



Feeling Your Way To Your *Why?* Style

For some people, it's easy to identify their *Why?* Style. But others may have a tougher time. If you can't get a bead on your *Why?* Style, try reading through this document. By first tuning into what emotion(s) you feel when facing adversity, you can often work backwards and ballpark your Style. Give it a try.:

When something goes wrong, and you don't quite know why, do you feel frustrated, angry, and a little helpless for longer than you'd like? If so, your *Why?* Style is probably **Not Me / Always / Everything**. When you're not quite sure about why something bad happened, you tend to see the adversity sticking around and affecting all aspects of your life - and also being somebody else's fault.

When something goes wrong, and you don't quite know why, do you feel mainly sad, worried, and a little helpless for longer than you'd like? If so, your *Why?* Style is probably **Me / Always / Everything**. When you're not quite sure about why something bad happened, you tend to see the adversity sticking around and affecting everything in your life - and also somehow being your fault.

When something goes wrong, and you don't quite know why, do you tend to jump right into problem solving mode with a belief that you can handle the situation yourself? If so, your *Why?* Style is probably **Me / Not Always / Not Everything**. Even when you're not sure why something bad happened, you tend to see the situation as controllable, containable, and fixable by you.

When something goes wrong, and you don't quite know why, do you tend to not worry too much about it and expect it to go away on its own? If so, your *Why?* Style is probably **Not Me / Not Always / Not Everything**. You tend to see most situations as not your fault, and as temporary and specific to the situation at hand. So even if you don't do anything to try solving the problem, you expect that it will go away on its own.