CORE QUALITIES

Introduction

- Daniel Ofman's theory on core quadrants presents a method for identifying and strengthening each individual's positive characteristics.
- A core quality is an individual's specific strength, something he is good at, or for which he is often praised by others.
- Examples: Decisiveness, considerateness, carefulness, courage, orderliness, flexibility

Example: Decisiveness

- Core Quality: Decisiveness
- Pitfall: Nagging
- Allergy: Passive
- Challenge: Patient

Super Quadrant

What others appreciate in me: Decisiveness
What I consider normal in me: Nagging
What I would repulse in myself: Patient
What others tell me to do: Passive

What I automatically expect of others: Where I tempt to shut my eyes for from others: What others blame me for: What I prefer to accept from myself: What I miss in myself: What others wish me: What others/appropriate in me: Expect of others: From others: Me for: Myself: In others: In others: In others: In others:
CORE QUALITIES
Personal Development

• The goal should be to balance Quality and Challenge

Decisiveness → Nagging
↑
Passive ← Patient

CORE QUALITIES
Interaction between people

• One’s Core Quality can be the Allergy for another!

Decisiveness → Nagging
↓
Modest ← Passive
↑
Obtrusive ← Initiative

CORE QUALITIES
Personal Development

• You can bring balance by:
  – Doing nothing = missed opportunity to improve yourself
  – Fighting = fighting your pitfall, is fighting against yourself = wasted energy
  – Healing = Observe yourself, become aware and accept, through you automatically get more balance

CORE QUALITIES
Core Qualities

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<th>Pitfall</th>
<th>Challenge</th>
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<td>Patient</td>
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<td>Clearly</td>
<td>Remote</td>
<td>Empathetic</td>
<td>Slmy</td>
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CORE QUALITIES
For further information

If you want to know more:

- www.changezone.co.uk/STEVE/corequalities.html