aParently

Self Reflection Tool

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Goals

The purpose of the following toolkit is to help users better understand themselves as well as visualize and actualize their future plans. The end goal of these questionnaires is not to give users concrete answers to their problems or desires, but to initiate a process of self reflection. As such the questions are open-ended.

The 'results' of this toolkit are not necessarily meant to be shared with other users, but are meant to help individuals better plan their path to parenthood. Additionally, in order for this exercise to work it is meant to be addressed over the course of several days.

Our Mission

Is to equip future parents with the best tools in order to be prepared for the journey they are about to embark on. At aParently we know just how daunting the task of becoming a parent can be, so we strive to ensure individuals are as informed as they can be, and in touch with their own personality
traits.

Our Programs

Are drawn from existing clinical psychology insights and are meant to put the individual in the focal point.

Present Self Assessment

In this exercise you will go over a series of questions designed to draw attention to specific character traits inherent in every individual. There are no right or wrong answers, and there is no limit to how short or long an answer must be. You are meant to ponder and reflect on how your responses change depending on the situation.

As mentioned you should not worry whether or not your answer is 'correct'. What you should try and do instead is identify why is it that you tend to behave in a certain way and not the other. For example: regarding the last question from the first set, you might be the type of person that avoids conflicts to a fault. Think about where does that behavior stem from, and how does it impact your ongoing relationships with others.

Agreeableness/Assertiveness:

- Do you put yours or others' needs first?
- Do you trust people easily or does trust come with time?
- Do you work better independently or as part of a team?
- Are you easily aware of other people's feelings?
- Are you a follower or a leader?
- Are you apologetic or assertive when delegating tasks to others
- Are you confrontational or do you avoid conflicts at any cost?

Conscientiousness/Carelessness:

- Do you get tasks done right away or postpone for long?
- Do you like to stick to a plan or like to improvise?
- Are you obsessed with details or focused on the bigger picture?
- Do you easily get lost in work and go above and beyond, or do you never do more work than necessary?
- Do you have a very long attention span or do you easily get distracted?
- Do you break rules to get thing done, or do you dislike deviating from rules even when necessary?
- Do you impose schedules on others or prefer it when people follow their own plans?

Emotional Stability/Low Stress Tolerance:

- Do you seldom do anything dangerous or do you enjoy taking risks?
- Do you easily get stressed out or seldom get disturbed/upset?
- Are you afraid or excited by new people or new situations?
- Do you rush into things or have a cautious approach?
- Do you let your fears stop you from doing what you want or do you often ignore your fears in order to achieve your goals?
- Do you have a hard time accepting criticism or does criticism rarely affect you?
- Are you in control of your emotions or do you easily get lead by them?

Extraversion/Introversion:

- Do you feel more comfortable around people or spending time alone?
- Do you listen well to others or could be a better listener?
- Do you make impulse purchases or do you rarely spend money on a whim?
- Do you dominate conversations or do you give the quieter people a chance to talk?
- Do you find it difficult to approach others or do you find it easy to make new friends?
- Do you socialize excessively or do social interactions leave you feeling drained?
- Do you mind being at the center of attention or not?

Openness/ Traditionalism:

- Do you stick to the tried and tested ways or do you prefer to try new things?
- Are you interested in abstract philosophical ideas or are you seldom interested in new thoughts?
- Are you a creative person or are you rarely imaginative?
- Do you jump around from topic to topic or do spend time to reflect on things?
- Are you a down-to-earth person or do you daydream?
- Do you believe in constant change or do you prefer not to introduce unnecessary change into your life?
- Do you respect authority or do you have a tendency to question things?

Future Self Visualizing

In this exercise you will begin to create a version, in writing, of your ideal future. Brainstorm. Write whatever comes to mind. Don't worry too much about sentence construction, spelling, or grammar. Avoid criticizing what you write.

Step 1.

Take a moment to imagine what your future might look like and write general notes and thoughts on each of the subpoints:

- Your social life in the future
- Your family life in the future
- Your career life in the future
- One thing you could do better
- Qualities you admire in others
- The Ideal Future A future to avoid

Step 2.

Identify and write down 5-7 specific future goals and categorize them by general themes (i.e. family life, career etc.). Let yourself daydream or fantasize. You are trying to put yourself into a state of reverie, which is a form of dream-like thinking that relies heavily on internal imagery. This kind of thinking allows for all different internal states of motivation and emotion to find their voice. It might be best to concentrate on your future three to five years down the road, although you may have reasons to concentrate on a shorter or longer timespan (eighteen months to ten years).

After you have identified your specific future goals take the time to write down the steps you will implement in achieving these goals. Don’t worry too much by questioning if you chose the right goals. By implementing your goals, even if they are not perfect, you will learn enough during the implementation progress. Set aside time every two weeks or so to review your performance and reconsider your plans.

The Big Five

For users who wish to see a more comprehensive breakdown of their specific personality traits we recommend taking the Big Five personality test. This test takes 15 minutes to complete on average and it is the go-to choice for all major fertility clinics when assessing donor candidates.

To access the test click on the following link:

https://bigfive-test.com/test

