



# The R

## Resolution



Denim Slade PhD

## GETTING THINGS DONE

An R's primary motivator is achieving results by getting things done!  
This variable includes RESOLUTION, ACTION, & LOW TOLERANCE FOR HASSLE.

### RESOLUTION

Rs like to have things settled and completed. They tend to be uncomfortable emotionally until things are settled. It isn't some great sense of accomplishment that the R feels, but rather the resolution of the negative emotion that the lack of resolution was creating.

- **List Makers:** Rs tend to be pervasive and habitual list makers. Lists are an easy, hassle-free tool to help the R obtain resolution. It is common for the R to have several lists around their homes or work spaces.
- **Have Several Things Moving Forward at Once:** Rs are able to feed their drive for resolution by having several different things moving forward at once. They like to jump from thing to thing, juggling various objectives so that they can get more done. This intense serial focus allows them to be resolving many variables at once.
- **Impatient:** As soon as something comes to the attention of an R, they want it resolved. They can become frustrated if things take too long and can become impatient in conversations. ("Just get to the point").

### ACTION

Rs are very naturally excellent at creating movement! The R has great propulsion to get something moving.

- **Act Quickly:** Because the R's energy is intense, it is difficult to sustain that level of intensity for long periods of time. Consequently, it is important to act quickly because interest in what they are thinking about now won't last long. They can get distracted.
- **Stuck:** When they don't feel like there is movement or that they can create it, Rs get frustrated.
- **Control:** Rs think that if they just do things themselves, they will get done and won't take forever. They don't like feeling like their ability to do something is dependent on someone or something else.
- **When they are ready to do something, they expect others to be, too:** Rs can get so focused on what's going on inside their heads and on getting things done that sometimes they don't stop to think that someone else might not be ready or might have another plan. This is not about being inconsiderate, it's about action; the thought comes (cause), and they act (effect).



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## LOW TOLERANCE FOR HASSLE

Since getting things done is the R's driving force, details about how things get done are usually less important to the R. When details feel like a hassle and like they are in the way of just getting something finished, an R usually has little use for them. In a project, every corner may not be square, but the project will be done quickly.

## LIVE IN THE FUTURE

**Rs are always thinking about what's coming and actively moving toward it!**  
**Living in the Future motivates them to GET OVER THINGS QUICKLY, PLAN, & CAN LEAD TO OTHERS FEELING RUN OVER.**

## GET OVER THINGS QUICKLY

One of the greatest benefits of living in the future is that the R gets over things very quickly. Consequently, they forgive easily and do not stew on things.

## PLAN

Because of their drive for resolution and living in the future, Rs normally have some sort of a plan. They typically don't like the hassle of complicated plans, but they like knowing that they are going to be able to get the things done.

## OTHERS CAN FEEL RUN OVER

Because Rs are focused on the future and where they are going, they can sometimes not notice obstacles (which may be you) in-between where they are and where they are going. As a result, Rs can feel insensitive. However, this is merely due to their intensity and future focus.



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## REACTIVE

**Rs tend to have a quick and powerful response to things!**

**They are normally comfortable with emotions and expressing them.**

**Related to this variable: Rs ACT BEFORE THEY THINK; FEEL STRONGLY; have SINGLE FOCUS; are BIG, BOLD, LOUD; have HIGH TOLERANCE FOR EMOTION; are INITIALLY DEFENSIVE; & JUMP TO CONCLUSIONS.**

### ACT BEFORE THEY THINK

Rs are quick to speak and respond. They are quick thinkers and good on their feet. You normally see whatever is going on inside at any given moment (no filter). One of the very best things about being in a relationship with an R is that what you see is what you get.

### FEEL STRONGLY

Rs are big, quick, and powerful emoters! Consequently, Rs have a powerful presence. You usually know when an R has entered a room. They are frequently quick to laugh and joke, as well as to get upset or frustrated. While Rs feel intensely, they are not complicated emoters.

### SINGLE FOCUS

To the R, it can feel like whatever they are currently feeling is all that they ever have felt or will feel. However, as discussed above, largely because they live in the future, whatever they are currently feeling rarely lasts for very long.

### BIG, BOLD, LOUD

Sometimes Rs can feel very BIG around more subdued personalities.

### HIGH TOLERANCE FOR EMOTION

Rs are comfortable with intensity and emotion. They want resolution, and if that means facing some intensity to obtain it, they are good with that. Rs tend to be yellers. They are normally able to function well in high-stress and intense environments. Rs normally respond well to intensity from others also. Though it may not feel like it (depending on your temperament type), Rs normally appreciate it when you are clear about what you are feeling, (even if you present it intensely. They would rather know than to try and guess.



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### INITIALLY DEFENSIVE

A natural part of the R's quick and intense responsiveness is that their initial response is frequently to match resistance with equal or greater resistance.

### JUMP TO CONCLUSIONS

In large part, due to their drive for resolution and to “get to the point” or heart of the matter, Rs tend to quickly draw conclusions and immediately start moving. If their counterparts are not Rs, this can happen long before they feel understood or ready.



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## UNIQUE CONTRIBUTION TO SOCIETY

- Humanity would not have accomplished much of what it has without Rs. Rs bring MOVEMENT to the world!
- They keep track of things and keep us on top of things (natural list-makers). Rs bring hustle and momentum.
- Rs naturally pull us toward the future and help us be aware of where today's decisions will lead. They are excellent at focusing on a specific objective in the future (goals) and providing the propulsion to get us there.
- They provide us with ENERGY that functions as the engine to create movement and change.
- They help humanity blow through the obstacles strewn in our collective path.
- Rs bring clarity and perspective to situations. There are times that it is important to just get things done without getting stuck in logistical or emotional complications; Rs provide exactly that! They do this by noticing and primarily caring about the things that really matter right now.
- Rs are naturally good at identifying the next step forward.
- They help society tremendously emotionally as well. They are straightforward and largely unfiltered in their communication, with a high tolerance for emotion which enables and even requires others to address things. They help us see how to forgive and move on, not allowing things to build up and create unnecessary distance in relationships.