

It is recommended that individuals write during free working time, away from stimuli.

# Notice Your Behaviors, Discover Your Potential

□ 18.04.2026 18:24 | □ Aykut Yildirim | □ Overall Analysis

## SELF-AWARENESS WORKSHEET

### Self-Assessment Through T1 – T9 Structures

This worksheet has been prepared to help individuals notice their own behavioral tendencies, get to know themselves more closely, and assess which structures they are closest to.

Read the description under each heading carefully. Then ask yourself:



#### "How well does this trait describe me?"

Give yourself a score between 1 and 10 for each structure.

- 1 = Does not describe me at all
- 5 = Partially describes me
- 10 = Strongly describes me



### T1 – The Structure Seeking Correct Action and Perfection

I value my responsibilities. I act in an orderly, planned, and disciplined manner. I notice mistakes and want to correct them. Doing things correctly, completely, and properly is important to me.

**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T2 – The Structure That Loves Emotional Sharing and Supporting People

I enjoy building close relationships with people. I am willing to help. I tend to be warm, sincere, and supportive. I try to notice other people's needs.

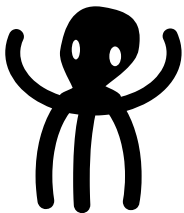
**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T3 – The Structure Focused on Achievement and Getting Results

I enjoy setting goals. I move quickly. Getting results is important to me. I want to present myself effectively. Being successful and making it visible motivates me.

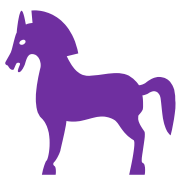
**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T4 – The Structure Seeking Authenticity and Emotional Depth

I experience my emotions intensely. I want to be unique. I want to live life meaningfully, not ordinarily. Depth, sensitivity, and aesthetics are important to me.

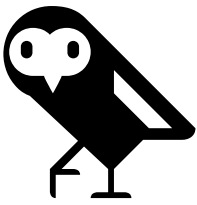
**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T5 – The Structure That Researches, Observes, and Seeks to Understand

I act thoughtfully. I enjoy gathering information and researching. I take an analytical, observant, and logical approach.

**How well does this trait describe me? describe me? My Score \_\_\_\_\_ / 10 My note about myself:**

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## T6 – The Structure Seeking Security and

### Clarity

I think about risks. I dislike uncertainty. I try to be careful when making decisions. Rules, responsibility, and a sense of trust are important to me.

**How well does this trait describe me? My Score \_\_\_\_\_ / 10 My note about myself:**

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## T7 – The Structure That Loves Innovation and

### Discovery

I love having new experiences. I can be energetic and active. I dislike getting bored. I am drawn to novelty, options, and enjoyable experiences.

**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T8 – The Structure That Loves Being Strong and Staying in Control

I act decisively. I try not to back down in difficult situations. I can take initiative. Appearing strong and maintaining control are important to me.

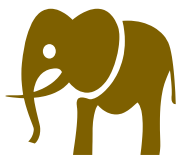
**How well does this trait describe me?** My Score \_\_\_\_\_ / 10 **My note about myself:**

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## T9 – The Structure Seeking Peace and Harmony

I try to stay calm. I dislike conflict. Comfort and harmony are important to me.

**How well does this trait describe me? describe me?** My Score / 10 **My note about myself:**

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## GENERAL EVALUATION SECTION

**The three structures I feel closest to:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_ **The**

**structure I gave the highest score:**

\_\_\_\_\_

**The structure I most want to develop:**

\_\_\_\_\_

**The most important thing I noticed about myself at the end of this worksheet:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Your Questions Don't End Here**

This worksheet has been prepared as a starting point for your journey of self-discovery. The headings here help you notice your personal tendencies. However, human nature is much deeper, more layered, and more detailed than what is presented here.

If you would like to evaluate yourself more comprehensively, see your strengths more clearly, discover your areas for growth, and examine the structure that makes you who you are in greater detail, you can benefit from the **CharacterIX Inventory**.

The CharacterIX Inventory offers the opportunity to evaluate character structures, tendencies, behavioral patterns, 136 potential competency dimensions, and much more from a holistic perspective.

If you are curious to learn more about yourself, you can deepen this journey with **CharacterIX**.

### **Information Note**

The questions in this worksheet have been prepared for the purpose of self-observation and developing awareness. These questions are not a scientific measurement and evaluation tool and do not constitute a psychometric test.

For a comprehensive evaluation that has undergone scientific validity and reliability processes, the use of standardized inventories is recommended.

For a more comprehensive, scientifically grounded, and analysis-oriented evaluation, you may use the **CharacterIX Inventory**.