

Know Your Style & Use it Well



If you were to choose a shape to describe yourself, would you choose a box, triangle, rectangle, circle or squiggle? You may be surprised but it's quite likely that your choice would be the shape that best describes your dominant personality. These five shapes are the foundation of the **Psycho-Geometrics®** system, developed by Dr. Susan Dellinger PhD. This system explores how different geometric shapes describe how we communicate and relate with people – and how we can improve our communications by adapting to the shapes of others.

Shape simplicity

In Dr. Dellinger's book, *Communicating Beyond Our Differences*, she states: "The greatest thing about this new system is that it's so simple...and it works." On the surface the **Psycho-Geometrics®** system is deceptively simple – and that's its advantage. This simple system helps people recall and use a more complex concept in everyday communications.

Shape characteristics

Here's an overview of the five **Psycho-Geometrics®** shapes and the personality types they describe:

Box	Triangle	Rectangle	Circle	Squiggle
Organized	Leader	In Transition	Friendly	Creative
Detailed	Focused	Searching	Reflective	Witty
Analytic	Decisive	Inquisitive	Nurturing	Experimenter
Efficient	Ambitious	Growing	Inclusive	Intuitive
Persevering	Competitive	Courageous	Empathic	Futuristic
Prompt	Athletic	Questioning	Easygoing	Motivator
Planned	Achiever	Inconsistent	Generous	Expressive
Prepared	Status	Changing	Joiner	Disorganized
Patient	Powerful	Open	Stabilizer	Spontaneous
Hard working	Political	Learning	Social	Rebellious

Shape flexing

The true value of **Psycho-Geometrics®** is in communications. Dr. Dellinger defines "flexing" as thinking about how the other person will react to what you say, then structuring your messages accordingly. It means adapting your own communication style to that of another person. **Psycho-Geometrics®** forms the basis for analyzing others, adapting successfully to their preferences, and improving communications and relationships for a lifetime. It embraces differences. As Dr. Dellinger says, "We are all different, one from another. This is one of the true joys of living! Wouldn't it be boring if we were all the same?"