



INTRODUCTION

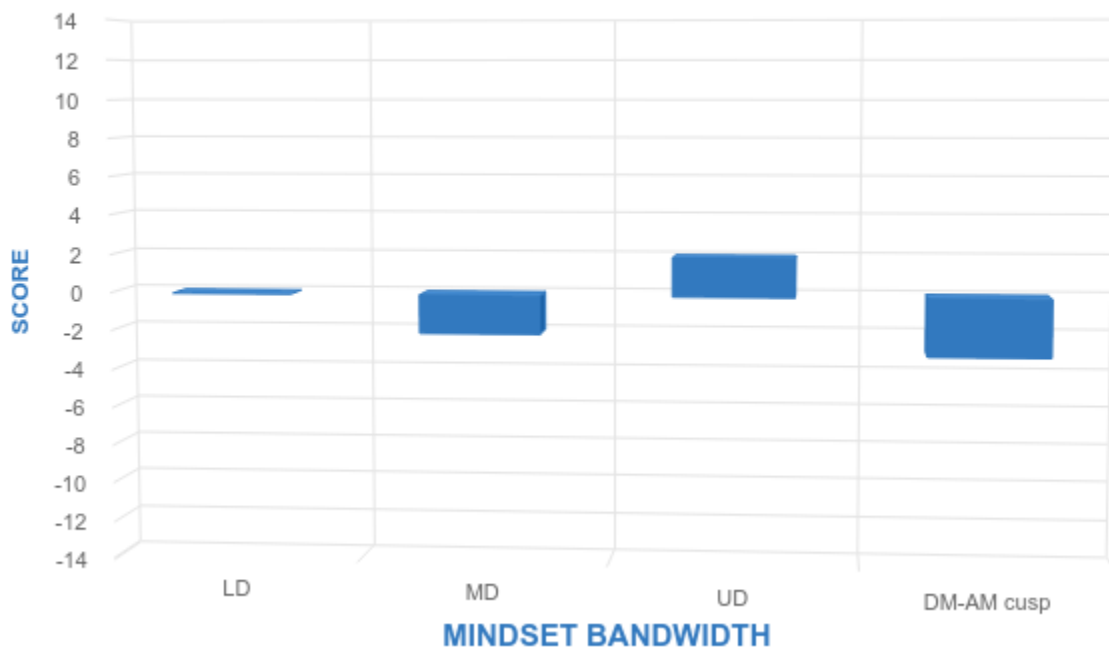
Each of our three mindset provides a range of tools that allow us to meet our life's various needs. But since our needs can vary widely over the course of a day, as do our daily social circumstances, our mindsets are regularly being put to the test. This in effect is how much of our learning takes place. Yet at the same time, each of us is born with an inherited temperament and conditioned by our cultures to behave in certain ways. This can complicate the picture considerably, causing some of us to be noticeably short of patience with certain types of challenges while others seem relatively unperturbed. The survey you completed endeavors to uncover some of these tendencies in relation to our pre-existing mindsets.

While the following report represents a detailed interpretation of the survey you completed, the scores you received also reflect your state of mind at the time you took the survey. As such, if you were to complete the questionnaire again in a few days, or even at a different time of day, your scores might vary somewhat owing in part to the different challenges you recently encountered and/or your mind's relative state of rest at the time. As such, some variation in your score is to be expected. If however you were to complete the questionnaire several times over a period of weeks, you would likely obtain a more representative sample and hence a more reliable measure of your mind-brain system's habitual tendencies.

Your results are broken down for each of the mindsets, their cusps and the Integrating Self Function. Your responses as represented by the bar graphs you will give an objective sense of 'where you are' in life. We also provide an interpretation along the following parameters: (a) Your comfort zone; (b) Where you tend not to go mentally; (c) Where you appear to be growing and/or are in transition; (d) Where you do not appear to be growing; (e) Where you have grown most; (g) What you ignore at your peril; (h) Where you are most challenged; and for some of you (certainly not all); and (i) If you are all over the mindset map. Many are presented in mindset profiles according to your questionnaire results.



Defeated Mindset Summary



LD = Lower Defeated	MD = Middle Defeated	UD = Upper Defeated	DM-AM Cusp
Survival Mind*	Self-Protective Mind*	Cautious Interaction Mind*	Cautious Interaction Mind/ Safety in Numbers Mind Mix
Net score: 0	Net score: -2	Net score: 2	Net score: -3

*For fuller explanation of these terms, please go to our glossary of terms at:

www.PrimalMindPrimalGames.com/glossary

(A) YOUR COMFORT ZONE WITHIN THE DEFEATED MINDSET

Your questionnaire results for the **Survival Mind** imply you have the ability to use this mindset region without much attachment to it, and/or that you tend to remain emotionally disengaged or ambivalent when using its tools. Operating in a more equivocal or neutral fashion appears to be your comfort zone. In most situations, such flexibility is apt to work to your advantage, but it may also hamper you from taking decisive action when it is required. This can lead to excessive procrastination and an inability to manage your life affairs in a timely manner.

(B) WHERE YOU TEND NOT TO GO WITHIN THE DEFEATED MINDSET

Insufficient data to ascertain your condition in this category.

(C) WHERE YOU ARE GROWING OR ARE IN TRANSITION

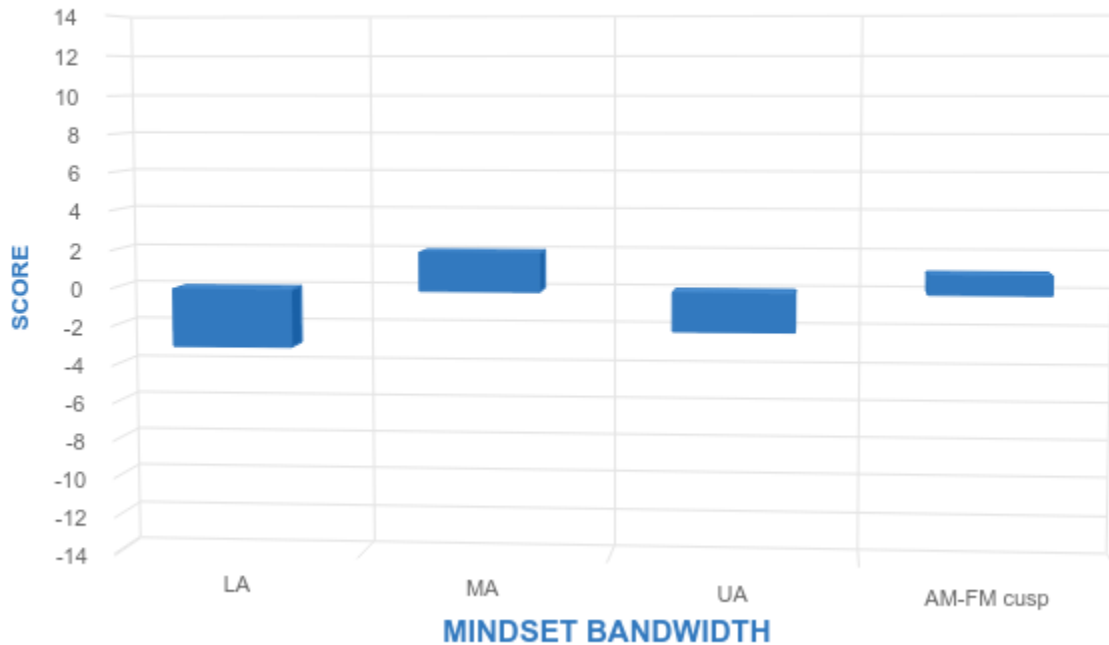
Your current results do not indicate you are in any transitional state between Upper Defeated and Lower Appeasing mindsets at this time.

(D) WHERE YOU DON'T APPEAR TO BE GROWING (IN THE CDA CUSP)

While there may be insufficient data to fully ascertain your current condition within the Defeated/Appeasing cusp at this time, from what data we do have, the good news is that you do not appear to be blocked in any significant way in this area.



Appeasing Mindset Summary



LA = Lower Appeasing	MA = Middle Appeasing	UA = Upper Appeasing	AM-FM Cusp
Safety in Numbers Mind* (Fueled by desire for acceptance)	Group Identity Mind* (Group Allegiance Drive)	Emerging Individuality Mind* (Group Achievement Drive)	Emerging Individuality Mind/ Covert Fighting Mind Mix
Net score: -3	Net score: 2	Net score: -2	Net score: 1

*For fuller explanation of these terms, please go to our glossary of terms at:

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(A) YOUR COMFORT ZONE WITHIN THE APPEASING MINDSET

Your questionnaire results for the **Safety in Numbers Mind** imply you only make occasional use of this mindset region, and you appear to have the ability to use it without much attachment to it. Such flexibility is apt to work to your advantage. Your questionnaire results for the **Group Identity Mind** imply you only make occasional use of this mindset region, and you appear to have the ability to use it without much attachment to it. Such flexibility is apt to work to your advantage. Your questionnaire results for the **Emerging Individuality Mind** imply you only make occasional use of this mindset region, and you appear to have the ability to use it without much attachment to it. Such flexibility is apt to work to your advantage.

(B) Where You Tend Not To Go within the Appeasing Mindset

Insufficient data to ascertain your condition in this category.

(C) WHERE YOU ARE GROWING OR ARE IN TRANSITION - CAF CUSP

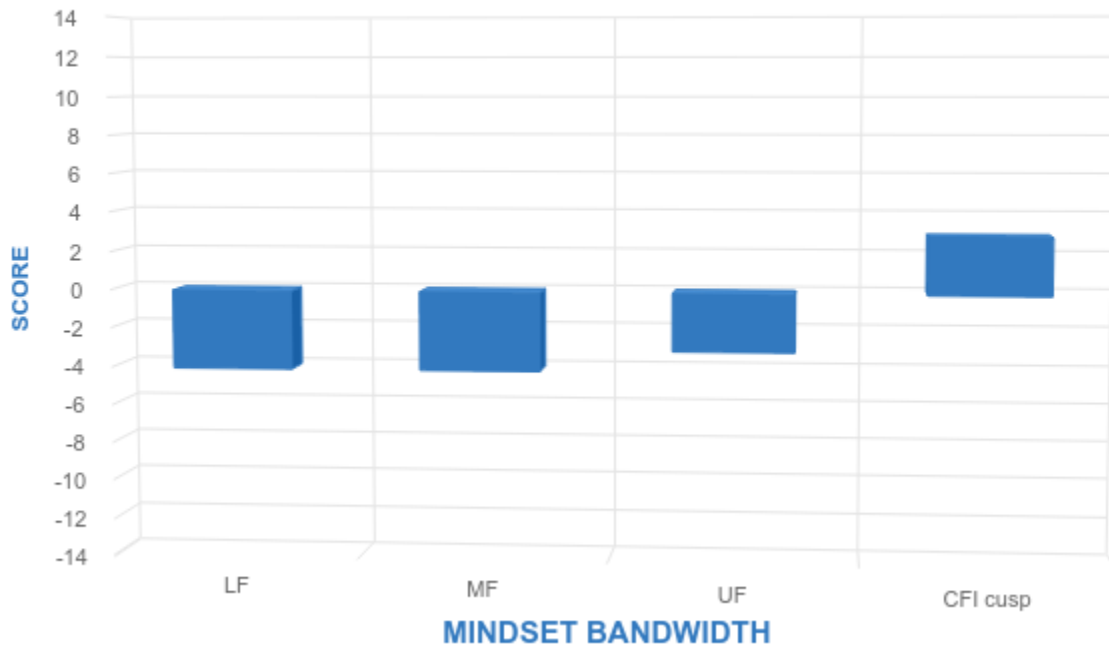
Your current results do not indicate you are in any transitional state between the Excellence Achievement aspect of your mind and the Covert Engagement aspect of the Fighting mindset at this time.

(D) WHERE YOU DON'T APPEAR TO BE GROWING (IN THE CAF CUSP)

While there may be insufficient data to fully ascertain your current condition within the Appeasing/Fighting cusp at this time, the good news is that you do not appear to be blocked in any significant way here.



Fighting Mindset Summary



LF = Lower Fighting	MF = Middle Fighting	UF = Upper Fighting	FM-ISF Cusp
Covert Fighting Mind*	Direct Fighting Mind*	Seasoned Fighter Mind*	Seasoned Fighter Mind/ Emergence of Self Mix
Net score: -4	Net score: -4	Net score: -3	Net score: 3

*For fuller explanation of these terms, please go to our glossary of terms at:

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(A) YOUR COMFORT ZONE WITHIN THE FIGHTING MINDSET

Your questionnaire results for the **Seasoned Fighter Mind** imply you only make occasional use of this mindset region, and you appear to have the ability to use it without much attachment to it. Such flexibility is apt to work to your advantage. Your questionnaire results for the **Covert Fighting Mind** imply you only make use of this mindset region on occasion. You appear to have the ability to use it without much discomfort or attachment. Such flexibility is apt to work to your advantage. However, please refer to your summary graph to see how your functionality is distributed within this mindset, as it should provide some additional insight as to your potential to over-function or under-function in this regard. This is more the case when your scores are 5 to 7, or -5 to -7, suggesting you may encounter some challenges here from time to time. Your questionnaire results for the **Direct Fighting Mind** imply you only make use of this mindset region on occasion. You appear to have the ability to use it without much discomfort or attachment. Such flexibility is apt to work to your advantage. However, please refer to your summary graph to see how your functionality is distributed within this mindset, as it should provide some additional insight as to your potential to over-function or under-function in this regard. This is more the case when your scores are 5 to 7, or -5 to -7, suggesting you may encounter some challenges here from time to time.

(B) WHERE YOU TEND NOT TO GO WITHIN THE FIGHTING MINDSET

Insufficient data to ascertain your condition in this category.

(C) WHERE YOU ARE GROWING OR ARE IN TRANSITION WITHIN THE CFI CUSP

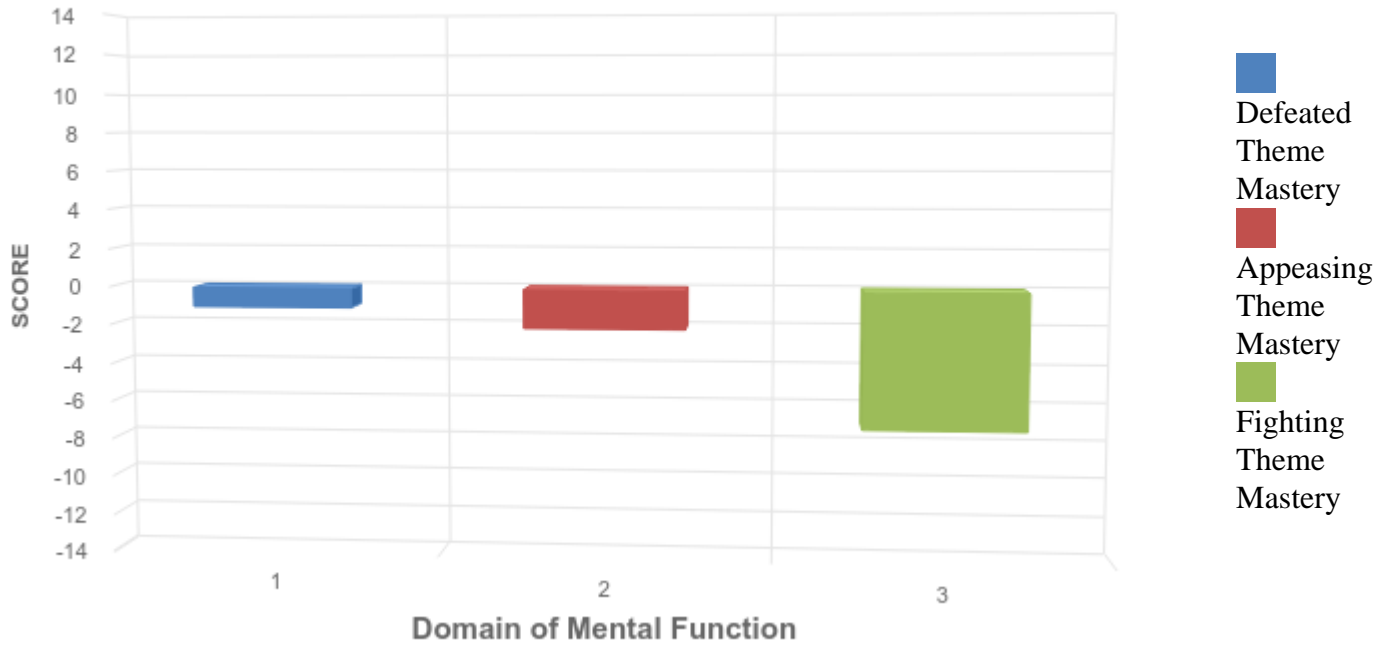
Your current results do not indicate you are in any transitional states between mindsets at this time.

(D) WHERE YOU DON'T APPEAR TO BE GROWING (IN THE CFI CUSP)

While there may be insufficient data to fully ascertain your current condition within the Fighting/ISF cusp at this time, the good news is that you do not appear to be blocked in any significant way here.



ISF Summary



Deceased Theme Mastery	Appeasing Theme Mastery	Fighting Theme Mastery
Net score: -1	Net score: -2	Net score: -7

(E) WHERE YOU HAVE GROWN MOST WITHIN THE ISF

Transformation of the Defeated Theme: You are still working on trying to resolve some issues within the Defeated Mindset with some successes, but with some failures. On the positive side you do approach issues that you still make you anxious, but you are doing so with caution. Go slow to get there faster. If these issues are connected with social relationships, you might benefit from Chapter 8. Examine the tools of engagement discussed therein.

Transformation of the Appeasing Theme: You are still working on trying to resolve some issues within the Appeasing Mindset with some successes, but with some failures. You are more open to getting to know yourself now as a person. While doing that, you need to be curious about yourself rather than looking at yourself logically. This may involve some experimenting which might be much safer than you feel at this point. Good luck with your work. It should be exciting particularly in social relationships

Transformation of the Fighting Theme: Your questionnaire results imply that you are on your way to resolving the difficulties of the Fighting Mindset with some successes. However, there may be a need to practice surrendering, which is not defeat, but an acceptance of the reality of what something is instead. This will open your eyes and mind to a different kind of world that may initially make you feel vulnerable. You need to experiment with that vulnerability to experience that as your strength rather than as your weakness as you have done in the past. In doing so, make sure you stay in control of your needs, and that others stay in control of their own. The fighting you are used to gives you temporary excitement, but costs a lot in the long run. Reading Chapter 8 may be useful.

(F) WHAT ARE YOUR ISF BLINDSPOTS WITHIN THE ISF

Your questionnaire results imply that you do not sufficiently engage in this **Fighting Function/Assertive** area of the ISF because you are likely preoccupied with the challenges of the other mindsets now before you.



(G) WHERE YOU ARE MOST CHALLENGED

You do not appear to have any issues in this area.

(H) YOUR EMOTIONAL CONNECTION WITH LIFE

Good news: You do not appear to have any major issues relating to others in an emotional manner in any of the mindsets or in the Integrating Self Function.

(I) WHERE YOU ARE ALL OVER THE MAP

Good news: You are not all over the map.

Section 7

Reader note: The time of day you take the survey can also have an impact on your results. For example, if you take the survey late in the evening when you are tired, this could affect your outlook about life as compared to taking the survey when you are in a more rested and alert state of mind. Likewise, acute stressful events in your life can influence the results of your survey. In crisis, people tend to use more of the tools of their default mindset, which may not reflect their true overall functioning habits. Also, If you want more accurate results in relationship to your normative life, consider taking the survey again at a later time when your particular situation has been largely resolved. Should you wish to address any personal issues pertaining to this survey in greater depth, you can arrange for a private and confidential consultation with a member of our team. To follow up, please use the contact form found on this website quoting your 'survey ID number'. Consultation options can occur via e-mail, by telephone, or in person. Please note that this service involves a fee which is to be negotiated.

PRIMAL MIND PRIMAL GAMES

Why We Do What We Do

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