

Overdone Strengths

SELF-SACRIFICING

Overly **supportive**, to the point of giving up one's own interests and wishes for others.

SUBMISSIVE

Overly **caring** for others' well-being and giving or doing anything others ask.

SUBSERVIENT

Too **devoted** and doing what others want without question or resistance.

SELF-EFFACING

Too **modest** and not taking credit for one's efforts and promoting one's ability.

SMOTHERING

Overly **helpful** to others and doing things for them that they do not want or need.

BLIND

Too **loyal** to the point of overlooking or ignoring problems with plans or people.

GULLIBLE

Overly **trusting** and readily believing in people or things that one should not.

RECKLESS

Overly **risk-taking** to the point of ignoring the potential consequences.

AGGRESSIVE

Too **competitive** and confronting people in a combative or argumentative way.

RASH

Too **quick-to-act** and overlooking information that could be useful.

DOMINEERING

Too **forceful** and asserting one's will over others.

ABRASIVE

Overly **persuasive** and disregarding others' views and disputing their concerns.

RUTHLESS

Too **ambitious** with one's goals and not having compassion for others.

ARROGANT

Overly **self-confident** to the point of being convinced one knows best.

STUBBORN

Too **persevering** and justifying one's course of action despite others' views or preferences.

COLD

Overly **fair** and impartial to the point of not considering the affect on others.

UNBENDING

Too **principled** and not yielding, even on minor issues.

OBSESSED

Overly **analytical** and getting lost in concepts or details that don't matter.

RIGID

Too **methodical** to the point of being constrained and not changing one's ways.

DISTANT

Overly **reserved** in expressing oneself and not engaging with people or issues.

SUSPICIOUS

Too **cautious** and starting off with doubt, mistrust and skepticism.

INDECISIVE

Too **option-oriented** and not having a clear aim or direction.

INDIFFERENT

Overly **tolerant** and coming across as having no opinion or preference.

COMPLIANT

Too **adaptable** and letting the situation dictate what one does.

INDISCRIMINATE

Overly **inclusive** and decreasing the value of each person's participation.

INTRUSIVE

Overly **sociable** and disrupting or distracting others.

INCONSISTENT

So **open-to-change** to the point that one's priorities and principles are not clear.

UNPREDICTABLE

So **flexible** that other people cannot be sure about what one will do.