

The Hartman Personality Test

YELLOW

Strengths

As an Individual

- * highly optimistic (rarely depressed)
- * likes self and accepts others easily
- * loves to volunteer for opportunities
- * sees life as an experience to be enjoyed
- * flashy (racehorse rather than plowhorse)
- * adventurous and daring

As a Friend

- * exciting and fun to be with (never dull or boring)
- * often places friends before family
- * forgiving of self and others
- * lively and entertaining
- * vulnerable, innocent, and trusting
- * endearing
- * willing to free up schedule in order to play

Limitations

As an Individual

- * needs to look good socially (high priority)
- * irresponsible and unreliable
- * self-centered and egotistical
- * flighty and uncommitted
- * lots of talk with little action
- * superficial and mostly interested in a good time
- * unwilling to experience pain in order to produce quality
- * undisciplined
- * loud and obnoxious in public places
- * exaggerates successes and omits unpleasant truths
- * unable to confront or face issues

As a Friend

- * spends most of time discussing own life
- * shows up at his or her convenience
- * undependable in a crisis
- * unwilling to commit to long-term needs of distressed friends
- * pursues own life regardless of friends' situations or needs
- * uncomfortable in painful or distressing environments
- * makes new friends easily and without guilt, often at the expense of old friends

How to Develop a Positive Connection with Yellow

Do's

- * Be positive and proactive with them in your life
- * Adore and praise them legitimately
- * Touch them physically
- * Accept their playful teasing
- * Remember they are more sensitive than they appear
- * Value their social interaction skills and people connections
- * Remember they hold feelings deeply
- * Promote creative and fun activities for and with them
- * Enjoy their charismatic innocence
- * Allow them opportunity for verbal expression

Don'ts

- * Be too serious or sober in criticism
- * Push them too intensely
- * Ignore them
- * Forget they have "down" time also
- * Demand perfection
- * Expect them to dwell on problems
- * Give them too much rope, or they may hang themselves
- * Classify them as just lightweight social butterflies
- * Attack their sensitivity or be unforgiving
- * Totally control their schedules or consume their time