

## *Temperament: Baked in goodness!*

reserved, reflective,  
prefers the familiar,  
wants predictable  
over novelty

←..... **Novelty Seeking** .....→

explorer, impulsive,  
excited with novelty,  
enthusiastic, easily  
bored

impulsive,  
confident, excitable,  
outgoing, optimistic

←..... **Harm Avoidance** .....→

cautious, deliberate,  
reserved, fearful,  
worrisome, shy

independent and  
less concerned  
with social approval  
or attachment

←..... **Reward Dependence** .....→

warm, empathetic,  
and sensitive to  
others, sentimental,  
friendly

easily discouraged,  
less goal directed,  
give up more in face  
of challenges/fatigue

←..... **Persistence** .....→

determined,  
ambitious, focused,  
discipline with  
sustained effort

## *Character: Where parents make a difference*

struggle with self-  
regulation, direction,  
often feels things are  
beyond control

←..... **Self Directed** .....→

responsible, reliable,  
and self-accepting,  
takes initiative in  
solving problems

self-centered,  
competitive, and  
less concerned  
with social harmony  
or the welfare of  
others

←..... **Cooperativeness** .....→

empathetic, and  
helpful, attuned to  
others, value  
cooperation and  
fairness

materialistic, material  
success, focused  
on tangible reality,  
reason over mystery

←..... **Self Transcendence** .....→

open to spiritually  
experiences, seek  
awareness and  
connection to the  
transcendent