction effect on self-esteem for openness to experience, agreeableness, and conscientiousness. Lead researcher Wiebke Bleidorn explains: Personality of a space There is a lot of research focusing on characterizing people, but little research has been done characterizing spaces. Researchers at the University of Texas at Austin are engaging in a series of studies designed to characterize physical spaces. An initial study examined the desired ambiance of residential spaces. Participants were asked to specify the ambiances they would like to evoke in rooms of their homes. Their preferences were characterized in terms of six broad psychological dimensions: The second study examined the ambiances of bars and cafes, which fell into four broad groups: Both studies hint at the psychological functions served by physical spaces in everyday life, providing a foundation for work on the factors that drive people to seek out different kinds of spaces and consequences of succeeding or failing to find a suitable fit.

Chapter 5 : Personality Insights For Moms by Susan Crook

"Personality Insights for Moms" provides powerful snippets of life-changing information in a fun, easy-read. Moms will laugh and learn as they gain fresh new insights regarding personality dynamics in their family. Using the DISC Model of Human Behavior, this comprehensive and reliable personality.

Chapter 6 : 15 Insights on Improving Mother-Daughter Relationships

Document for Personality Insights For Moms Personality Insights For Series By Susan Crook is available in various

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Chapter 7 : Insights Discovery Full Circle - How we're perceived by others

Personality insights for moms (personality - Book information and reviews for ISBN,Personality Insights For Moms (Personality Insights For Series) by Susan Crook.

Chapter 8 : calendrieldelascience.com: Customer reviews: Personality Insights for Moms (Personality Insights For Series)

Personality Insights for Moms provides powerful snippets of life-changing information in a fun, easy-read. Moms will laugh and learn as they gain fresh new insights regarding personality dynamics in their family.

Chapter 9 : The Problems with Insights Discovery Personality Assessments – Waxing Apocalyptic

"Personality Insights for Moms" is a humorous, accessible book that will help parents ready to throw in the towel to hang on and keep on trying. The handy little lists, charts, graphs, and tools are quite practical and visually appealing as well.