



The O

Optimism



Denim Slade PhD

FUN/ENJOYABLE/DIVERTING/PLEASANT

The main motivator is to have positive emotion going on.

Elements of FUN: ENJOYABLE, POSITIVE ENERGY; BORED; LOW TOLERANCE FOR NEGATIVE EMOTION/CONFLICT; SPONTANEOUS/GAME FOR ANYTHING; LOW TOLERANCE FOR HASSLE; & FOMO.

ENJOYABLE, POSITIVE ENERGY

Because of their pursuit of and frequent participation in fun, Os bring very good, light, positive energy to people and situations. They are normally very enjoyable to be around.

BORED

Os get bored easily if what they are doing isn't enjoyable. This becomes a very big motivator for the O. Being bored is actually something that they fear. Consequently, they are constantly moving from one thing to the next, always wanting to make sure that the moment they are living in is enjoyable. If something ceases to be enjoyable, Os have a difficult time following through with the activity, job, project, relationship, etc.

LOW TOLERANCE FOR NEGATIVE EMOTION/CONFLICT

Because Os thrive on positive emotion, they frequently have a very low tolerance for conflict and negative emotion, and they will avoid both of those things at almost any cost.

SPONTANEOUS/GAME FOR ANYTHING

Os see the potential for fun in almost anything, so they are normally up for almost anything that has the possibility of being fun. Consequently, they jump into things readily—the middle of a game, movie, dance, discussion, etc. If they think it might be fun, they dive right in and quickly become engrossed.

LOW TOLERANCE FOR HASSLE

The O naturally has a low tolerance for hassle and fighting through resistance. This frequently leads to an unwillingness to experience pain for quality. Even if that means not being quite as good at something as they could be. Whether it's a test, sport, job, project, hobby, etc., if it ceases to be fun, an O is normally "out."



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LIVE IN THE PRESENT

Os live in the present!

They want the present to be enjoyable for themselves and everyone else involved with whatever they are doing. What has happened and what will happen both drastically pale in comparison to what is happening in the here-and-now.

They have **DIFFICULTY PLANNING THINGS**; **GET OVER THINGS QUICKLY**;
& are **FORGETFUL**.

DIFFICULTY PLANNING THINGS

Os have a difficult time planning what to do in the future because they don't know what they will feel like doing when the future has arrived (thus becoming the present and hence, of interest to the O).

GET OVER THINGS QUICKLY

Because they live in the present and have a propensity toward feeling good and positive emotions, they tend to get over things quickly. They don't stay mad, hold grudges, bring up the past, etc.

FORGETFUL

Due to their living in the present, combined with their big picture (low attention to detail) perspective, Os can be very forgetful about things in the past –whether they have read a particular book, seen a particular movie, lyrics to songs, where they left something, etc. Once something is over, it tends to be forgotten and to give way to whatever is currently going on.



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PEOPLE

Os are very drawn to people and people to them. They are lively, positive, and optimistic and consequently, people generally want to be with them.

Sub-variables of PEOPLE are ATTENTION; POSITIVE IMPACT;
PLEASER/MY JOB TO MAKE EVERYONE HAPPY

ATTENTION

It is very important to Os that people think well of them, like them, and choose them (want them on their team). Beneficially, since people tend to like how they feel around Os, they tend to naturally get attention.

POSITIVE IMPACT

Os tend to have a very positive impact on most any social situation they are in. Whether that be at work, school, on a team, at church or community events, with family or friends, most social interactions tend to be more fun if Os are involved.

PLEASER/MY JOB TO MAKE EVERYONE HAPPY

Os tend to be pleasers and to readily agree with others. Enjoying interactions is more important to them than being understood or resolving conflict, etc. Os hate the thought of having other people unhappy with them. Consequently, they tend to feel like it is their job to make sure everyone is having a good time.



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OPTIMISM

Os believe that there is a way of making most anything work, and they love figuring out how to do that! They see potential in things and people, and they are very open to new ideas. Os get excited about what “could be.”

OPTIMISM includes: ANYTHING IS POSSIBLE; DIFFICULTY CREATING MOVEMENT; FIGURING THINGS OUT

ANYTHING IS POSSIBLE

Os naturally believe that there is a way of making most anything work. Unencumbered by the messiness, work, and complexity of the details, the O brain is free to embrace the big-picture potential or possibility of things and people.

DIFFICULTY CREATING MOVEMENT

Even though Os can see the potential in lots and lots of different things, it is usually difficult for them to take the next step and work through all the details necessary to get things going.

FIGURING THINGS OUT

The process of wrapping their brains around something is the really enjoyable part of most anything for an O. As a result, they tend to be very “big picture.” Once they think they understand or have something figured out, they tend to lose interest and can have a hard time maintaining focus. The O generally begins to lose interest once they feel like they understand what is going on and what the solution(s) look like.



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UNIQUE CONTRIBUTION TO SOCIETY

- Os are the fun optimists among us. They bring enjoyment, positivity, and pleasant energy into society. They liberally compliment and provide positive reinforcement. They like most people and bring a buoyant, light-hearted energy that is very enjoyable to be around.
- They are great at breaking tension. They help us see and find common ground.
- Their natural ability to see the possibility and potential in people, ideas, opportunities, etc., combined with their infectious energy, helps provide a spark and generate interest in things; they help rally the troops. Unconfined by what has been or even by reality, they help expand horizons, think of new possibilities, and think outside of the box.
- Os prioritize social interaction and friendship, bringing people together. They naturally involve others and make teamwork fun and cohesive.
- They bring hope and faith to society. They believe in humanity, and they bring belief to humanity.
- They have a very positive impact on people. Os are naturally very good at helping people feel better, helping them to have hope, and to see that even when things are tough, those moments never last (living in the present & aggressive pursuit of pleasant emotion).
- Os are spontaneous and bring flexibility and adaptability to society. They are easy to be around and WILLING to put in effort to have fun. (When you want someone to do something with you, Os are almost always willing to accompany you.) They help us laugh and not take things too seriously. Os are the anti-cortisol of society.