

Thinking vs. Feeling Test

Name: Alex Martin

Age: 28

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This Thinking vs. Feeling Test is designed to help mental health professionals assess their patients' decision-making preferences. It is based on the psychological theory that individuals tend to rely more on either thinking or feeling when making decisions. This test can provide insights into a patient's cognitive and emotional processes, aiding in therapeutic approaches and understanding.

Choose the statement in each pair that resonates more with you. There are no right or wrong answers, so be as honest as you can.

Statements

<input type="checkbox"/> When making decisions, I rely on logic and objective analysis.	<input checked="" type="checkbox"/> When making decisions, I consider how the outcome will affect others' feelings.
<input type="checkbox"/> I value truth and fairness over harmony in relationships.	<input checked="" type="checkbox"/> I value harmony and empathy in relationships over blunt truth.
<input type="checkbox"/> I tend to be more detached and analytical in discussions.	<input checked="" type="checkbox"/> I tend to be more empathetic and emotionally engaged in discussions.
<input checked="" type="checkbox"/> I prefer to solve problems by systematically breaking them down.	<input type="checkbox"/> I prefer to solve problems by considering the impact on people involved.
<input type="checkbox"/> I am more interested in the technical aspects of a situation.	<input checked="" type="checkbox"/> I am more interested in the human elements of a situation.
<input type="checkbox"/> I often make decisions based on principles and logical consequences.	<input checked="" type="checkbox"/> I often make decisions based on values and how they align with my beliefs.
<input type="checkbox"/> I am comfortable critiquing others' ideas based on facts.	<input checked="" type="checkbox"/> I am cautious about critiquing others' ideas to avoid hurting their feelings.

<input checked="" type="checkbox"/> I am more focused on the task at hand than on the people involved.	<input type="checkbox"/> I am more focused on the people involved than on the task at hand.
<input type="checkbox"/> I prefer clear, direct communication, even if it may be perceived as harsh.	<input checked="" type="checkbox"/> I prefer diplomatic, gentle communication, even if it may be less direct.
<input checked="" type="checkbox"/> I am more motivated by achievement and success.	<input type="checkbox"/> I am more motivated by relationships and harmony.
Total in this column: 3	Total in this column: 7

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?
 It's eye-opening. I didn't realize that I am putting other people's feelings before my own. Even though I do care about my own welfare, it also seems like I am spineless. I need to be more assertive.

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.
 Alex shows a strong preference for feeling-based decision-making, which is reflected in his empathy and focus on relationships. It may be beneficial for his to explore strategies for incorporating more analytical thinking into his decision-making process, especially in situations where objectivity is crucial.

Interpretation of Results

The results of this test can provide insights into the patient's decision-making style. A higher score in the thinking column suggests a preference for logical and objective analysis, while a higher score in the feeling column indicates a tendency to prioritize emotions and relationships.

Understanding these preferences can help tailor therapeutic approaches and enhance self-awareness.