Weirdness and Wonder Cheat Sheet (The Dark and Life Sides of Common Quirks)

Trait	Dark Side(s)	Life Side(s)
achiever	perfectionist, focuses on tasks not relationships, fears failure	gets things done, hard worker, high standards
empathetic	moody, overly sensitive	understanding, relatable
responsible	overwhelmed, judgmental, perfectionist	reliable, trustworthy, moral
easygoing	lazy, unmotivated, ambivalent	adaptable, open to possibilities
analytical	indecisive (analysis paralysis), focuses on facts over feelings	detail oriented, looks at all the variables, good planner
organized	rigid, focus is on tasks not people	creates systems and plans, maximizes time and space, simplifies things
diplomatic	people-pleaser, controlling, codependent	brings harmony, helps resolve conflict and restore relationships
competitive	wants to win to the exclusion of others, makes others feel inadequate	high standards, brings about team or causes successes, catalyzes people to reach goals

Trait	Dark Side(s)	Life Side(s)
gregarious	dominates conversations, center of attention, may seem shallow in relation- ships	life of the party, networker, greeter, hospitable
commanding	bossy, demanding, "my way's the best way"	takes charge, mobilizes groups toward a goal, leader
communicator	talks too much, nitpicky with words, manipulative	connects with audiences, good marketer, conveys messages or ideas well to broader group
positivity	head in the clouds, unrealistic, naive	inspirational, uplifting, hopeful
idea generator	mind is frequently "some- place else," trouble settling on and executing ideas, seems flaky	open-minded, creative, curious, out-of-the- box thinker
confident	proud, arrogant	self-assured, builds confidence in others
strategic	slow to act, thinks too much, killjoy	well-thought-out ideas, planner, prepared