

BEWARE OF THE DANGERS OF SELF-ASSESSMENTS

The ideal purpose of any personality self-assessment (aka personality test) is to help you learn something about yourself that will help you create more of the life you want. Unfortunately, there are many dangers associated with taking a self-assessment that I would like to address here. For more information I recommend the book, *The Cult of Personality Testing* by Annie Murphy Paul.

Danger #1: You believe you are a certain type because a self-assessment or someone else said you are.

No self-assessment that I know of is 100% accurate (aka valid) for everyone all the time. First of all, the assessment taker must be self-aware and self-secure/honest enough to answer the assessment accurately. That is not always the case. Second, assessment takers differ in the way that they understand the items or questions on a self-assessment, which naturally affects their choices. Not everyone interprets the languaging of an assessment the same way. Third, people are often a combination of conflicting personality traits making some self-assessment items extremely difficult to answer. For example, it is possible to be both restless and calm, impatient and patient, talkative and quiet, etc. but at different times. For all these reasons it is virtually impossible to write a self-assessment that accurately defines a person's distinct type, quality or trait 100% of the time. You are a certain type only when YOU say you are!

Remedy: The best solution to this problem that I know of is to verify your self-assessment results yourself. By reading about (or watching or listening to, etc.) the type, quality or trait the self-assessment purports you to have you can use your intuition and logic to see if you agree with what is being said about you or not. If the self-assessment allows you to choose a second and/or third choice then you can read about those choices too. For example, on this website, if you score as an Enneagram type #1 you can read about Enneagram type #1 but you are also given the opportunity to read about your second and third choices. If you have the time and inclination (and access) to read ALL of the possible types, qualities or traits you were tested on then read all of them. That is the most surefire way to understand where you truly stand..... and where everyone else stands too.

Danger #2: You focus more on the negative aspects of your self-assessment results than on the positive.

This is a serious danger for people who grew up in a negative, critical household where they were constantly being put down or ignored or told that nothing they ever did was good enough. Their childhood conditioning, low self-esteem and lack of self-confidence causes them to focus on everything that's wrong with them and/or the world.

Remedy: Underneath your negativity is a person who really just wants to be happy. You have to start observing your thoughts and speech and just notice how much of it is negative, probably like your parent's, guardian's or sibling's was when you were young. Realize that whatever you focus your energy and attention on increases in your life. If you want to have a happier, more fulfilling life then you have to focus daily on what you want to create for your life, not what's wrong with it. A great, small book (138 pages, 8.6 x 5.5 inches) for you would be Jack Canfield's *Key to Living the Law of Attraction*. It is positive, practical and realistic. Also, start paying more attention to your potentially positive attributes and natural gifts and talents as revealed by your types (from all of your self-assessment results). If you are having trouble overcoming your habitual negative thinking then try using one of the powerful methods or processes mentioned in the remedy section of the next danger, danger #3.

Danger #3: You agree with and have verified your self-assessment results but you feel trapped, limited and labeled by what you have just learned about yourself.

While it is true that you have been designed with particular physical, mental, emotional and spiritual traits, qualities and tendencies, you also have unlimited freedom and potential in the way that you use your unique design. Everyone has free will to choose his/her response to any stimuli in any situation. This is not always easy to do but it can be done (especially with the help of certain powerful methods and processes such as [“The Work” of Byron Katie](#), [the Sedona method](#), and [Emotional Intelligence techniques](#), among many others).

Remedy: You can see yourself as trapped, limited and labeled by what you learn about yourself or you can learn from this new awareness and benefit from how the system associated with the self-assessment is ultimately trying to help you. Understand that every system on this website is designed to help you create more of the life you want not limit, label or trap you!

Danger #4: After taking the self-assessment you recognize someone else’s type in one of the descriptions and use the information you learn to manipulate and/or control him or her.

Some unwise people think that by manipulating or controlling someone else they can get what they want. Little do they know how much they erode their own sense of self-esteem and self-worth for “to use another is to abuse oneself.” Another problem for manipulators or controllers is that they constantly fear that someone is trying to manipulate or control them. This is because we humans tend to think other people think basically like us. People who use others often do get what *they think* they want in the short-run but the law of karma is set up to expose duplicity, deception and manipulation. Sooner or later, manipulative people usually get caught in their own web of lies and deceptions and then they lose everything they thought they had, along with their self-worth. As the sayings go, “what goes around, comes around” and “time wounds all heels.”

Remedy: Everyone really wants to have honest, close, mutually fulfilling relationships with other people. If you have a tendency to be manipulative (such as might be the case for an unhealthy ESTP, Enneagram type #3, or Green aura color) then consider getting counseling and realize that your behavior is due to a lack of self-esteem. If you have a tendency to control others then, if you dare, consider letting people know that you have a tendency to want to get your way and that they have your permission to let you know when they feel as if you are being domineering or controlling.

Danger #5: You don’t get along with someone that you know is a different type than you (or the same type) and conclude that you never want to have anything to do with someone of THAT type again!

I hear this all the time from people. “I’m never going to date another Leo as long as I live. They’re **ALL** narcissistic, self-centered ego-maniacs!” or “**ALL** Enneagram type 7s are good-for-nothing, commitment-phobic bachelors (or bachelorettes)” or “**ALL** Enneagram type 6s have major trust issues.”

Remedy: Realize that your negative perceptions of other people are based on your distorted beliefs, childhood conditioning, negative past experiences and personality biases. Most psychologists, spiritual teachers and metaphysicians know well that people who attract the same types of people over and over have subconscious beliefs about themselves that cause that attraction. For example, if you subconsciously believe that it is DEAD WRONG to be socially inappropriate and irresponsible you will probably find yourself subconsciously attracted to someone who is fun-loving, outrageous

and, yes, socially inappropriate and irresponsible at times. If you believe that gay men and women are “sinners in the eyes of the Lord” then you very well could have a gay child or have to deal with a gay boss or close co-worker. The universe is designed in such a way as to draw to us those people and situations that will expose our ego’s false beliefs and help us become more of the loving, accepting human beings that we are in our essential nature.

Danger #6: The system or model associated with your results of the self-assessment may be flawed, inaccurate or just plain unhelpful.

Imagine taking a self-assessment and not finding any value in the system you just took the self-assessment for. That would be a waste of your time and annoyingly frustrating at the very least.

Remedy: Learn something about the system the self-assessment is associated with before you take the self-assessment. Also, if you can, read a brief description of each of the types in the system (if it is a personality self-assessment with types) to see if you can recognize any helpful truths about yourself and/or other people you know in the information. On this website, I have brief descriptions of every type in every system and detailed information about each system, including a “What is the practical use of the system?” section and a “How the system works” section.