



## Shades of mind

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### ABSTRACT

*To know the personalities of the people around us so that we can be connected to good relationships which are very crucial to our happiness. DOPE is a self-assessment tool that enables a person to identify his unique and distinctive traits that clarify his personality and innermost being. Knowing the personality style of those around us helps us to partner better with them because we can see how they have a different perspective, strategy, and preference than us.*

**Keywords**— Personality type, DOPE, Dove, Owl, Peacock, Eagle

*“Who looks outside, dreams; who looks inside, awakes.”*

*- Carl Jung*

### 1. INTRODUCTION

Every person is a complex combination of traits and characteristics. There are many ways to understand behaviours and actions. Understanding who you are is connected to understanding others. Understanding others is connected to good relationships. Good relationships are connected to happiness. In fewer words, understanding your personality is crucial to your happiness.

There is not a right, wrong, better, or best personality type. All personalities can be successful in personal and professional relationships. The key is intentionality. When you work at understanding your personality, then work at learning the personalities of those different than you, you will discover how they perceive you. You can intentionally make adjustments to improve your relationships with them.

World-renowned psychologist Chris Peterson was once asked if he could sum up decades of positive psychology research, and he said, “Other people matter.” It was his way of emphasizing how important relationships and connection with others are to your happiness and well-being.

Research proves that talent has nothing to do with success. It’s about what you do, deliberately, and often. And the first step is to be aware of your behaviours. Are you a doer or a thinker? A talker or a writer? Detail or big picture? Loud or quiet? People or process?

Would you rather keep living life, doing work, and handling your emotions with just assumptions? Or how about concrete research, data, and feedback?

The DOPE (an acronym for Dove, Owl, Peacock, Eagle) Bird Personality Test groups people into 4 personalities and provides insights into every personality’s inner being. It will be useful enough to add to our career and personal development. DOPE is a self-assessment tool that enables a person to identify his unique and distinctive traits that clarify his personality and innermost being. It helps you break down your inner being, and those around you, into a set of thought-provoking questions that turn into mind-expanding results. People think, act, and communicate differently based on established behavioural patterns. Recognizing these patterns can greatly enrich one’s self-understanding and acceptance. A person learns to appreciate that other people have their distinct personalities, too. It is a good start to adjusting to other people’s behaviour and improving interpersonal relationships at home, in the workplace, or within the team. This test is not meant to be a psychological assessment of our life. It’s short, simple, and fun way or like a mirror we can use the results as a starting point for the self-improvement.

So let’s look at the four birds, and see if we can spot ourselves:

#### **Dove: “People Person”**

The Peaceful dove. The dove is people-orientated, Loyal, Friendly, Kind hearted, Adaptable, Gentle, Values loyalty, Good Listener, Easy going, Hard-working, Great team player and Good at Building Relationships and Networking but tends to avoid change, confrontation, risk-taking, and assertiveness. The challenges of dove personality are they lack individualism, are very impulsive and possessive.



**Owl: “Wise and Logical”**

The wise owl, the owl is logical, naturally curious, interested in gaining knowledge, mathematically minded, methodical, good organizer values quality and accuracy, excellent at multi-tasking, Great thinker, and sometimes seen as a perfectionist. The owl can be slow to make decisions and inflexible if rules and logic say otherwise. Owls are not big risk takers but love detail.

**Peacock: “Showy and Optimistic”**

The showy peacock, the peacock loves talking, being the center of attention, has passion/ enthusiasm and is happy/ optimistic, values coaching and counseling. Peacocks can be accused of talking too much, and aren’t good with detail or time-control, disorganized and fear the loss of influence.

**Eagle: “Bold and decisive”**

The bold eagle, Eagles are dominant, highly focused, driven and highly motivated, stimulated by challenge, decisive and direct goal setting is natural to them. They are independent and like to do things their way and don’t like to fail. Eagles can be blunt/ stubborn, can lose sight of the big picture and can be insensitive to other people’s needs. Eagles are natural achievers.

We can be a combination of the types mentioned above to give a greater feel for how the birds work together.

Knowing the personality style of those around us helps us to partner better with them because we can see how they have a different perspective, strategy, and preference than us. Each bird personality type has a different way of handling relationships, emotions, communication, and conflict.

Let’s understand the similarities in the people around us and respect the differences.

*“Unless you really understand others, you can hardly attain your own self-understanding”*

*- Miyamoto Musashi*

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**BIOGRAPHY**



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