



Anti-growth Attributes Assessment

Anti-growth Attributes are behaviours and thought patterns that, in the wrong place (or to excess) limit your ability to positively develop. Identifying them is the first stage to evolving past them.

How to use the *Wise Caterpillar* “Anti-growth Attributes Assessment” - Mark the extent to which you demonstrate each of the behaviours or thought patterns indicated. Be honest with yourself in the knowledge that undertaking this assessment is a significant step in accelerating your personal growth. Then add up your totals and check out where to go from here.

| Anti-growth Attribute | I am never this (0 points) | I am sometimes this (1 point) | I am often this (2 points) | I am nearly always this (3 points) |
|-----------------------|----------------------------------|--|----------------------------------|--|
| Abandoning | | | | |
| Absentminded | | | | |
| Accident-prone | | | | |
| Accusatory | | | | |
| Adrenaline addicted | | | | |
| Angry | | | | |
| Antagonistic | | | | |
| Anxious | | | | |
| Addictive | | | | |
| Approval-seeking | | | | |
| Arrogant | | | | |
| Argumentative | | | | |
| Avoidant | | | | |
| Blaming | | | | |
| Boastful | | | | |
| Bossy | | | | |
| Bored | | | | |
| Bullyish | | | | |
| Careless | | | | |
| Clownish | | | | |
| Clutter collector | | | | |
| Celebrity seeking | | | | |
| Critical | | | | |
| Cruel | | | | |
| Co-dependent | | | | |
| Confused | | | | |
| Controlling | | | | |
| Comfort spender | | | | |
| Commitment avoidant | | | | |
| Complaining | | | | |
| Compromising | | | | |
| Compulsive | | | | |
| Cowardly | | | | |
| Cynical | | | | |

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|-----------------------|--|--|--|--|
| Day dreamer | | | | |
| Debt ridden | | | | |
| Deceitful | | | | |
| Defensive | | | | |
| Defiant | | | | |
| Dependent | | | | |
| Depressed | | | | |
| Despondent | | | | |
| Devious | | | | |
| Dictatorial | | | | |
| Dishonest | | | | |
| Disorganised | | | | |
| Disrespectful | | | | |
| Dominant | | | | |
| Doubtful | | | | |
| Dramatic | | | | |
| Egotistical | | | | |
| Envious | | | | |
| Exercise avoidant | | | | |
| Exercise to excess | | | | |
| Excusing | | | | |
| Extremist | | | | |
| Fanatical | | | | |
| Fatalistic | | | | |
| Financially ignorant | | | | |
| Frightened of failure | | | | |
| Fearful | | | | |
| Focused on the past | | | | |
| Focused on the future | | | | |
| Food abusing | | | | |
| Forgetful | | | | |
| Frustrated | | | | |
| Fundamentalist | | | | |
| Gossipy | | | | |
| Greedy | | | | |
| Guilty | | | | |
| Hateful | | | | |
| Hopeful | | | | |
| Humourless | | | | |
| Hypochondriac | | | | |
| Ignorant | | | | |
| Impatient | | | | |
| Impractical | | | | |
| Impulsive | | | | |
| Indecisive | | | | |
| Indifferent | | | | |
| Inflexible | | | | |
| Insensitive | | | | |

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|------------------------------|--|--|--|--|
| Insecure | | | | |
| Intellectualising | | | | |
| Intolerant | | | | |
| Isolationist | | | | |
| Irresponsible | | | | |
| Jealous | | | | |
| Judgmental | | | | |
| Justifying | | | | |
| Lacking purpose | | | | |
| Lazy | | | | |
| Lonely | | | | |
| Manipulative | | | | |
| Materialistic | | | | |
| Mediocre | | | | |
| Moody | | | | |
| Narrow minded | | | | |
| Needy | | | | |
| Negative | | | | |
| Numb | | | | |
| Obese | | | | |
| Obsessive | | | | |
| Opinionated | | | | |
| Over-emotional | | | | |
| Over-responsible | | | | |
| Overwhelmed | | | | |
| Overworked | | | | |
| Passive-aggressive | | | | |
| Physically abusive of self | | | | |
| Physically abusive of others | | | | |
| Possessive | | | | |
| Prejudiced | | | | |
| Procrastinating | | | | |
| Proud | | | | |
| Punishing | | | | |
| Reactive | | | | |
| Rebellious | | | | |
| Rejecting | | | | |
| Repressed | | | | |
| Resentful | | | | |
| Resistant | | | | |
| Rude | | | | |
| Substance binger | | | | |
| Substance dependent | | | | |
| Sarcastic | | | | |
| Self-deceiving | | | | |
| Self-obsessed | | | | |
| Shopaholic | | | | |
| Shy | | | | |



- 300+ Boy! What can I say? Congratulations for holding your life together despite some huge challenges. That said, if you are struggling with this number of Anti-growth Attributes you'd definitely benefit from some therapeutic assistance right away. Have a word with your doctor about the best route for tackling these issues. Make the appointment now. Go on, you deserve so much more, get some help today.
- 150+ Well, you're hanging in there ... but you'd probably do better with a great Therapist or Coach! If most of your Anti-growth Attributes indicate specific areas of personal challenge then sit back and let yourself get honest about those unifying themes. If you can identify a couple of particular areas then consider getting a Therapist to help you focus on addressing those specific challenges. If your points are all mid-range and you're just generally functioning below par then a Coach will be able to help you. Ready? Sure you are! Go on, take that first move toward greater happiness.
- 80+ You're doing "OK" aren't you? However, you're not exactly living up to your potential ... Let's face it you're struggling with some things despite your best efforts. Maybe you're really challenged in just a handful of areas, or perhaps you're generally functioning below your potential. Tell you what, how about giving yourself a break and getting a Coach? Two heads are better than one and all that ... go on, you know you'll benefit ...
- 30+ You're doing pretty great aren't you? Well done on the progress, made so far. Now, how'd you like to accelerate that growth? Get yourself a Coach, of course ... or wait, have you got one already?
- Below 30 Hey, you're a Coach or Therapist who lives by what they say! Or perhaps you've been working with one for some time now, right? Thought so! Congratulations, and keep up the good work.
- 0 Oh boy, hats off to you! You are really growth friendly! You've been into coaching for some time, right? You aren't satisfied with anything less than functioning at your optimum, are you? Wow! What a role model!