The Functioning Triangle©

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The Thinker

Strengths
Analytical
Patient
Calculating
Recognizes patters
Problem solving

Challenges
Can be viewed as judgmental
Too cautious, can lead to inaction
Neglect self-reinforcement
Perfectionistic tendencies
Risk-avoidant

The Feeler

Strengths
Creative
Passionate
Intuitive/visionary
Relationship-focused
Curious

Challenges
Can feel scattered
Impulsive
Procrastinate/avoid
Can be too focused on relationships
Not completing projects/tasks

The Do'er

Strengths
Action-oriented
Complete tasks
Creates momentum
Driven
Ambitious

Challenges
Missing "big" picture
Start before being ready
Higher risk of burnout
Can get overwhelmed
Start too many things at once