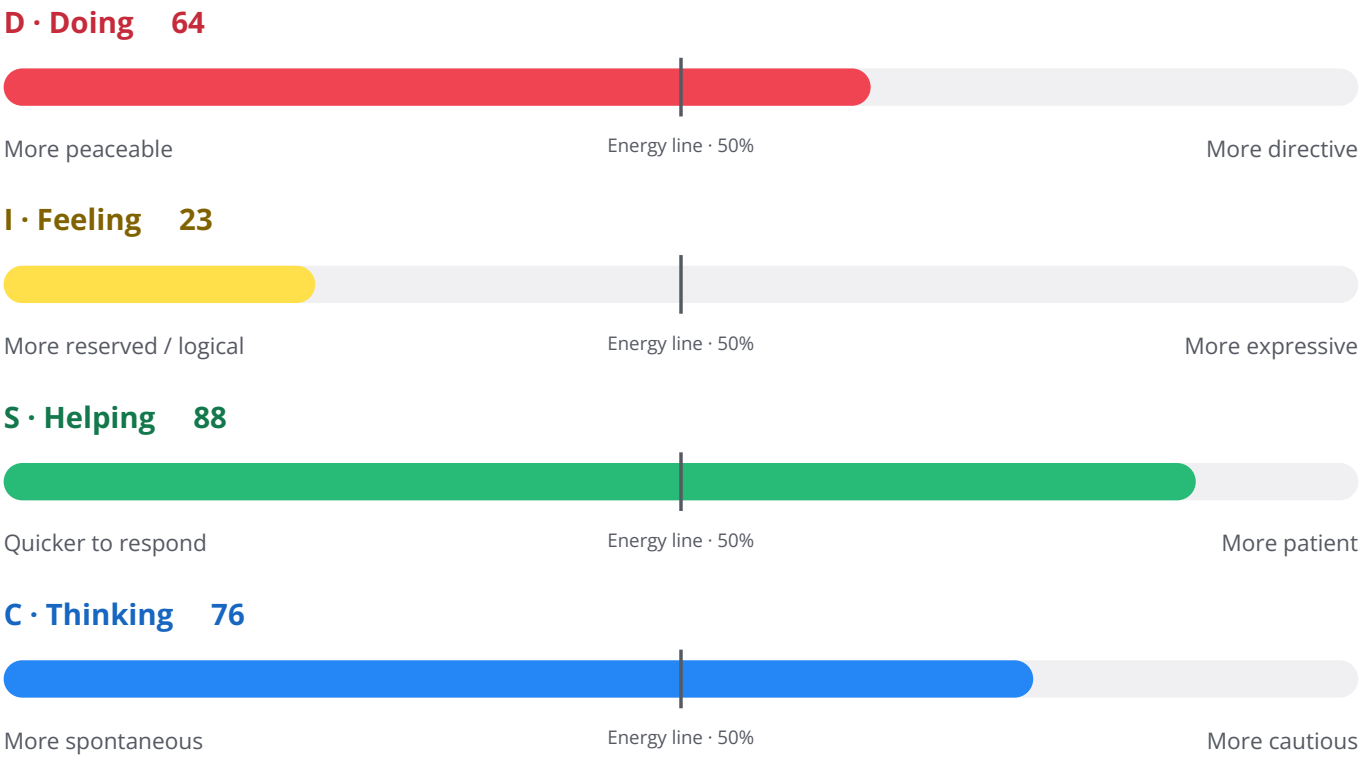
NATURAL · SEPARATE EXISTENCE

A clearer picture of you.

Jordan Morgan | November 13, 2026

Sentinel (SCD)

Your natural graph describes your Separate Existence: how you are when you are fully yourself, without others influencing your choices. It reflects your instincts, preferences, and emotional energy on your own terms.

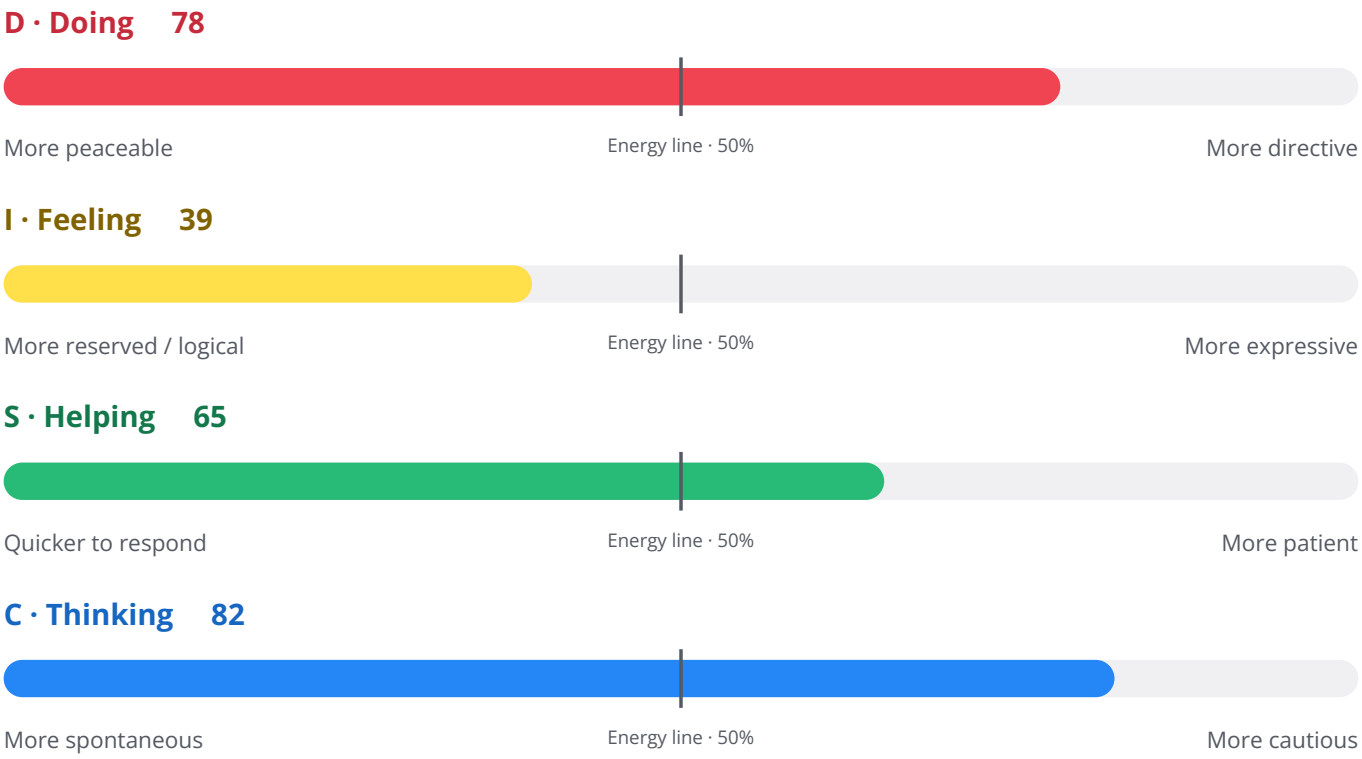


All four belong in the picture. The combination explains more than any single high or low score.

ADAPTED · SHARED EXISTENCE

Your shared existence.

Your adapted graph describes your Shared Existence: how you show up when others require something of you. It is your solution for bridging the gap between what you desire for yourself and what others need from you.



Compare this with your natural graph.

Compared with your natural score, a higher adapted score suggests more of that behavior; a lower score suggests less. Similar scores suggest less adjustment. Neither graph is better.

YOUR STYLE IN EVERYDAY LIFE

You may recognize yourself here.

These passages come from the BRG statement library for your specific style. Read them against your own experience; context and learned habits matter.

• You demonstrate exceptional attention to detail and are committed to achieving perfection while considering the potential consequences. You aspire to deliver top-notch results and may feel disappointed by outcomes that are merely satisfactory. Your ability to focus on the minutiae and see tasks through to completion is a rare quality that few on the team possess.

• You have a diligent approach to completing detailed projects and complex tasks, consistently following through with great attention to detail. Your team can rely on your efforts to contribute to the success of any project. Your strength lies in maintaining a stable environment and ensuring high-quality work. Your mind functions like the wings of a plane, keeping things moving forward, though you may struggle with initiating new tasks. You prefer predictable and high-quality assignments that allow you the time necessary to complete them with precision.

• Based on your score pattern, it appears that you have a strong sense of time management. You prioritize arriving at appointments on time or even early and appreciate it when others do the same. It can be frustrating for you when certain individuals are consistently late or when meetings lack a set end time. This stems from your tendency to seek closure in everything. When you can predict outcomes, it provides a sense of comfort and satisfaction.

A USEFUL STARTING POINT

Your strengths. Your watch-outs.

Strengths you bring

• You ensure a strong level of precision while staying focused on the task at hand.

• You excel at maintaining high quality-control standards and navigating complex procedures.

• Your area of expertise showcases exceptional technical specialization and skill on your part.

• You have a supportive nature and are not inclined towards extreme actions, preferring to work well in a team.

Something to watch

• Sometimes, when you have made a decision, it can be difficult to change your mind.

• You consistently offer constructive criticism when you feel that others are not meeting your standards.

• When feeling challenged, you may become less attentive to others' requests.

• It's understandable to feel overwhelmed and want to shut down when dealing with difficult individuals.

YOUR WORK STYLE

How you tend to work.

Look for the habits that show up even when the task or workplace changes.

• You demonstrate an impressive level of conscientiousness and reliability, making you trustworthy for complex tasks and projects that you see through to completion.

• It is essential to have a thorough understanding of the specific details within your area of authority and responsibility to alleviate any apprehension.

• You believe it is important to be meticulous and attentive to deadlines in order to stay on top of things and avoid surprises. You keep a watchful eye on the clock and remain aware of timelines.

• It appears that you tend to judge others using objective criteria and would prefer to be assessed in a similar manner.

• When working on projects, you carefully consider every variable and input. You strongly believe that investing additional time is crucial for achieving a top-notch outcome.

• Sometimes, you may become too fixated on the specifics and leave the "data gate" open for too long. This could lead you to believe that more helpful information is available that could enhance your decision-making abilities and subsequently delay your final decision.

YOUR CONTRIBUTION

What others can count on.

A strength becomes more useful when you understand when and how to use it.

• You ensure a strong level of precision while staying focused on the task at hand.

• You approach your responsibilities with utmost seriousness and carry out your duties in a sincere and conscientious manner.

• Your thorough understanding of products, processes, and procedures can make you a valuable resource for other team members seeking your assistance.

• You demonstrate patience and a calm demeanor when collaborating with your team members, all while providing thorough and precise strategies for successfully completing a project.

• You appear to have tactful and logical communication skills when explaining ideas that may impact the rest of the team.

• You are diligent in ensuring that every aspect of a project is thoroughly checked for any overlooked loose ends or inconsistencies.

ROOM TO GROW

Where you can trip yourself up.

You do not need to fix everything. Choose one tendency you recognize and one situation where you could respond differently.

• Sometimes, when you have made a decision, it can be difficult to change your mind.

• It's understandable to feel overwhelmed and frustrated when unexpected changes occur without notice or thought, causing you to become unresponsive, moody, and rigid.

• Sometimes, your focus on tasks and protocols may impact morale. It might be helpful to demonstrate more enthusiasm occasionally.

• It would be beneficial to exhibit more positivity occasionally. This can significantly enhance team morale and promote a sense of unity.

• You consistently offer constructive criticism when you feel that others are not meeting your standards.

• Sometimes, you may unintentionally categorize people based on preconceived notions and not allow them the opportunity to explain their beliefs if they differ from your own. It's important to be open-minded and understanding of others' perspectives.

BETTER CONVERSATIONS

How to get through to you.

These are useful clues for people communicating with you. Share the ones that fit, and tell them what you need in your own words.

• Show sincere interest without patronization or sarcasm.

• Be candid, open, and patient without flooding the moment with emotional banter.

• Present your ideas and opinions in a non-threatening, logical way.

• Ask open-ended questions to draw out facts and opinions.

• Be sensitive to possible areas of disagreement or confusion.

• Use commas and question marks and refrain from periods and exclamation points.

WHEN THE CONVERSATION STALLS

What makes communication harder.

Notice what frustrates you. Naming it calmly gives the other person a better chance of understanding your response.

• Engage in rambling discussion and waste time.

• Try to develop "too close" a relationship too quickly.

• Forget or lose things necessary for the meeting or project.

• Harass with authority or positional equity.

• Be dramatic or whiney when pleading your case.

• Be messy, too verbose or disorganized.

DEFAULT INSTINCTS

Your first response.

These are tendencies you may fall back on before you have stopped to think. Recognizing them gives you more choice.

• Believing that all good things will come to those who wait.

• Working hard to "hold the fort" and actively resisting the thought of "taking the hill."

• Setting boundaries and limiting priorities to only that which is safe and reliable.

• Making conscious decisions based upon what you know rather than what you feel.

• Only making promises you can keep, regardless of what happens later on.

• Viewing people and things as potential threats as opposed to opportunities.

YOUR SURROUNDINGS

What helps you do your best.

An environment can bring out your strengths or demand constant adjustment. These preferences are useful questions to explore, not limits on where you can succeed.

• A secure work situation free of unnecessary interruptions.

• Established practices, procedures, and protocols you can stake your life on.

• A work culture that demonstrates sincerity and encouragement for the people involved.

• A workplace that is relatively free of interpersonal conflict, emotional drama, and hostility.

• Clear lines of authority and areas of responsibility, with minimal ambiguities.

• Sufficient time to adjust to changes in workplace procedures.

WORKING AND LIVING TOGETHER

What you need from others.

People may not guess what you need. Pick one point here that would help someone understand you better.

• Sufficient time for effective planning and strategizing prior to change.

• Increased involvement in team efforts and activities that would offer you a wider perspective and enhanced ability to see the bigger picture.

• Increased authority to delegate routine tasks and procedures to reliable and trustworthy support staff, especially when deadlines are looming.

• Increased urgency in making decisions, to conclude early, and to decide based on the information you already have.

• Work assignments that require a high degree of precision and accuracy, to capitalize on your strong detail orientation and analytical mind.

• Complete explanations of processes and the internal systems used for completing projects.

DECISIONS AND FOLLOW-THROUGH

How you choose a direction.

Think of a recent decision. Where did these tendencies help, and where did you need another point of view?

• Feeling a greater sense of safety and security in familiar areas; testing your ideas with those who have already proven to be supportive; maintaining emotional distance from those who seem more unpredictable or unstable; creating safeguards to ensure a safe arrival.

• Exhibiting a feigned willingness to abandon your own opinions in order to gain favor with those who express excessive hostility; asserting that there is a right and wrong way to pursue goals; hesitantly believing that all value resides outside yourself and can only be received if conferred upon you.

• Hoping for things to work out rather than making them happen; viewing yourself as a defender rather than an offender when taking sides; perceiving the outside world as dangerous and unfavorable; and doing all you can to protect what you already have from potential thieves and robbers with hostile intent.

• Viewing expenditures as a threat, hoarding information you consider extra important, becoming protective of vulnerable individuals and information, and committing to maintain stability and trust in what you know for certain rather than relying on new and unproven ideas.

• Selecting individuals similar to yourself to assist in your efforts, rejecting emotional or popular appeals while waiting for evidence and promises, and preferring to stay grounded rather than risk your head in the clouds.

RELATIONSHIPS AND TEAMWORK

Your place in a group.

The way you contribute can also be the way others misunderstand you. Compare your intention with the effect people actually experience.

• Considering the actions and thoughts of others in secret, re-evaluating your position when their logic resonates with you, and attempting to conceal your prior unawareness to maintain trust in the future.

• Reminding yourself occasionally that you may find it difficult to say "no" to certain people, while trying to convince yourself that warming up to unreliable individuals who can assist you is more advantageous than avoiding potential challenges on your own.

• Socializing with as few people as possible in hopes of not spreading yourself too thin; failing to realize that you may need to engage and access the part of your brain that intuitively guesses well; struggling to trust your intelligence when what to do eludes you.

• Holding yourself to high standards even when unnecessary, feeling as if you cannot lower your standards for fear of errors and mistakes, and walking on eggshells when navigating contemptuous environments and types of people.

• Struggling to shake the idea that the left shoe could drop at any moment, fearing deep down that your ideas or you could be abandoned by those you have come to trust, and realizing you are often secretly preparing for the worst-case scenario.

PUT IT INTO PRACTICE

Make one useful change.

Use this report as the start of a conversation. You know your circumstances; these questions help you turn recognition into something you can try.

Which description felt most like me?

Where does that tendency help me?

When does the same tendency get in my way?

What will I try differently this week?

Ask someone you trust what they recognize. Keep what helps, question what does not fit, and return to the report as you learn more about yourself.