

LOGIC:

Do you find that truth and understanding of systems in life are an important aspect that should be highly valued? How do you usually go about learning and forming an understanding of a concept?

Yes and no. I do want to understand important concepts of life and I agree it is essential to develop as a person. I've always loved philosophy and I love constantly learning and investigating, and even making my own analysis, of sociological and psychological systems and concepts. Nevertheless I see this as a tool, it's a way I can comprehend others, or socially constructed structures, just knowing a truth about things for the sake of knowing would not make me happy, I would need to use it, to discuss it, to compare it. And I don't believe in the possibility of finding an objective truth, I think any conclusion is inherently subjective.

How easily do you find yourself changing opinions or viewpoints? What sorts of things can influence your views the most/least?

I will admit it is not that often, I've always been told I am a bit stubborn. If I had to say what exactly makes me change my view, I guess it would be if I am convinced about the logical flaws of my arguments or the practical consequences of my arguments, specially the second point, because even if I am a really argumentative person who deconstructs statements logically when discussing, I can be much quicker to disregard a logical reasoning that leads to a bad practical consequence, what does this mean? I don't care if a decision or reasoning is logically consistent if it ultimately is impractical or harmful for myself or people around me, be it emotionally or physically. I will actively reject the logical conclusion based on its consequences, because in a way I don't think a logical decision should lead to a worse way of living.

Are you more likely to assume that you're right or wrong about an issue? Is it important for you to always be right? How easy is it for you to admit it when you're wrong?

I don't think I assume either I'm right or wrong, I think it is stupid to assume. I also don't care about being right despite what it might seem for the other person when I discuss with someone. What truly moves me is to reach a mutual logical conclusion, I'm okay if you prove me wrong, but if I still see logical inconsistencies in your arguments, I will continue discussing it. I admit I'm wrong without a problem when someone proves me so, and it does happen as often as I just will continue discussing if you can't prove it. It also matters what the topic of discussion is tho, this is specifically in more practical or personal matters, where the conclusion will affect our lives, but when the discussion is more abstract, general and for fun, I just enjoy the exchange of perspectives, I will hold my view, but I can just agree to disagree.

How do you react when someone disagrees with you during a logical debate? How do you go about defending your beliefs, if at all? Do these types of situations make you doubt your views easily?

I really dislike people who just disagree or reject your opinion and don't bother to elaborate. If you disagree with me, I need you to elaborate, I need you to state your points. And I will defend my beliefs with honor, there might be some immediate doubts especially if the person is really knowledgeable about the topic, but overall I want to defend them and won't be easily scared off. The setting where this debate

happens might alter a bit my behaviour, meaning if it's a discussion at the family table, I will be way more assertive and confident, while in a completely new university class, I will refrain from being that confrontative, both because I can recognize my position as a new student and also because I don't want to seem like a smart-ass, I will still state my opinion with security, I just will refrain from discussing too much.

How do you feel about debating logical chains and evidence? (Can discussions and debates help you sort your thoughts out, or are you more likely to see them as unnecessary? Do you find debates more stressful or fun?)

It really depends on the debate topic and the other person I'm debating with. I enjoy exchanging ideas, debates have never really scared me, but at the same time only when the topics interest me, otherwise I don't care enough to indulge, and if the other person in the debate is overtly pretentious and stubborn, the debate becomes very draining, which added to the fact I have difficulty to put an end to debates, it becomes exhausting going in circles over and over again. Debates can be very stressful for me, but at the same time I don't mind it too much, there's a cathartic feeling to such a sensation, and in the right circumstances it can be helpful to debate to the point of exhaustion, although I wouldn't say it's particularly enjoyable.

Do you feel the need to explain your own logical understanding to others? Do you feel the need to have others explain their understandings to you?

Yes and no. I guess it depends a lot. I will strongly request others to explain their understanding if I have doubts about it or it's a surprising conclusion to me, but at the same time if I can get what the person is saying, I don't require the complete explanation. Same goes for my explanations, if they request it or I feel like I'm not making myself clear, I will try to give an explanation of it, but there is a breaking point, i don't know where it is, but it will get to a point where I'm done, I can't think of what else to tell you if you can't understand me. I've been told I am good at explaining things, so it doesn't happen often, but it does happen.

VOLITION:

Do you consider yourself to be a naturally motivated person? What helps motivate you? Do you need others to motivate you and/or provide incentives for you to work?

It really depends on what exactly. When I set my mind on something or in general on the aspects I care about, I am extremely persistent and ambitious, but when I don't care enough about something, I'm really not. But at the same time, I dislike when people try to tell me what to do or motivate me, especially when it's daily tasks, it is like a nail being hammered in my brain, like stop, I know what I have to do, I will do it at my own pace. In a professional and scholar setting, a great incentive for me is people's expectations and my overall professional image. I will diligently do my part for a job, but even then, it will be at my own decided pace. It is a bit of a visual dichotomy, because I can seem very passive and fluid outwardly, but I am still very controlling and motivated to maintain the things that interest me, and I dislike people trying to control my own plans.

Are you someone who has a clear sense of direction and purpose? Is this something that matters to you? What do you gain a sense of meaning from?

Again, it is very ambivalent. For one, I do feel a clear direction towards constructing myself, attracting others and achieving what I want, but as you can read, this isn't a very stable purpose. It's not like I have a specific future I dream to achieve, or a professional position I crave, it's just an overall sense of desire for the moment. If I suddenly want something, I will have a purpose, but it might quickly disappear. And I do find this to be important for me, but I guess it is true that it tends to leave me in a place of confusion around the greater meaning of my life. If I want something, I will achieve it, but it is very spur of the moment, not a really diligent hard-working dream.

How is your relationship with goals? Do you often share them with others (or help others with their goals)? Are you self-assured in what you set out to do, or are you more indecisive and/or easily persuaded by what others around you want?

I don't enjoy discussing my goals with others nor I really enjoy helping others with their goals. It annoys me to do so, and I hate having to explain myself extensively to others. I do take into account what others around me want, I am mindful of it, but ultimately if I had to pick between others desires and my own, I will pick my own, I can't say for sure whether I feel guilty about it or not, the feeling comes and goes, but it's just a matter of how life works, you have to decide whether you get what you want or you care for others, and although I try to be a better person each day, I will still always end up standing for what I want. Any usual doubts I might have almost feel like generosity rather than actual doubts, it's not whether I could or not, it's whether I should or not, whether it is more beneficial for me to just get what I'm trying to get or helping someone else and end up looking socially like a better person.

Are you bothered by failures and setbacks? How do you deal with them when they come up?

Not really. I used to be (and still am technically in other situations not related to failure) very sensitive to frustration, it bothered me deeply when I felt I didn't achieve a standard I was aiming towards. With time, however, I've learned to tolerate failure much better, nowadays I actually embrace failure in many aspects of my life as it is great to learn, but I am still prone to reacting a lot not towards failing but rather the frustration of not getting something I wanted, but I do control it way better nowadays.

Are you someone who easily competes for things you truly desire? How do you feel about others telling you what to do, or trying to insert their desires into yours?

I like to describe it as I'm someone who is always actively competing in a competition no one knows about. Life itself in a way for me is a constant conflict of interests and attention, therefore you never truly stop competing. It's not like I actively attack others and push them down, not at all, I actually try to be very generous and warm to people, but it does mean I think the social sphere is my battleground, a happy battleground where I will just go in and enjoy myself while I usually think I'm winning and where I'm not interested in attacking my opponents, not at all, I don't think I need to do any of that, because I don't feel they are paying as much attention to this battleground as me, it is like battling blind soldiers, and by battling I just mean looking good and being nice. And regarding others trying to insert their desires, I've already said I don't like it at all, I will listen to any requests but ultimately, unless there's a clear

hierarchical difference where I really respect you, it will be my decision whether I give in to your desires.

How do you tend to act when you are part of a team? Are you more of a leader or a follower (or neither)? Do you have an easy time working cooperatively with others?

I play my part effectively. If it requires me to put my foot down and lead, I'll do it, but more often than not I just don't care about it. It would have to be a matter I'm really interested in for me to strongly want to lead, for example, I am studying audiovisual arts and when I had the possibility to direct a short film of my own I was very sure I wanted to do it, did I have some doubts? Of course, it was a new experience, but I just pushed through it. When I play my role without wanting to lead, I do it without any problem, I can be responsible and rarely will I not do my part. But when I do want to lead, I try to make everyone keep up, I don't like being too forceful but I also don't have any fear of speaking my mind freely and directly, if you need assistance for anything I'm there, but I will also insist you do what you are supposed to do, and for example, in the case I said earlier about me directing, there were cases of people talking behind my back later about me being pretentious or demanding.

Do you consider yourself to be someone with a firm sense of identity? How do you feel when other people assert their ideas about who you are?

I have a flimsy sense of identity. But at the same time not too flimsy. For one, I am very confident, and random people cannot bring me down. Nevertheless, I care A LOT about how I look in the eyes of others, there's this like need of mine to make true of my own self-image, and these two images (my own and what others think of me) often have differences between each other, which really bothers me and confuses me to my core. It's like I feel so sure of who I am and yet other people seem to not think the exact same, and that brings me into a spiral where I rethink and rethink about myself. It's not like I change my own sense of identity, more often than not it remains the same which is one of the reasons I can seem so stubborn, but it annoys my whole sense of self, like what do you mean you see me like that? What's the issue here? Are my actions wrongly executed? Is your perception biased?

PHYSICS:

How important are factors such as clothing, hygiene, and appearance to your everyday life? Do you feel confident in your body and tastes? Are you often swayed by trends and the opinions of others in terms of fashion and aesthetics?

My whole physical appearance is of the utmost importance for me, but if I'm being 100% honest, only when I have to go out, that is where I pay the most attention and care to how I look. Whenever I'm on my own or with my closest people, I really don't care too much about how I look (although there is always a bare minimum I strive to maintain). I am very confident in my tastes, I know what food I like, what fashion I wear, what sports I enjoy, etc. But sometimes I do have insecurities regarding my body, although these are very situational, it's just a matter of "do I look good? Is my hair good? What do you think of these clothes? How do they fit me?", nevertheless I wouldn't say I'm too swayed by the opinions of others, it is kind of more looking for

affirmation than genuine help. I know if I look good or not, but I want to hear your response to the question.

How do you handle your senses being disturbed? Are you sensitive to problems like discomfort, sickness, and pain? (Or are you unaware/able to push past them/etc..)

I have an incredible capacity to control my senses. If I want to, I can push through any discomfort or sickness without an issue, for example, I like to wear open and short clothes and in winter people often ask me how I can wear that despite the cold, and I often just say “the cold is psychological”. It isn’t even a matter that I don’t feel it, in truth I feel it completely, but I love feeling it in a way, I love defying my limits, I love looking good despite any weather, I love looking unbothered. Sickness the same, I will sometimes let myself be won over by the sickness to get out of doing something I don’t want to do, but more often than not, I want to seem resistant, that despite anything I continue being myself. And pain is even further, I don’t give a fuck about pain, if I want to do something, even if it’s risky, I’ll do it for the fun, for example, I used to love climbing trees despite the fact I ended up with a lot of scratches in my arms, I didn’t care, I loved the physical stimulation of climbing the tree more than the result of the scratches.

My biggest sensitivity honestly has been occasional kind of hypochondriac fears regarding my appearance, like doubting whether my hair is thinning or I’m losing my figure. But these are very sporadic, not consistent.

How is your relationship with physical activity? Are you someone who naturally desires a more comfortable and inert lifestyle, or do you have a hard time staying still? Do you find external encouragement and incentives for taking care of your body useful?

I really enjoy physical activity, but at the same time I might fall off practice and struggle to get back into the routine. I think physical fitness is an essential part of life and I do enjoy doing it. I often dislike the feeling of not doing anything stimulating for too long. But at the same time, I have been struggling to get back into working out recently, like doing it consistently every day like I used to, partially because of college, but also just because of a lack of energy to start the routine again. I struggle to say if I used to work out every day more just because I enjoyed working out (which I do) or more because of the social validation physical fitness gives me.

Do you enjoy pushing yourself to try new foods, activities, or styles? How picky are you regarding these things, and what helps you decide what you want to explore?

I love trying out new things in regards to foods, I actively explore it and go out of my way to try new things. Now, in regards to activities and styles, I will be open to exploring and I will accept and enjoy the new experiences, but I am fairly certain on my own so I would dislike the new ones getting in the way of my old ones, unless I ended up loving these new ones. I’m not picky at all in any of these subjects, but as I said, I’m certain of what I like and I won’t compromise my overall life enjoyment for new experiences.

How is your relationship with your physical environment? Are you usually attuned to your surroundings? Is being organized something that matters to you and/or comes naturally? How do you feel when another person enters your space and tries to help you with it? (e.g. by cleaning)

This might be my weakest spot regarding physics, in the sense that it can be a bit difficult for me to notice things as quickly as others in my surroundings, and I am not a particularly organized person, although I have my own way of navigating my spaces and it feels good to me. I also do enjoy a lot when another person enters my space AS LONG AS IT IS WITH ME, I hate when people start moving around your stuff without your consent or presence, but I love doing things in company with someone and I love helping and being helped in matters like cooking, organizing, cleaning, etc. I actively always try to find something to do in social settings, like setting or clearing the table, or moving around chairs, etc. I do dislike more lengthy activities like cleaning dishes, so I will try to avoid doing it though, but I will give you company while you do it.

How do you handle your finances and possessions? Is this an area of ease in your life, or do you find yourself becoming overly reckless or stingy? Do you consider yourself to be a materialistic person?

I LOVE spending money, I don't have much though, so I know overall how to control myself. I still tend to have the occasional over-the-budget purchase, but I always manage to get away with it. I wouldn't consider myself stingy, but I also don't buy stuff for others, if anything I'm very open to dividing the bill and helping out with some money but never in a reckless way.

And I don't consider myself too materialistic. As I said, I like spending money and buying stuff. I love showing what I have and seeing what others have, but I also don't care excessively about it to the point of basing everything around this. It is difficult to be materialistic when you yourself don't have as much money as you'd like to support such a way of living.

How do you react to criticism or advice regarding how you handle any of the above things? **There is good and bad advice. Overall I enjoy people giving me advice on cooking, or decorating, or working out, you know I appreciate working on these and knowing what people enjoy. But there are topics I'm way more sensitive about, like my style, how I organize my spaces, my appearance, etc. Topics where I'll probably disregard your opinion on them unless we are very close. It is also important how you communicate these advice or criticisms, like just be polite.**

EMOTIONS:

Does self-expression come naturally to you? What emotions do you find easier or harder to express? What goals do you have when dealing with your levels of emotional expression, if any?

I wouldn't say it comes naturally. It is rather an ability I've developed throughout my life more and more. I love art, I love understanding people, I love the emotional sphere overall, therefore I grew very interested in all of this. Nowadays I can express myself very well in a controlled manner, I know how to react in most situations and I enjoy art as a way of understanding others and expressing myself.

Are you someone who is in touch with their inner emotional world? Are you good at understanding how you feel about something and why? Do you find others' insight into how you are/should be feeling beneficial?

Yes and no. It is difficult to explain, but although I feel very intensely, I might struggle at pinpointing the origin of my feelings and I would rather discuss the emotions of others rather than my own. I can explain my emotions well, don't get me wrong, I just have issues figuring out why I feel in some way or another. I do love talking about emotional issues and experiences with others though, not really being told how I should feel or am feeling, because what the fuck are you talking about, you don't know how I'm feeling, you are you, I am me, but rather in the sense of both communicating how we feel and expressing it.

How good are you at balancing your focus between your own emotions and the emotions of others? Are you more naturally attuned to others' feelings and reactions, or to your own?

I am inherently more attuned to others' feelings, I am always actively tuning to them and feeling the emotional sphere of all dynamics. And I think I'm really good at balancing my focus between our emotions, I can be a very attentive person and I always pay attention to how others are reacting.

How easily caught up on specific feelings do you become? Do you value being able to detach yourself from your emotions? (And is this something you're good at?)

I can easily get caught up in emotional states, and I think being able to listen to these is way more valuable than detaching, but I still tend to detach a lot when I have to interact with others. For example, I can be extremely angry about something, furious even, and yet be able to give a nice smile in a positive environment. People that really know me might be able to notice if there's something wrong, but overall I can act very well.

How do you normally react when someone shares their emotions with you? Do you enjoy handling situations like these?

I react very well, I am very open to this and often enjoy being a person people can vent to. At the same time, it gets tiring at times, I can still hold myself very well externally, but I might internally start judging them a bit.

When others are speaking on topics regarding emotion, are you more inclined to express, engage, or pull away? Do you adjust to emotional atmospheres, or do you feel more separate from them? How comfortable are you with conversations focused on emotional vulnerability?

I like to engage and observe when the topic regards emotions, as I said, I love learning about people and hearing them out, and I feel like I take good care of these atmospheres. It might be a bit difficult for me to be truly vulnerable with others, but I can express my own experiences very freely, sometimes even too freely and I end up oversharing a bit. I think I like taking care of people and making them feel safe.