

EXAMPLES OF CORE QUALITIES, PITFALLS, ALLERGIES, AND CHALLENGES

CORE QUALITY	PITFALL	ALLERGY	CHALLENGE
Adaptability	Submissiveness	Dictatorialness	Initiative
Analytical	Emotionless	Sentimental	Sensitive
Caution	Indecisiveness	Recklessness	Decisiveness
Helpfulness	Self-sacrifice	Egoism	Autonomy
Modesty	Invisibility	Arrogance	Profiling
Reliable	Boring	Arbitrary	Innovative
Conciseness	Bluntness	Long-windedness	Tact
Consistent	Rigid	Fickle	Flexible
Creativity	Chaos	Bureaucracy	Discipline
Assertiveness	Pushiness	Passivity	Patience
Diplomacy	Aloofness	Arrogance	Confrontation
Empathy	Sentimentality	Aloofness	Reflection
Enthusiasm	Impulsiveness	Pessimism	Realism
Honesty	Bluntness	Manipulation	Tact
Flexibility	Wishy-washiness	Dogmatism	Steadfastness
Drivenness	Fanaticism	Passivity	Sobriety
Discipline	Rigidity	Chaos	Flexibility
Patience	Passivity	Pushiness	Assertiveness
Obedient	Submissive	Stubborn	Autonomous
Reserve	Aloofness	Arrogance	Confidence
Sensitivity	Agitation	Coldness	Reserve
Generous	Wasteful	Stingy	Sensible
Improvisation	Chaos	Inflexibility	Effectiveness
Empathy	Self-sacrifice	Nonchalance	Letting go
Strong	Aggressive	Passive	Reserved
Loyalty	Submissiveness	Pride	Self-confidence
Listening	Passivity	Dominance	Assertiveness
Precision	Perfectionism	Chaos	Flexibility
Sobriety	Aloofness	Dreaminess	Compassion
Receptivity	Passivity	Bluntness	Taking a stand
Optimism	Naivety	Pessimism	Alertness
Persuasion	Fanaticism	Laissez-faire	Helpfulness
Realism	Indifference	Naivety	Openness
Calmness	Slowness	Agitation	Energy
Punctuality	Agitation	Laziness	Relaxation
Taking responsibility	Overburdened	Self-victimized	Asking for help
Tolerance	Conflict avoidance	Unapproachability	Combativeness
Friendliness	Meekness	Ruthlessness	Courage
Generous	Boundless	Egotistic	Setting boundaries
Thoughtfulness	Hesitation	Arrogance	Confidence
Independent	Lonely	Dependent	Collaborative
Confident	Arrogant	Mediocre	Modest
Careful	Nitpicking	Nonchalant	Loose
Caring	Patronizing	Indifference	Letting go

Source:

Schriel, P. (2012). Voorbeelden van kernkwaliteiten, valkuilen, allergieën en uitdagingen [Examples of core qualities, pitfalls, allergies and challenges].
<https://patrickschriel.nl/2012/06/20/kernkwaliteiten-en-kernkwadranten-voorbeelden-lijst/>