Life Styles Inventory™

OVERVIEW:

The Life Styles Inventory™ (LSI) is a self-assessment tool developed by Dr. J. Clayton Lafferty. It is designed to help individuals gain insights into their thinking and behavioural patterns in both personal and professional contexts. The LSI is based on the Circumplex model of human behaviour, which identifies 12 specific styles grouped into three general clusters: Constructive, Passive/Defensive, and Aggressive/Defensive.

1. **Constructive Styles:** These styles are associated with self-enhancing thinking and behaviour. They include Achievement, Self-Actualising, Humanistic-Encouraging, and Affiliative styles. Individuals with high scores in these styles tend to be more adaptable, open-minded, and effective in their interactions with others.

2. **Passive/Defensive Styles:** These styles are associated with self-protecting thinking and behaviour. They include Approval, Conventional, Dependent, and Avoidance styles. Individuals with high scores in these styles may be more prone to conformity, self-doubt, and avoidance of conflict.

3. **Aggressive/Defensive Styles:** These styles are associated with self-promoting thinking and behaviour. They include Oppositional, Power, Competitive, and Perfectionistic styles. Individuals with high scores in these styles may exhibit tendencies towards aggressiveness, control, and perfectionism.

The LSI provides individuals with a profile of their thinking and behavioural styles based on their responses to a series of questions. This profile can help individuals become more self-aware and identify areas for personal and professional development. The LSI can be used in a variety of settings, including leadership development programs, team building, and coaching.

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