Guardians Assessment

_____ - Codependent

_____ - Martyr

_____ - Broom Sweeper

_____ - Procrastinator

_____ - Competitor

_____ - Chameleon

_____ - Worrywart

_____ - Grinch

_____ - Hall Passer

_____ - Left-Brainer

_____ - Tester

_____ - Zinger

_____ - Bouncer

_____ - Defense Attorney

_____ - Control Freak

_____ - Fortress

_____ - Hurricane

_____ - Addict

_____ - Witchy Bitchy

_____ - Pleaser-Appeaser

_____ - Scapegoat

_____ - Critic/Analytic

_____ - Perfectionist

_____ - Superhero

_____ - Comedian

_____ - Pit of Sorrow

_____ - Hermit Crab

_____ - Space Cadet

_____ - Rebel

_____ - Seducer

_____ - Chief Executive

_____ - Manipulator

_____ - Prosecuting Attorney

_____ - Catastrophizer

_____ - JERC-Off

_____ - SEAL Team Force

_____ - Bully

_____ - A$$ Holer

_____ - F*ck You'itis

List the Guardians that most impacts your life today.

1 - _____

2 - _____

3 – _____

4. - _____

5 - _____

6 - _____

7 - _____

8 - _____

9 - _____

10 - _____

©2026 – Center for Neurological Intelligence® / Glenn S. Cohen / All Rights Reserved