Tri-theory Personality Profile

Subject: Anne

**Daily Routine/Interests**

Although mornings tend to be a bit of a chaotic rush out the door, Anne is generally much more productive in the earlier hours of the day than late at night. She would much rather wake up early to complete a project or get a head start on daily tasks than stay up all night to finish work. Procrastination causes a lot of stress, but is compensated for by a drive to succeed and a high level of organization. Both work and home are very clean and organized! One small thing out of place disrupts order—“A place for everything and everything in its place”. Anne tends to stress and worry over the smallest details in both work and personal life, and is often upset when things don’t go according plan.

Some of Anne’s favorite activities include reading, watching TV/movies, hiking, playing the flute, and dancing. However, a good discussion and cup of coffee with friends is cause to set everything aside. Anne loves to learn new information and thrives on visual information and hands on experience. In addition, she is also passionate about traveling and experiencing different cultures around the world. What better way to learn than to experience something for yourself?

**Childhood**

Anne was extremely shy as a child, but this did not hold her back from high academic and extracurricular achievements. A “straight-A” student through high school, she always put her full effort towards success. She also received numerous awards for her musical talents on the flute and skilled dance technique. Mastering school lessons and artistic technique came much more naturally than navigating the often awkward and painful social interactions with peers. Anne is the fifth of six children (four boys, two girls) in a happy home, and often preferred to play with her siblings.

**Work**

Anne thrives on perfection and staying one step ahead. A definite people-pleaser, she loves to help colleagues with various tasks around the work place. That being said, any job she takes on, she prefers to work on alone at her desk with quiet music playing in the background. Anne has a very specific system, and doesn’t like that to be interrupted by other people’s ideas of efficiency. It’s her way or the highway. She typically enjoys her colleagues, and often engages in conversation between work throughout the day. BUT BEWARE OF CONFRONTATION! This is a highly dreaded and uncomfortable situation, whether with the boss, co-workers, or clients. It’s easier just to have everyone like you.

**Social Life**

It wasn’t until after high school that Anne learned to be more outgoing and developed deep and lasting friendships, though they were well worth the wait. Often slow to open up to people (at least in a genuine manner), the people that she does choose to surround herself with are ones she deeply cares about. Whatever frustrations she may feel, she covers with patience. She would rather burry any annoyances than argue over them. The friendship is more important in the long run than a temporary disagreement. Also, confrontation is the worst.