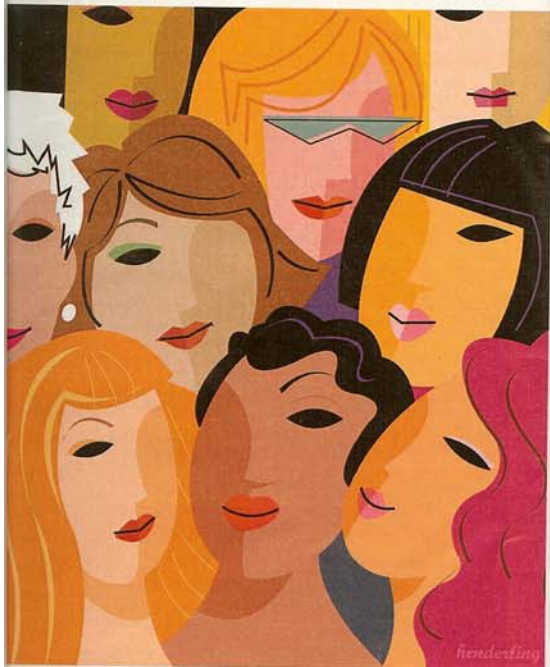


## Personality Quiz

# Have you been typecast?



We all have a role we play with our family, a special strength they count on, says stress expert Debbie Mandel, author of *Turn on Your Inner Light*. How have you been "typecast"?

**1** When you feel the sniffles coming on, which of these do you do to chase them away?

- a. Take a cold remedy
- b. Ignore it and go on as usual
- c. Get to bed early
- d. Make a soothing pot of tea

**2** The last time you had some extra cash, you:

- a. Bought yourself a fabulous outfit or piece of jewelry
- b. Bought a new TV, computer or other gadget
- c. Booked a getaway with someone special
- d. Surprised a loved one with a special gift

**3** When a friend is having a tough time, you:

- a. Suggest lots of solutions for her to try
- b. Do everything in your power to help her
- c. Try to distract her
- d. Let her know you're there to listen

**4** How do you react to an unexpected gift?

- a. You immediately start thinking about what you should give in return
- b. With a twinge of embarrassment
- c. With heartfelt pleasure
- d. With a big hug

**5** At a party, I'm more likely to chat about:

- a. What's in the headlines
- b. My job
- c. A spiritual issue
- d. The latest accomplishment in my family

**6** What are you most likely to do when you have an evening at home free?

- a. Chat on the phone
- b. Catch up on chores
- c. Watch a movie
- d. Bake or cook something special

**7** When you get lost in the car, the first thing you do is:

- a. Get out the map
- b. Retrace your route
- c. Stop at a gas station
- d. Call home or your destination

## How have you been typecast? If your answers were:

### Mostly As You're the problem-solver

Your mind whizzes through the pros and cons of every situation—which is why loved ones lean on you to solve their problems, too," says Mandel. To get them to see there's more to you than just troubleshooting:

- **Just listen.** Studies show seven out of 10 times, people just want to vent—which helps them solve their own crises!



- **Show your softer side.** Letting others see you have dilemmas—and struggle to find solutions—will make you more "real."

### Mostly Bs You're the responsible doer!

The reward for all your good work? Usually, more work! That's because you're so reliable that everyone assumes you can handle more and more and more. To break that mold, experts advise you to:

- **Delegate.** It gives others a chance to share the load, and takes the weight off your shoulders!
- **Stand tall!** "If you don't look like you carry the weight of the world on your shoulders—by slouching, for example—you won't be expected to," says Mandel.



### Mostly Cs You're the world's best pal

Generous and sentimental, you'd drop everything to help a friend or loved one. "Women who open their hearts as wide as you do empathize so well that they can sometimes 'catch' the blues," says Mandel. Restore some balance to your life by:

- **Enjoying a hobby.** Finding something that excites you not only makes you more multidimensional to others, but also more important to yourself!
- **Giving yourself a hug—literally.** Hugs increase the feel-good hormone serotonin.



### Mostly Ds You're the nurturer

You make sure every detail of your families' daily lives flows smoothly. "But you're such a nurturer that you hardly notice your own needs falling by the wayside, until you feel taken for granted," says Mandel. To instill a new sense of appreciation in your loved ones:

- **Hand out calendars.** That'll teach your family to manage their own time, and give you time for yourself.
- **Go on strike—just a little bit!** "It's good for your family to pitch in around the house—it teaches them just how much you do!" says Mandel.

