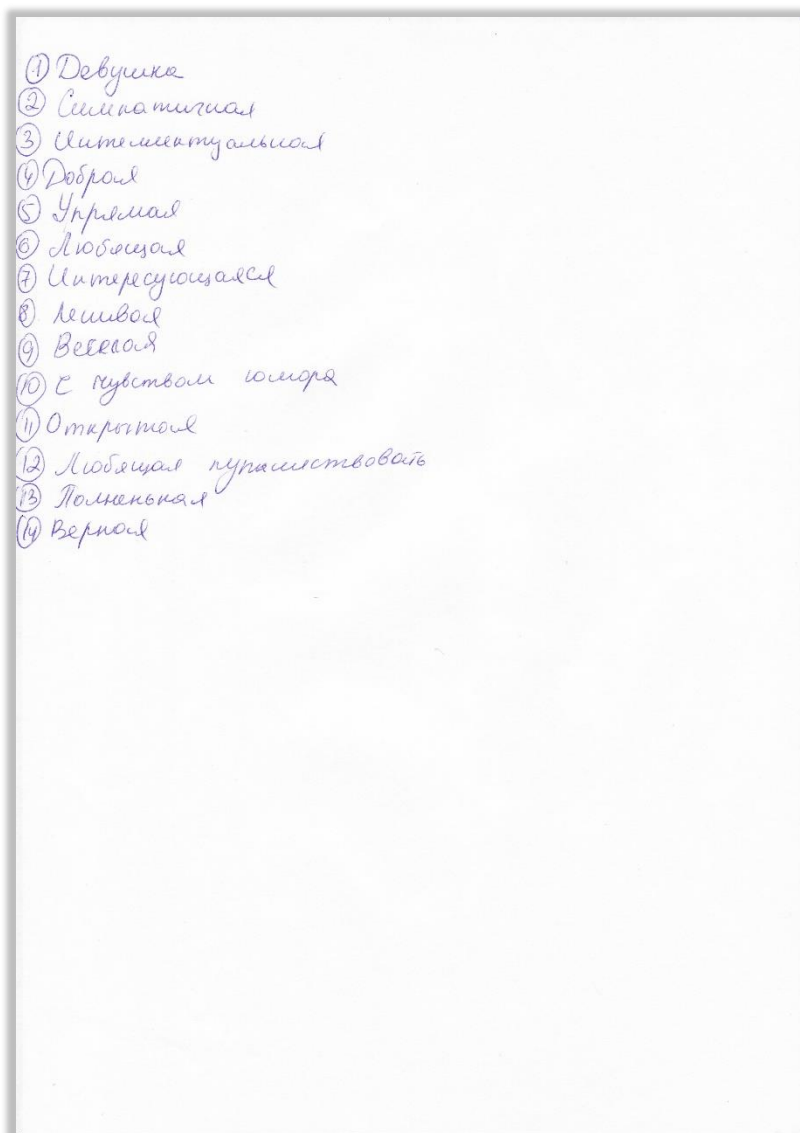


# THE METHODOLOGY OF FREE SELF-DESCRIPTION

## The text of the self-description:

1. *The girl*
2. *Pretty*
3. *Intellectual*
4. *Kind*
5. *Stubborn*
6. *Loving*
7. *Curious*
8. *Lazy*
9. *Cheerful*
10. *With a sense of humor*
11. *Open-minded*
12. *Loving to travel*
13. *Chubby*
14. *Faithful*



The methodology reflects how a person sees and imagines himself: what hidden sides, goals, emotions, thoughts, fears, as well as inner experiences he has.

I note that the subject first wrote the first 13 points. After I clarified whether this information was enough to understand what kind of person she was, she added paragraph 14. From this, it can be concluded even before the analysis that fidelity, as well as its absence, are the key points that can affect her life.

## I. PRIMARY ANALYSIS

### 1. Formal and stylistic features of the text

#### 1) Generalized characteristics of the text

– the text is closed and uninformative. There is some reluctance to reveal oneself. This indicates a formal approach to this technique, or distrust of the psychologist.

– the general background is positive, which indicates the kindness and emotionality of the subject.

## **2) Intonation and stylistic features of the text**

There is a formality of verbal constructions, perhaps some self-irony. This suggests that the subject is not yet ready to share her deep gut.

## **3) Features of the text language**

- the language is schematic: it's just a list of descriptive characteristics. This signals the structural and consistent logic of the subject. It seems that the subject did not really want to look into herself.
- there are no feelings, emotions, interests, motives. This indicates the presence of a protective mechanism – avoiding the instructions, which is usually used by people who are a little suspicious of something.
- the description is presented in the form of nouns and adjectives. This suggests that it is important for the subject to live in the here and now, as well as to experience the emotions she experiences when in contact with the outside world.

## **4) Features of graphological aspects**

The subject wrote the text closer to the left edge in a straight, neat, rather large handwriting. Which characterizes her as a slightly pedantic person with good taste and willpower. She is cooperative, open to others, and sociable. Loves money, especially spending for the soul.

## **2. Meaningful indicators of the text**

### **Self-characterization**

The subject describes her appearance, physiological parameters, and character traits. This indicates a fairly direct perception of the world by the subject: if a person is interesting to her, she will be open to him, and vice versa. The main focus is not on the depth of the soul, but on the breadth of space. Once again, I emphasize the strength of the subject in the field of material achievements: if she needs something, she will do it.

### **Views, preferences, values**

The subject is focused on how to show herself to the outside world and how it perceives her. For her, life is the ability to try different things and attach importance to it, to evaluate it. She is drawn to an easier and happier world, where it is simple and understandable, logical and schematic. There is probably a heaviness inside her that she hides from outsiders in every possible way. And thus, through a gentle avoidance of disclosure in the methodology, it compensates for this severity through the description of external and characterological data.

### **Emotions, worries, problems**

The subject did not show any real emotions in the description. Therefore, we can only assume that one of the experiences is the relationship with the outside world. After all, she described herself as "a girl, smart, kind, funny, etc.", sounding like a set in a resume, excluding some spiritual things and personal achievements. It is important to her that others perceive her as smart, kind, funny, etc.

### **Relationships with others**

To repeat it again, people play a significant role for the subject. She is open to them, friendly.

### **Physical data**

From the physical description is presented: a girl, pretty, plump. Apparently, beauty and the desire to work on her body are important to her.

## **II. SECONDARY ANALYSIS. INTERPRETATION**

### **1. The content of the presented image is Self**

The subject presents herself as a logical, practical and consistent person who is result-oriented. She seems a little naive, but that's just an image. Inside, there is a whole world that is packed in a box that she will open in case of a life imbalance. That is, if you take her out of a normal state (stressful life situation, shock), which of course is better not to do, then she will be able to find herself from the other side and become even stronger, even more multifaceted. This is exactly the type of person who gets into a difficult situation and opens up, as opposed to those who completely fall into living the situation themselves. She may be a little sarcastic about some aspects, may make demands on society, if necessary. It seems light, superficial, but this, I repeat, is just her representation of herself. In fact, she is more far-sighted, perhaps even prudent.

### **2. Self-attitude**

The subject expresses a positive attitude towards herself. Even with a certain sense of humor.

### **3. Defensive tendencies**

There are several psychological defenses: avoiding problems (in a difficult situation, it's easier to devalue the situation itself through laughter), rationalization (in questionable matters, it's easier to explain everything with logic), compensation for their hidden ideas with positive resources (if it's hard inside, then it's easier to think about a positive bright future).

Sometimes she lives one thing inside herself, while others feel her reactions from the outside in exactly the opposite way.

### **III. IDENTIFIED FEATURES OF THE SUBJECT**

#### **1. Suspicion**

The text is closed by description, and a list of several items is provided. The subject seems to be trying to show her correctness and normality in this way. But this is not done out of complete trust in the world, but on the contrary due to inconsistency in relation to it. Sometimes an overly positive description can hide a certain area of requirements for people to be exactly how the subject described herself. That is, it would be better for her to be surrounded by kind, funny, open-minded people who like to travel, for example. Then it will be easier for her to trust them. Suspicion can also hide even more complex emotions and states, such as pride, stubbornness, resentment, jealousy, secrecy, and self-control.

#### **2. Avoiding problems and worries**

The subject described her characterological traits quite harmoniously, in fact, she is able to separate her emotions from reasoning, pull the inner Self out of the situation and soberly weigh everything. She can be ironic, laugh, but in the case of a life test, she can depersonalize herself and become a mechanism that acts or does not act for the benefit of herself or others.

#### **3. Demonstrativeness**

There is a positive attitude towards oneself, a desire to show oneself on the good side of society. Such people usually strive to be the center of attention, surprise others with their strangeness or originality. According to the description, the subject seems emotionally immature (the character of a little girl, concentration on simpler things), but her inner core, resembling masculine strength, is able to take her to another level in society. In other words, she just seems light and carefree, but in fact she has strength and some power inside her.

### **Conclusions**

1. The subject describes herself from an external focus with those features that she would like to see in others.
2. The subject's attitude towards herself is positive.
3. The main defense mechanisms of the subject can be called the desire for positivity and rationalization.
4. A formal stylistic and meaningful analysis of the text suggested that the subject had quite pronounced features of a self-centered "careerist", and, possibly, a girl who wants to be the center of attention for the sake of maintaining communication with others.