

## What shape am I?

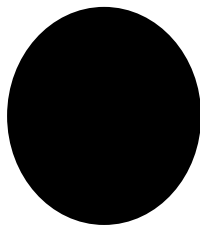
### Introduction

Psycho-geometrics is the science of understanding people and the art of influencing them. By relating your personality to that of shape or combination of shapes, this will allow you to learn, not only more about yourself, but will also tell you more about those around you either in or outwith the workplace.

There are five basic shapes and you should choose which one best reflects your personality. There is no right answer, just follow your instinct.

Each of these shapes has its own special strengths and once you have an insight into these characteristics you will begin to accept other people more easily by appreciating human differences.

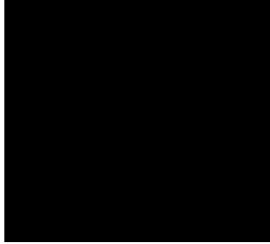
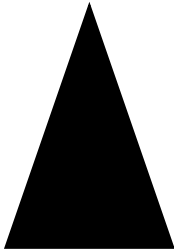
Just thin what a difference it would make to get along better with those you work, live and play with every day!




“Don’t worry – be Happy!”

- Circles have to feel needed
- They are the ‘lovers of people shape
- Circles thrive best in teams as they cannot work alone
- A circle would not work bets in isolation with no-one to talk to
- They need to have others around to bounce ideas off and to share their coffee with
- Circles are natural caretakers/nurtures
- They love to help others through a crisis
- The circle likes tp promote a sense of harmony
- Circles are the best communicators of all
- They make great listeners and can empathise with others easily
- They are the only shape that have equal access to right and left brain thinking
- Circles are natural gossipers
- This shape is the most sensitive of the five



 <p>“Tell me what the rules are, what is expected of me, and I’ll get it done!”</p>	<ul style="list-style-type: none"> <li>• Boxes sit up front in case they miss anything</li> <li>• They have probably sacrificed something to get here and as a consequence are likely worried about what they’ve to go back to</li> <li>• Boxes are the hard workers because once they have the information to do something they will get on with the task until it is completed</li> <li>• Boxes love rules</li> <li>• They are the most organised of the shapes</li> <li>• Boxes tend to have very separate private and professional lives</li> <li>• They need schedules, plans, calendars</li> <li>• The box is the data collector and they will not make a decision without a thorough analysis of all the data</li> <li>• They need to know what the answer is</li> <li>• Gossip has no interest for the box unless there is proof that it is valid</li> <li>• They may be loners but are the most loyal of the shapes</li> <li>• Once they make a commitment they will always follow through</li> </ul>
 <p>“When I want your opinion, I’ll give it to you!”</p>	<ul style="list-style-type: none"> <li>• Triangles love recognition</li> <li>• This is the leadership shape</li> <li>• The triangle always aims upwards and has a lot of ambition</li> <li>• It is the strongest of the shapes with the skills to get to the top</li> <li>• Triangle person is a fast thinker and processes information very quickly</li> <li>• They have the courage to make fast decisions</li> <li>• They cannot stand wishy-washy people</li> <li>• Triangles like to make the final decision and take the credit for it</li> <li>• They are the best political players</li> <li>• Triangles cannot live without a plan at all times</li> <li>• They probably make ‘to do’ list every day</li> <li>• It is pointless to argue with a triangle because it’s usually their way or not at all</li> <li>• They are the most confident of the 5 shapes</li> </ul>

	<ul style="list-style-type: none"> <li>• The most confused of the shapes is the rectangle</li> </ul>
--	--

<p>“I know you think that what I said is what I meant, but are you sure that what I meant is what I said”</p>	<ul style="list-style-type: none"> <li>• They are constantly in a state of change- trying to find themselves</li> <li>• Rectangles can therefore change into any one of the other shapes at any time to see if it feels right for them</li> <li>• This makes them hard to work with because you never know which shape they will be</li> <li>• The rectangle is the most open to new learning</li> <li>• To be a rectangle means you are growing and learning</li> <li>• Rectangles are messy and tend to carry their work around with them in a bag or two</li> <li>• They lack focus and are quite forgetful</li> <li>• Rectangles can appear to be ‘on-edge’ and unsure of how to behave, thus others view them as being a bit crazy</li> <li>• They are highly inquisitive and courageous and will often try new things but are also prone to manipulation</li> <li>• Rectangles hate being put on the spot</li> </ul>
 <p>“If it feels good – do it!”</p>	<ul style="list-style-type: none"> <li>• Squiggles are the truly right-brained people</li> <li>• They are bright, creative, experimental and innovative</li> <li>• They do get easily bored and cannot stand mundane, routine work</li> <li>• Squiggles need to have a lot of things on the go at one time</li> <li>• They are very messy and leave half finished work</li> <li>• Among half eaten food and old coffee cups</li> <li>• They love variety and excitement</li> <li>• Squiggles are great to have around as they are the ideas people</li> <li>• The squiggle thinks differently to others and sometimes make others feel inadequate if they cannot keep up</li> <li>• They jump from one task to another and this drives boxes out of their mind</li> <li>• They cannot stand rules and regulations – they are the least organised</li> <li>• Energy levels are phenomenal and they are strong motivators</li> <li>• They cannot tell a lie and usually dress in black</li> </ul>

