

Dr. Pomerance's Blind Spot Test

Overview

The purpose of this test is to help you get in touch with the kinds of behaviors that create people problems for you. Be honest with yourself. The more honest you are, the more useful the Blind Spot Test will be for you. Before starting, you might want to print out a copy from your browser or download a printable PDF.

For each question, rate yourself from one to ten in terms of frequency and the "pain factor" associated with the situations. Don't agonize over precision; the scales just give you a rough idea of relative importance.

How Many Times Have You....	Frequency	Pain Factor
12. Done things for love or attention which ultimately backfired?		
12. Allowed yourself to be bullied or manipulated by someone you respected in your organization or business, and wound up losing money or influence rather than gaining it?		
12. Tried to please others and ultimately were taken advantage of ?		
12. Approached people with a superior attitude and found they either ignored you, were fascinated but kept their distance, or said things to others to the effect that you were really just a jerk, blowhard, or "little Napoleon"?		
12. Tried to "fake it" with a teacher, boss, or supervisor, when you really didn't have adequate knowledge or training, then found out that your laziness cost you in terms of progress or success.		
12. Trusted someone too much and gotten screwed?		
12. Avoided or failed to trust people you should have, and so missed opportunities in your private or work life?		
12. Backed off from competition from fear of the other people involved, and wound up losing (e.g. the girl, the guy, the friend, the promotion)?		
12. Been sexual or romantic with someone and later wished you hadn't?		
12. Gotten in a dangerous situation with someone?		
12. Treated other people as victims to be exploited via lies, cheating, or theft, then found it didn't gain you anything in the outer world or psychologically?		
12. Does another question spring to mind? If so, grab it and answer it! It's probably the topic that's most relevant to you!		

Scoring and Insights

Look at your highest numbers, above. Ask yourself: "What kind of person makes you 'go blind'? Did your vulnerability begin as an adult or as a child?" Either way, what happened, and why was the experience so powerful?

With these questions and answers, you may know better where your blind spots are. And once you know them, you can keep them on your radar screen. And avoid them!

