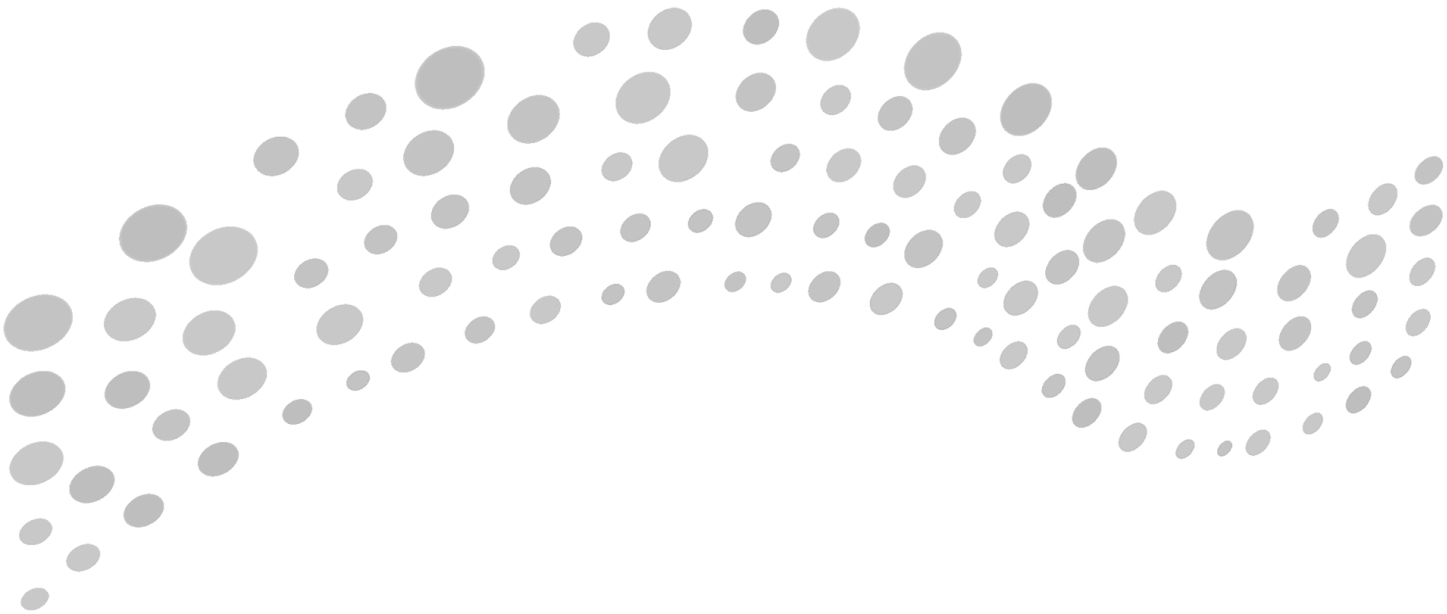
Shadowmatch®

Shadowmatch Full Report for

Example Full Report

Date Finished: 2026-04-02



[CONFIDENTIAL]

shadowmatchpersonalreport

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Introduction

Habits can be defined as behavioral patterns formed with a specific purpose through repetition. Some habits are strong, some are soft and some behaviors are absent as a habit. It is important to understand that we develop habits in order to successfully meet a specific goal. The goal or purpose related to a specific habit is very unique to the personal history of every individual. Shadowmatch has been built to identify a range of habits as they manifest in the behavioral patterns of an individual. Sometimes people do not see their own behavior as patterns they repeat or even patterns that are absent in their behavior. A good example is our behavior towards problems. Some individuals might try to prevent problems by working around the problem or even by ignoring it, others might engage with problems because they experience personal fulfillment as a result of resolving these problems, riddles and challenges. When your behavior of engaging with problems becomes a strong pattern, it might be a habit that defines the way you approach problems without planning and without reasoning why the problem has to be resolved. Habits are behaviors that repeat (when necessary) with minimal planning with the focus on a specific goal or purpose.

Please take a moment and study your graph. You will note that all your habits are soft, in other words, the habits are not radical and they are focused on a behavioral intensity that fits the situation. You have a preference to behavioral patterns that are necessary for the normal day-to-day activities of your lifestyle. Keep in mind that Shadowmatch doesn't measure how competent you are, nor does it make any statement about your abilities. Your Shadowmatch results are a mere statement of your behavioral patterns also referred to as habits. With reference to your specific profile of behavioral patterns (habits), Shadowmatch is convinced that your preference is towards patterns that are soft, balanced and within the framework defined by your environment. Please read your report with the aim to learn the exact detail of your patterns in each of the behavioral areas.

Before you start reading your detailed report, Shadowmatch wants to make a further comment with regards to habits where you have a low to even very low graph. Remember, it doesn't indicate incompetence, it indicates that these behaviors are not patterns. You have to plan towards doing these things, you have to apply yourself, and sometimes you might even be frustrated in doing this. The fact is that these very low scores just indicate that these behaviors require energy and planning from your side. You will also experience that when it is necessary to display one of these behaviors, it consumes lots of energy.

Propensity To Own & Propensity To Hand-off

Taking ownership of a task (instead of handing it to someone else to do) becomes a habit when it is your normal and consistently dominant behavioral pattern. When we compare this to your propensity to hand a task to others to de done, it is clear that you have a slight tendency to rather own a task instead of handing it to somebody else to do. The list of things you prefer to keep in order to do it yourself is slightly longer than the list of things you prefer to hand-off. The habit you've developed is one of selecting tasks that you are comfortable with in doing it yourself and allowing others to do the things you are not comfortable with. Your slight inclination towards rather doing things yourself seems to be those tasks that fit into your framework of self-confidence. In short, if you feel that you can do something, you prefer to do it yourself.

Team Inclination & Individual Inclination

The way habits develop with regards to working as part of a team or working as an individual, are very complicated to understand. Shadowmatch doesn't even try to do that. What Shadowmatch does in an extremely reliable way, is to determine what our preferences are. You have no preference between team and individual work and activities. You are (for all practical reasons...) equally comfortable working as an individual and/or working as part of a team. You are also equally efficient when working as an individual if compared to your efficiencies when working as part of a team. Your habits towards team and individual inclination are such that you need both worlds. You enjoy to work as part of a team or even multiple teams but you also need to work as an individual. Your habits have developed in such a way that you must allow yourself both realities.

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To Simplify

This is the habit of taking a complicated problem and breaking it down to simple, linear type (small) problems that could easily be resolved. When these small problems are resolved, the initial complicated problem gets resolved. This habit also refers to the behavior of solving very complicated problems in an extremely simple way. When a specific individual does it with all problems without even planning for it, it becomes a habit. This is a habit people learn as a method of solving problems and dealing with challenges because it works for them. It seems to be a habit that you either don't need or you have never been in a situation where it was necessary for you to practice this behavior of simplification to such a level that it became a habit. Remember, this doesn't say that you cannot solve complicated problems. It simply says that it seems as if simplification as a method of problem solving, is not a strong habit in your approach towards dealing with riddles and challenges to be resolved.

Resilience

Some people can work towards a goal relentlessly despite pain, hardships and even serious set-backs. When they embark on a task, they don't stop until they've successfully completed the task and thus reached their goal. In some instances, certain individuals can really push the boundaries. You have indicated that you will only apply yourself beyond reasonable limits in very selected instances, and when there is no other choice. You can stick to the task only if you have to. When things get tough, you seem to rather find an alternative to the venture or the struggle. Maybe you have never found it to be necessary for you to push yourself beyond the limits of reasonable effort.

Propensity To Change

People approach the reality of change in different ways. Some people grew up in an environment where it was necessary to develop the habit of change. Such a habit is a behavioral pattern that thrives on change and uncertain situations. This is not the way you have developed your habit towards change. The way you behave in a changing world is that you adapt in a very selective manner. You select what and when you need to change and it is not something you do without planning. It is thus not automatic behavior for you. For you to change important aspects in your life is a task. You need to apply energy to the task and you need to work through some detail. In some areas of your life you will be totally uncomfortable with change. You change with caution, selectively and only when there is a very good reason for you to change. With this in mind, please note that when you are forced to change radically with regards to the important aspects of your life, you might experience some levels of stress.

Frustration Handling

When we get frustrated, we deal with the frustration. The way in which we deal with the frustration might be positive, negative or even passive. A frustration is something that prevents you from reaching your planned goal. Our behavior when frustrated might become a behavioral pattern referred to as a habit. A positive way of dealing with a frustration is when the individual engages with the reality of the frustration without losing control and without allowing the frustration to become a negative emotional experience. Negative frustration handling is when a person deals with frustrations in such a way that it becomes a negative experience for the individual as well as the people with him/her. Passive frustration handling is when one simply ignores the frustrations and let it play out by itself. Shadowmatch has identified your frustration handling behavior to be positive but contextually selective. You handle specific types of frustrations in a positive way. These are the normal day-to-day frustrations. You have developed a habit of handling these day-to-day frustrations with some level of comfort but once the frustration becomes intense, your habit of positive engagement will be stretched.

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Self-Motivation

Self-Motivation is the energy we generate towards a task or a job. This energy is not dependent on any outside agents. It is the behavior of independent internal energy that drives the individual towards doing something. A simple example is when someone decides to become very fit by going to the gym every day. The individual does this alone, without any external support, motivation or anybody that goes with him. If this is a pattern of behavior towards different types of tasks, it is referred to as a habit of Self-motivation. Shadowmatch could identify your self-motivation to be very selective. You motivate yourself for certain tasks under certain conditions selectively. In other words, your self-motivation is specific and focused. It is not a broad based self-motivation. For those tasks that fall outside of your preference for self-motivation, you will depend on external motivators to help you keep your energy positive towards relentlessly doing the job.

Routine

Routine is an inevitable reality of our lives. It doesn't matter who we are or what we do, there are certain routines we follow. Think of the simple routine of breathing, eating, drinking water, sleeping, etc. Some people develop a habit of living their lives in a predominantly routine manner. They prefer sameness and they organize their activities towards routine and repetitiveness. You have scored relatively low on routine. This indicates that you have not developed a habit of organizing your world towards routine and strict patterns of sameness. The way you have selected the answers in the Shadowmatch worksheet indicates that you do live with some forms of routine. These routines are not strong, not dominant and nor are they rigid. Your preference is away from routine. You don't like doing the same mundane tasks every day. You prefer variety and diversity in what you do as well as how you do things. Your habit is stronger towards variety than towards routine.

Problem Solving

Problems can be defined as challenges we face when our plans are being met by an obstacle that needs active engagement and planning to resolve in order for us to successfully progress towards our goals. When we grow up in a situation where there were very little problems to resolve we do not learn the habit of actively engaging with problems in order to resolve them. We need to keep in mind that some people have strong habits towards resolving people related and relationship related problems but not towards resolving mathematical problems or vice versa. Shadowmatch takes a general approach and it has presented you with a mix of problem situations to act upon. According to the pattern of your answers, you have developed a habit of, in general, not aggressively resolving problems. It might be that you have a preference towards very specific problems but in general, solving problems over a broader spectrum is not a behavioral habit of yours. You will tend to move away from problems as resolving them will drain your energy and it will wear you down.

Shadowmatch has a very advanced method of identifying the kind of problems we tend to face on a daily basis as well as what your comfort levels are towards resolving these classic problem types. The following could be identified:

- Whenever you are faced with a problem, try to break it up into small sub-problems and resolve the small problems. You need to teach yourself to take a more simplified approach to all problems.
- Your Problem Solving habit seems to be related to your habit of Resilience. Be aware of the fact that problem solving needs more persistence and relentless efforts which then might enable you to handle more advanced problems in life.
- Be aware of the fact that some problems can only be resolved with radical changes in the way we approach the issue at hand. A positive perspective on new methods and more radical - out of the box - actions will enable you to successfully resolve more advanced problems.

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Responsiveness

When people have to do something, the preference they show towards acting immediately indicates either a habit of Responsiveness or an absent habit of Responsiveness. The balance between acting immediately on the one hand or postponing the task on the other, can become a habit. Your approach is that of acting immediately for the things in your normal day-to-day situations. The tasks that you often do as well as the ones you are comfortable with tend to get your immediate attention. For the ones that are out of the normal range, you tend to rather postpone acting on it. You have therefore developed the habit of acting immediately when tasks are within your comfort zone, within your boundaries of necessary action and needs your urgent attention. For the rest you prefer to act on it later. This habit is referred to as Responsive Easy. The things that are easy for you to do will be done quickly, the rest you will prefer to rather not rush into immediately.

Innovation

Innovation is to do something new or to create new technology. Shadowmatch identifies patterns of innovative behavior in the way you react to the Shadowmatch worksheet. It was possible for Shadowmatch to identify that you prefer the known way of doing things above the new and radically strange ways of doing things. In fact, it seems that you even show some resistance to radically new ideas, methods and technologies. You have consistently selected answers indicating the traditional way of acting under specific conditions. For you to act in a new (Innovative) way will have to be a continuous decision-making process. You will have to plan for such behavior and it might be a tiring experience for you to continuously work with new and non-traditional methods and technologies that are ever changing. Please remember, Shadowmatch doesn't make a statement of your abilities to innovate. It makes a statement about the fact that innovation is a possible behavior but not a habit that flows easily through your behavioral patterns.

People Positive

People Positive is the behavior of engaging with people in a very free and friendly way that works without conflict in a relationship free from stress and discomfort. When this behavior becomes a pattern, Shadowmatch refers to it as a People Positive habit. The strength and focus of habits are very different. Your habit of People Positive behavior is that of comfort, need and context. Shadowmatch will explain: You have the habit of working and relating very positively with people when you are in a comfortable space with them. You will also show strong People Positive behavior when necessary. When working positively with people is important, you can do it. As far as context goes, your People Positive habit is within you normal working and living circumstances. The place and space where you work and relate to people every day determines your People Positive behavior. When you are in a comfortable space within yourself and with the people around you, and it is for some reason necessary for you to work with them positively, your habit of People Positive behavior will be functional. This habit can therefore be described as functional but conditional within the context of your needs and the day-to-day realities you face.

Discipline

Shadowmatch defines Discipline as a strict, structured environment where we have to adhere to specific ways of doing things and even specific ways of acting in general. Your habit towards discipline is very clear to Shadowmatch. It can be described as soft, normal and necessary. Let's explain. 'Soft' indicates that you are very comfortable with soft structures of discipline with no radical rules or enforcement structures. 'Normal' indicates your comfort with the structures of order and regulations that are acceptable to society as ordinary and widely applied. 'Necessary' relates to the fact that under normal conditions you need normal structures of order and regulations (discipline). Under abnormal conditions like the military or a rescue operation you need stronger frameworks or regulations (discipline) because it is necessary. You are comfortable with discipline as needed. Your habit therefore is to easily follow the structures of preferably soft and normal structures of discipline as it is applicable and necessary for the situation.

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Conflict Handling

Conflict handling becomes a habit when we effortlessly and without stress engage with the people that we are in conflict with, work through the issues and get to a positive outcome whereby all parties are at rest. When we do this and we successfully manage the feelings of conflict and frustrations in order to fully normalize the relationship, the conflict has been dealt with successfully. This is a tall order, especially when it hasn't been learned and practiced to the point of it becoming a habit. Your habit is to shy away from dealing with conflict. Rather working around it and not with it. Shadowmatch doesn't make a statement about your abilities to deal with conflict but about the level to which it has been developed as a natural and easy behavioral pattern that needs very little planning. This is not your situation. You do not deal with conflict effortlessly and with ease. When in a conflict situation you have to plan and apply yourself. You will sometimes find it very challenging to stay with people in a conflict situation in order to facilitate a positive outcome for all.

Shadowmatch could successfully identify the preferred way you act towards conflict. These indicators are not rules cast in stone but a very reliable indicator of a trend in your behavior:

- You will tend to get yourself involved in such a way that aggressive and destructive behaviors are being prevented.
- If you experience that the above conflict management intervention doesn't work, you will most probably force the parties into some sort of settlement whereby they will have to submit themselves to your proposed solution to the conflict.

Altruism

Altruism as the behavior of helping other people in need without expecting any form of compensation either directly or indirectly, functions on different levels. For some it is a tough task, for others it is a duty they perform when really necessary and for some people it's a habit without borders and without judgment. For you it's a habit within the space of what you can (within reason) do and what needs to be done for people in a desperate situation. It's easy for you to help but there are some conditions to it. You will prefer to help the people that are close to you, where the situation is genuine and where you find yourself to be in a positive situation and able to help.

Self-Confidence

Self-Confidence is the habit of being in touch with your abilities, knowing who you are and what you can and can't do. Your Self-Confidence is not a habit but a necessary behavior. This means that you will act with Self-Confidence only when it is really necessary for the situation or the task at hand and when you have planned for this behavior. You only trust your own abilities under specific conditions and this is when you are sure about yourself and your ability to deliver against the expectation. In a broad sense, you do not show Self-Confidence towards a wide range of tasks and activities. You have indicated to trust your own abilities only under specific and unique circumstances.

Leadership

Leadership is a very complex behavior to understand and Shadowmatch is not convinced that we fully understand it. Shadowmatch wants to share a few concepts with you. Some people are excellent leaders to small focused groups of people doing a specific job. Others are good leaders for large political constituencies, but they do not relate comfortably to smaller groups. Some are good leaders when their followers are young and some leaders can't work with young people. We must also note that some people are leaders without glamor. They take the lead in ordinary day-to-day situations and they get lots of things done as a result of their leadership role but it never reaches the headlines. This is your position. You will take the lead when necessary in the ordinary day-to-day activities of the less glamorous areas of life and work. Your leadership profile can thus be described as low key, situational and cautious.

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Task Efficiency (14%)

We all know that some people are very efficient in doing a job, some are less efficient and some are very in-efficient. Shadowmatch presents you with a task. This task consists of seventy questions of which ten are riddles that you need to resolve. It then tracks the time you've spent answering the questions and it tracks the time you've spent resolving the conceptual questions separately. The result is that the Shadowmatch system gathers very good information towards calculating how efficient you were in executing the task of completing the Shadowmatch worksheet. In order to be efficient, you also need to be accurate in what you do. The number of riddles you've resolved correctly thus plays a very important part in the algorithm being used to determine your efficiency profile. The population in the Shadowmatch database forms a statistical normal distribution graph displayed on your results page.

Compared to the population of thousands of individuals in the Shadowmatch database, you are in the lower end of the efficiency profile. The reason for this is a combination of speed as well as the number of correct answers on the riddles you had to resolve.

Conceptual Application

You will clearly remember the ten questions in the Shadowmatch worksheet where you were requested to resolve conceptual riddles. Shadowmatch wants to explain this. The Shadowmatch research team is of opinion that, amongst the majority of ordinary people (yes there are extra-ordinary people - Einstein, Mozart, Archimedes etc.) there is no such thing as intelligent and stupid people. Shadowmatch is convinced that some individuals have learned how to apply their minds to a problem, they like doing it, they practice this and they are fit in doing so. Others, despite the fact that they have the potential, have not learned how to apply their minds to a problem, they might not like doing it, they don't practice it and they haven't developed the habit of applying their minds to a riddle presented to them. Remember, this is exactly what Shadowmatch wants you to understand. It wants to know how fit and focused are you to resolve a problem/riddle presented to you on a computer screen and how long does it take you to resolve these riddles. This is also an indication of your habit of working with problems towards successfully resolving them.

You have successfully resolved 4 of the ten riddles. This indicates that you have for some or other reason not learned how to fully apply yourself to such riddles and problems. This is why you've had limited success in resolving them. You have spent a total of 9 minutes 24 seconds on the ten questions.

It is obvious that you have not really tried very hard to resolve the ten riddles. The fact that you have spent limited time trying to resolve these riddles indicates that you are willing to try resolving such riddles but that you might rush yourself towards an answer or you just simply never learned how to successfully resolve them.

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Attitude Introduction

Attitude can best be described as the approach we take towards interacting with our environment. Shadowmatch breaks this up into four attitude categories. (Please study your Attitude Chart when reading this). Attitude Category One is that of an involved unaggressive approach. This attitude is one whereby the individual approaches their environment with the aim to get involved, to participate and engage without an agenda of aggressiveness or stubbornness. These people seek fulfillment in being part of an event, participating and reaching out with the aim to play a positive role towards a friendly engagement. Category Two people are also involved and participative; however they are assertive and sometimes even aggressive if things do not run according to their intended view or outcome. They participate but can easily confront people and take them to task. Category Three people are also assertive and sometimes aggressive, but they are not involved. They do not easily participate and they tend to rather disengage when things don't go their way. Category Four people are none of the above. They are not aggressive nor are they involved. They walk away, turn their backs on people and events that frustrate them and they tend to rather ignore than attend. Category Four dominant people tend to be aloof. It is important to note that not one of us have only one approach to life, we have a combination of all four categories. Your attitude to your world is that of a dynamic but predominantly soft approach. This is the result of the fact that all four your attitude profiles are in a narrow band of sameness in terms of intensity. It tells us that you have no single dominant preference towards the way in which you approach your world. You will behave according to the specific situation, the emotional space you are experiencing at the moment as well as the type of demands that the situation expects from you. It will therefore be very easy for you to take any of the four attitudes and manage your behavior within a combination of the four approaches.

Attitude Category 1: Soft

This indicates the attitude of involved behavior without any assertive or aggressive way of approaching the situation. Your attitude indication is soft Category One. It indicates respect for boundaries and an involved behavior under normal circumstances. You risk of becoming so involved that you will be taken up by the situation is low.

Attitude Category 2: Soft

This indicates the attitude of assertive behavior - not aggressive. It tells us that you will stand your ground under normal conditions but you will not engage into ugly fighting easily. You will however stand up within the accepted levels of assertiveness given the situation.

Attitude Category 3: Soft

This indicates that you will voice your frustrations and show your unhappiness. You will do this without getting involved and with the specific behavior of disengaging from the frustration at hand. This attitude is present but not radical. This means that you will do this but not in the extreme.

Attitude Category 4: Soft

This is an attitude of very low involvement and the absence of aggressive behavior. This is walking away from events without fighting and voicing your feelings. It is the behavior of just disengaging from a situation that doesn't work for you. You can easily do this.

Always remember; if you want to change your lifestyle, change your habits!

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Self Interpretation of Your Graph

Introduction

Please keep in mind that the relative size of a graph doesn't indicate any negative or positive, inability or competence. It states the level to which a behavioral pattern is present in the way you live and work. Let's explain by means of an example: Say for instance someone has 34 points for Frustration Handling. This indicates that, if this person is presented with a frustrating situation/task 100 times, he/she will tend to deal with 34 of these frustrations in a positive and solution focused way.

Less than 20 Points: Planned Behaviors

These are behaviors where the system could not identify a pattern in your behavior. This indicates that you do these things when you have to. It becomes a task that you need to plan for and consciously execute with attention and sometimes with energy because your habits are such that these tasks are not routine activities in your way of doing.

Between 20 and 30 Points: Necessary Behavior

Behaviors in this bracket are necessary and it will be a pattern if the situation constitutes a need for the specific behavior. It indicates that you have the habit of showing this behavior when it is really necessary. In such situations - when you really have to - the specific behavior happens without too much planning, however it will still only be functional in the situation of need.

Between 30 and 50 points: Contextual Habits

These are the habits you naturally use within your day-to-day situations (context) and activities. For the everyday challenges and demands, you don't need to plan this behavior. It is a pattern and this behavior will execute without or with minimal planning in as far as it is functional in your everyday work and general lifestyle.

Between 50 and 65: Strong Habits

These habits are strong, predictable behavioral patterns. You will (in the majority of situations), without any planning or minimal planning, show this behavior. This behavior will easily be displayed, even if the situation is outside of your day-to-day activities.

More than 65 Points: Radical Habits

These habits are very strong. You will tend to follow this pattern of behavior in the majority of situations and you might even do this in situations that are very far removed from your everyday lifestyle and working environment. You might even force these behavioral patterns onto others and situations without even realizing that you do it.

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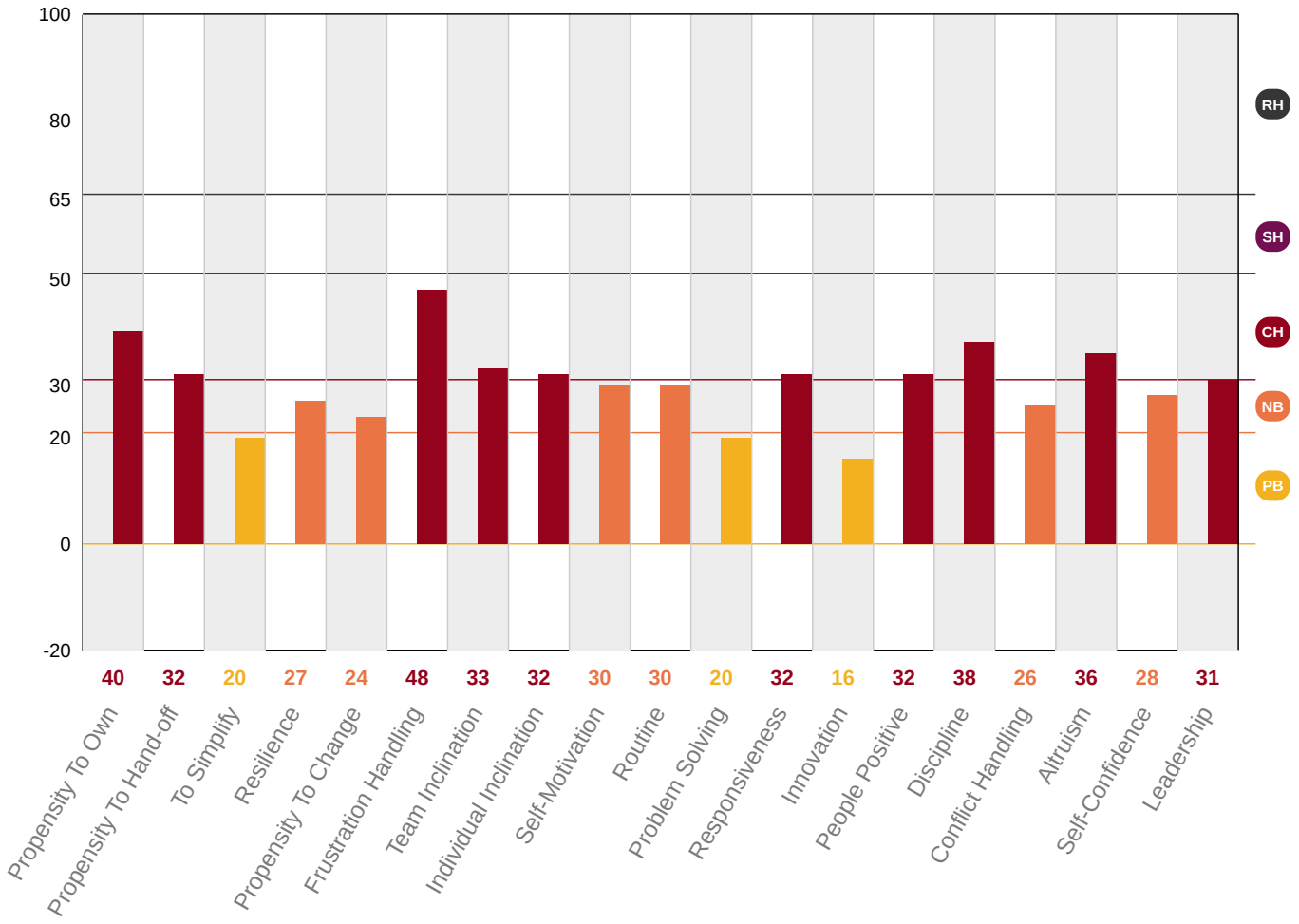
Habit Scores



Conceptual Fitness

4/10

Task Efficiency

14%

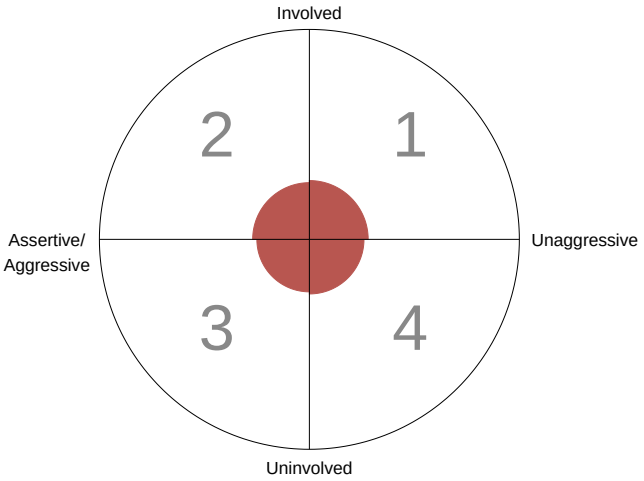
Total Time

01:25:08

Conceptual Time

00:09:24

Attitude



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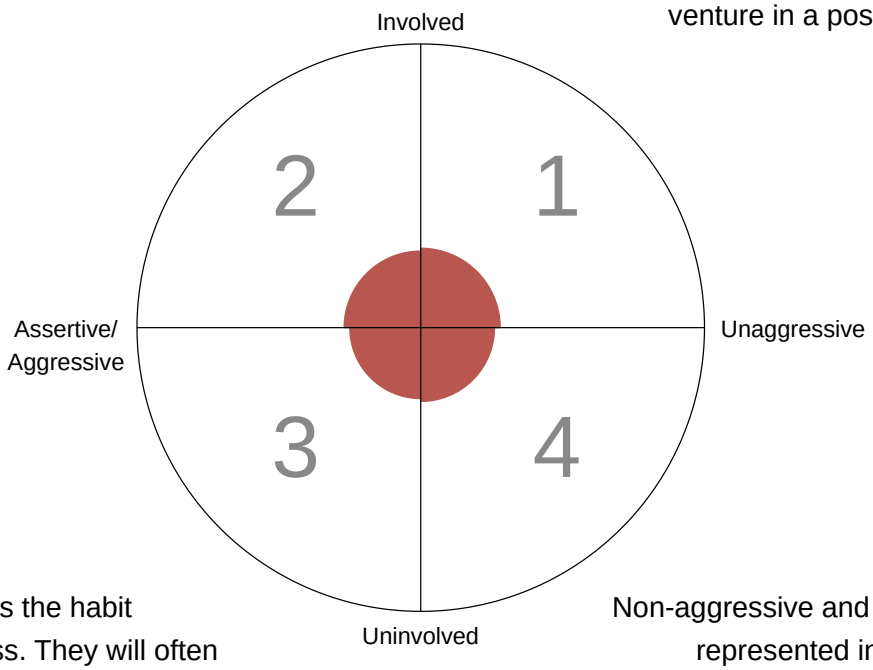
Attitude Chart

Category 2

People that are dominant in this category show positive and assertive involvement. They are driven, motivated and involved. They can easily take a firm position with the willingness to call others to task if outcomes are not delivered.

Category 1

This category reflects the habit of positive participation in a predominantly non-aggressive manner. These individuals engage actively with their environment, their purpose is to contribute to the success of a venture in a positive, constructive and adaptable manner.



Category 3

This category represents the habit uninvolved assertiveness. They will often voice their frustrations without an active involvement towards a solution. It could also be described as an attitude of passive criticism. The habit of active criticism and passive participation.

Category 4

Non-aggressive and caution is the attitude represented in this quadrant. These individuals can quietly walk away from a situation. They don't easily get involved and when frustrated, they rather tend to disengage.

Interpretation of the Shadowmatch Attitude Chart

The red graph represents the individual's attitude. The quadrant with the largest red section indicates the individual's behavioral preference. The red area that is second largest indicates the attitude behavior to which the individual will probably switch as a first alternative.

If all four the quadrants are similar in size, the individual has a highly flexible approach to his/her world and he/she tends to have an attitude that reacts to the situation at hand. These individuals tend to approach a situation without a specific predefined role to fulfill.

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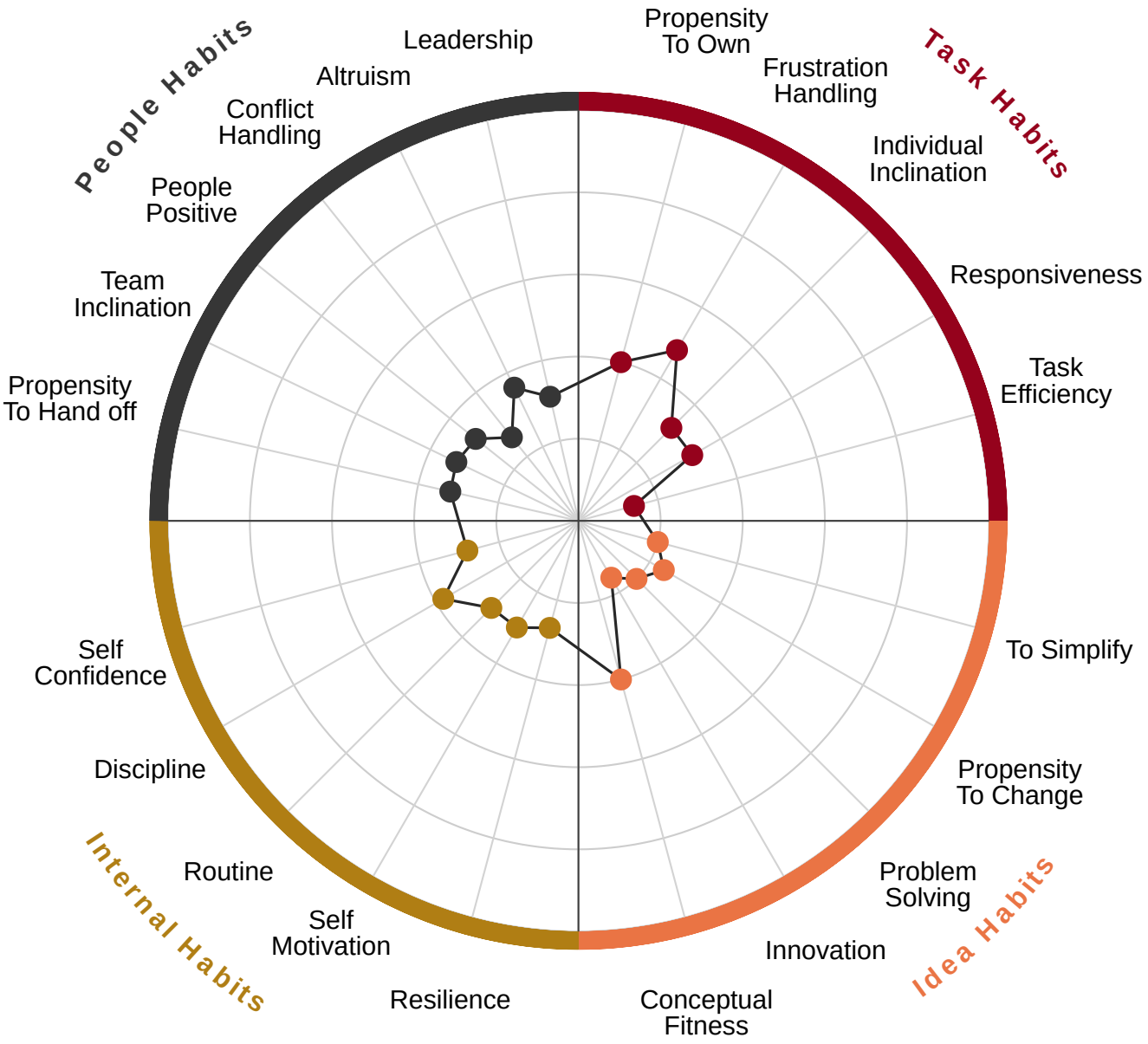
Habits Radar Chart

This graph shows your habit scores in a different format, but the values are exactly the same as on your bar graph.



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