Every strength has a flip side.

Fifteen ways holding on can tip too far, the flip side to grow toward, and one Flexi skill to try for each.



01 Self worth swings

Give Up → Live Up

You know your strengths and your rough edges, and you keep showing up and finishing what you start.

Try: Live Up

02 Perfectionism

Go Big or Go Home → Good Enough Is Golden

Progress over perfect. You accept your limits, and other people's, without giving up on caring.

Try: Good Enough Gold

03 Fear of failing

Ego Hit → Success Is Anyone's Guess

You take reasonable chances, learn as you go, and let yourself not know how it will turn out.

Try: Brave Bet

04 Too easily hurt

Thin Skinned → Thick Skinned

Armor up. Nothing gets in, blame goes outward, and feedback bounces off.

The middle: Steady skinned. Feel the sting, keep what is useful, let the rest go.

Try: Sting Check

05 Hard to relate to

Aloof → Show the Real You

You share a little of what is going on inside, and people feel closer because you are human too.

Try: Real, Not Shiny

06 Bending the truth

Half Truths → Say It Straight

You say what you really mean and notice the urge to hide, pretend or hint instead of asking.

Try: Say It Straight

07 Managing your image

Guard the Image → Openness

You stay honest and open, and balance holding on with letting go.

Try: Real, Not Shiny

08 Dodging the truth

Truth Hurts → Face It Kindly

You sit with the discomfort, look at your own part, and accept life as it is today.

Try: Face It Kindly

09 Puffed up

Esteem Boost → Esteem Blow

Feeling less than, putting yourself down, collapsing and throwing in the towel.

The middle: Both sides of me. You can be good at things and still be learning.

Try: Humble and Helpful

10 Turned outward

Outbursts → Self Destructive

Anger turned on yourself: punishing, hurting or quietly sabotaging yourself.

The middle: Cool and kind. Feel the anger, then choose what you do with it.

Try: Cool Down Quick

11 Doing it all alone

Independent Operator → Outsider

Lonely, distant, out of practice with people, feeling unworthy and left out, and often less well.

The middle: Let people in. Ask for one small thing, and let someone help.

Try: Let Go to Connect

12 Judging and comparing

Judgy → Ripple Check

You notice how your words land on you and on others, and you try on their point of view.

Try: Ripple Check

13 Pulling away

Left Out → Welcome Back

Warm signals that bring people back in: you are listening, you believe in them, you are in this together.

Try: Welcome Back

14 Stuck at work or school

Opt Out → Live Up

Better to try than give up. You learn from setbacks and finish what you started.

Try: Live Up

15 Body out of balance

Body and Brain → Resilience

Steady meals, rest and care, plus kindness and understanding toward yourself.

Try: Settle and Signal

Flexi · Loosen the grip. Let people in.
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