

**Rebecca and Her Attorney Use Her Personality Strengths Assessment (PSA) ©
To Get Her Best Collaborative Divorce**

Personality Strength	Rebecca's Rank in the US Population	Rebecca's thoughts about how she wants her attorney, financial consultant, and communications consultant to help her as she gets her collaborative divorce
1. Achievement	95%	I want to do my best, have a very strong work ethic and made good grades. Edward went to college. I am smart, too. I want money set aside in the financial settlement to get a college education. With the alimony and my hard work, I can get a college degree in record time.
2. Sensitivity to Feelings	95%	If I get upset please talk slower and act slower. If I panic at a financial settlement that you know is best for me: suggest that I discuss it with my communications consultant (licensed mental health professional) who gave me this PSA©. She calms me and my husband down.
3. Religious Value	90%	I treat others like I want to be treated. So I may tend to be more generous to my husband than he is to me. Please keep me from giving away the farm in our financial settlement.
4. Affiliation	85%	My friends are important to me. I may want to invite my best friend to a briefing that you give me to explain what I will get.
5. Change	80%	This is a real asset. When I have to make decisions please remind me that I am high in 7. and 14. Then, when I am calm, help me decide.
6. Cooperativeness	75%	I tend to cooperate more than is good for me. I need your help here. Please protect me from myself here.
7. Thoughtfulness/ Reflectiveness	75%	When you lead me back to this I can look for the long range benefit to the financial plan you negotiate for me.
8. Ability to Ask for Help	70%	I will listen to you – and value your help.
9. Feelings of Guilt	70%	I may exaggerate what I did wrong.
10. Feelings of Inferiority	70%	I may need for you to help me focus on 1. Instead of my fears.
11. Friendliness/ Agreeableness	70%	Let me sleep on a proposal when you think I am ready to be too agreeable. When I back off and think long range I make better decisions.
12. Nurturance	70%	I may want money to go to school to train for a job in a helping capacity.
13. Social Value	70%	I need to see how my work makes someone's life better.
14. Theoretical Value	70%	I need to consider all options. I can use this with 7. Please help me evaluate the advantages and disadvantages of each one.
15. Social Interest	60%	Sometimes I realize that I can meet new people after the divorce. When I feel alone and scared, please remind me of this.
16. Aggression	50%	I need to work through this anger with my therapist. Then state what I want, hear what the other person wants, and get a solution that works.
17. Sexuality	50%	I like being around both men and women. That's a good thing.
18. Aesthetic Value (Harmony)	45%	I like to get along with people almost as much as the next person.

19. Endurance	45%	1. shows that I am ready to start working on reaching my goals – instead of waiting for results. I may need you to encourage me to wait until I get just the right parenting plan and financial settlement for the family.
20. Exhibition	45%	I like to be witty, but I do not need to be the center of attention.
21. Political Value	45%	I am not going to run for public office.
22. Autonomy	45%	I prefers making decisions with other's input.
23. Dominance	40%	Use 7. And 14. Note 5. I think about things carefully and then decide. I do not react well to being pushed.
24. Restraint/ Seriousness	40%	When things get too serious you can find something funny about it and relieve the stress by telling me. We can relax and laugh at it together.
25. Social Boldness	40%	I can join groups that give back to society – meet people who are like me. See 13. Meeting others who want to give back to society makes it safe to talk with new people.
26. Objectivity	40%	Feelings are important, too. I can use 7. And 14. to add more data-based analysis to the decisions I make.
27. Traditional Female View	35%	I can see myself in jobs that are not traditionally low paying female jobs. I can use 1. to learn a job that pays well.
28. Activity/Energy	20%	Divorce stress saps my strength. This will go back up.
29. Optimism	20%	Divorce stress saps my optimism. This will go back up.
30. Deference	12%	I don't listen to everyone, but I do listen to people who meet my high standards for careful thought. And who show that they care about me.
31. Economic Value	5%	Look at 6. And 11. This is embarrassingly low. I just don't know what to do here. I need you to hang tough for me in negotiating the financial Perhaps our financial consultant can find ways that give my husband a tax break by how he gives me money. Then he may be willing to give me more money. As my college degree gives me the ability to make more money, this will really go up.
32. Order I	1%	Other things are much more important to me. Now that I am on my own am going to have to get stronger in this. Please give me everything beautifully organized and easy to understand.

Blue = Coping Strategies	Green = Temperament Strengths	Red = Value
--------------------------	-------------------------------	-------------

Return to the Case Study: [Get a Litigated, Collaborative, or Cooperative Divorce](#)

Return to the Index of [Case Studies](#).