

MAP YOUR STYLE

Quiz

HOW TO USE THIS Below is a list of traits relevant to a life changing illness. Circle where you feel you fit on the scale from 1 to 4, where the different ends represent opposite ways to exhibit the trait. After the exercise, read the scoring assessment.

INFORMATION-SEEKING STYLE

Wait to be told

When a challenge comes up, you prefer to avoid it and hope it goes away on its own.

< (1) (2) (3) (4) >

Super Seeker

When a challenge comes up, you want to learn everything you can ASAP.

HOW YOU LIKE TO HAVE TENDER CONVERSATIONS

Sugarcoated

You don't like to talk about the negatives and prefer to focus on the positives.

< (1) (2) (3) (4) >

Straight Up

You prefer information delivered in a straightforward way. You face challenges head on.

PLANNING INTO THE FUTURE

Day to day

You like to live life in the moment and go with the flow.

< (1) (2) (3) (4) >

Super planner

You like to plan into the future, typically making detailed timelines and lists.

LEVEL OF ASSERTIVENESS

Passive

You're naturally more reserved, shy, or introverted. You tend to not ask too many questions or challenge health care providers.

< (1) (2) (3) (4) >

Assertive

You're not afraid to challenge something or ask questions, even if it makes others uncomfortable. Some might describe you as direct or blunt.

DECISIVENESS

Indecisive

You often arrive at decisions after consulting with everyone and sometimes are accused of "sitting on the fence." You seek to keep everyone happy.

< (1) (2) (3) (4) >

Decisive

You make decisions clearly and on your own. You are not afraid to take charge of your own health.

COPING MECHANISMS

Unhealthy patterns

You have a history of unhealthy coping mechanisms, e.g., avoiding talking with others, isolating yourself, drinking alcohol, stress eating, etc. These can lead to other issues.

< (1) (2) (3) (4) >

Healthy patterns

You have a lot of healthy coping mechanisms, having practiced dealing with stressful situations before, e.g., yoga, walks, exercise, meeting friends, etc.

NEED FOR PRIVACY

Private

You may be comfortable spending lots of time alone. You prefer to keep health or personal matters to yourself.

< (1) (2) (3) (4) >

Open

You're comfortable sharing personal news with others. You enjoy spending time in large groups and at social functions. You are often outgoing.

ORGANIZATION STYLE

Disorganized

You have a hard time keeping track of things. You often miss important dates or appointments.

< (1) (2) (3) (4) >

Organized

You have a system to keep track of complex information, such as calendars or notebooks, to record dates and times of appointments.

OTHER: _____

< (1) (2) (3) (4) >

MAP YOUR STYLE

Quiz Scoring Assessment

HOW TO USE THIS: Below describes some of the benefits and potential challenges you might face based on how you scored on the Map Your Style quiz. Use this information to help you anticipate how this will affect your illness journey.

INFORMATION-SEEKING STYLE

Wait to be told: The benefit is that avoidance is sometimes a powerful coping and survival mechanism. It allows people to keep going and face each day. Watch out for increasing anxiety, as the challenges of the illness don't typically disappear on their own, and often grow.

Super Seeker: The benefit is that seeking information can keep you feeling grounded, in control, and ready for twists and turns. Watch out for becoming overwhelmed by too much unfiltered information. You may also get frustrated that you are working faster than the system and may feel annoyed when your questions are not answered.

HOW YOU LIKE TO HAVE TENDER CONVERSATIONS

Sugarcoated: The benefit is that this style may offer you a temporary degree of hope. Watch out for avoiding the reality of your situation. Your hope can get stuck in an unrealistic wish. People around you may feel silenced.

Straight up: The benefit is that you are more likely to adjust to every change in your illness. Your hope will evolve and match the reality of your situation. Watch out for people around you who may not be as open to the reality of the illness as you are. You may get frustrated when health care providers avoid speaking directly.

PLANNING INTO THE FUTURE

Day to day: The benefit is that this can help you face immediate tasks and challenges. It can help you cope in the short term. Watch out for feeling chaotic or lost. If you don't plan much, you may feel like you're always playing catch-up and jumping from one crisis to the next.

Super planner: The benefit is that you are more likely to feel more in control. You will be more prepared for the twists and turns of the illness when they happen. Watch out for becoming frustrated by unexpected twists. When things don't go as planned, you may feel unbalanced. It may frustrate you if you feel you don't have the information you need to make plans or when there are periods of uncertainty.

LEVEL OF ASSERTIVENESS

Passive: The benefit is that this often means appointments go smoothly and efficiently. Watch out for the likelihood that you will be offered standard or generic care instead of individualized care. If you have questions that go unanswered, this could breed anxiety and fear.

Assertive: The benefit is that you are more likely to represent yourself as unique. You will be able to make decisions that suit you best. You will advocate for yourself. Watch out for feeling like you are going against the grain. Health care providers may not react as you wish or answer your questions. They may get frustrated when your agenda throws off the flow of the appointment for them.

DECISIVENESS

Indecisive: The benefit of consulting with others to help you make decisions can provide different perspectives and help those you turn to feel included. Watch out for taking more time than is necessary to move forward and for being swayed by strong opinions that may not match your needs. You want to be aware of defaulting to standard care that does not represent what you want.

Decisive: The benefit is that you will represent your best interests, even if not everyone is happy. You will make decisions quickly. Watch out for feeling frustrated that you are working faster than your inner crew or health care providers. You may need to explain your decision-making process so others are on board.

COPING MECHANISMS

Unhealthy Patterns: The benefit is that you may feel temporary relief and release when you do these behaviors. Coping mechanisms are a way to survive until the next day and feel temporarily less overwhelmed. Watch out for feeling increased fear and anxiety. You may struggle with your inner self and have difficulty adapting and moving forward. You may struggle in your relationships, as there is only temporary relief.

Healthy Patterns: The benefit is that you will continue to take care of yourself and feel a sense of control. You will feel more like yourself. Watch out for frustration when you can't employ your typical coping mechanisms because of time or physical limitations. You will need to adapt these important behaviors as needed.

NEED FOR PRIVACY

Private: The benefit is that you feel like you are putting less burden on others. You don't want to inconvenience others, or you believe it is not their business. Watch out for isolation, not knowing how or when to ask for help, or difficulties accepting help when it is offered. You may feel invaded and exposed as others start to enter your life to support you.

Open: The benefit is that you will engage others in your journey. They will feel less helpless. You are more likely to accept help and be less overwhelmed. Watch out for other people being uncomfortable with your frankness about your situation.

ORGANIZATION STYLE

Disorganized: The benefits are that you likely have time to enjoy the moment, are spontaneous and flexible, and don't get stressed out by minor details. Watch out for a chaotic illness journey and feeling out of control. You are more likely to need someone to walk this journey with you and become your illness manager.

Organized: The benefit is that you will feel in control and not overwhelmed. Watch out for frustration with the health care system, which can be fragmented and siloed. You may get annoyed when others are late or missing information.