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## Relational psychology test

Who are you? A go-getter? Happy personality? Artisan? Equilibrist? Take this quiz to know your psychological profile based on the colors you hate. Colors affect the human psyche! A vast literature pertaining to the impact of colour on psychology and personality indicates that colour can dramatically affect mood and feelings. Colors also impact your behavior, energy levels, memory, actions, and physiological reactions. Different colours evoke different emotions in different situations. While you may love to wear a bright yellow long dress, you may hate a bright yellow wall paint for your bedroom. Similarly, you may love the color "mocha", but hate the colour "brown." There are a lot of people who love the colour blue, but in some situations like buying a car – one may find a black car far more elegant than a blue car. According to Pablo Picasso, colors, like features, follow the changes of emotions. Depending on events you may love certain colors and hate others. The colours you hate give insights into your psychological profile. We at Mind Journal are fond of fun quizzes, personality, and psychological tests. Here is another short, interesting test for you designed to decipher your psychological profile based on the colours you hate. The fun test consists of 7-8 questions related to your colour choices. Answer them spontaneously and in less than a minute we will reveal your psychological profile. Are you ready to know who you are? If we could really figure you out, do let us know in the comments below and share this fun test with your friends ? You may also like: Do you know what you want in life and why? If no, then here is an oasis test for you that will help you, deep-dive, into your inner world and find answers. Known as a relational psychology quiz, it boosts self-discovery and conscious awareness! We spent more time outdoors and caring for family and friends and rarely engage in self-introspection. This is why we sometimes fail to understand what we feel, what we want, desires, responsibilities, and what are our priorities, and many more. This results in a lack of mental clarity and confusion in life. This relational psychology test is designed to find what is there in your subconscious mind. Are you ready to know yourself? Before we start, please remember that you must concentrate on how you feel about what you are seeing and it details and not just on how it looks. This oasis test will help in providing clarity to you, on a mental level. You're walking down the road and you see a box. You walk up to the box and look inside of it. What does the box contain? Now imagine yourself in the position of being able to retire right now. Where would you spend the rest of your life? You've been wandering around a desert all day completely lost. In the distance, you see a village. You also see a deserted oasis full of water, plants, and food. Which do you go to? Think of everything that you have in life. What would you do if you suddenly lost everything? Tomorrow is Sunday, what do you plan to do? If you found yourself in a tight spot, where would you go for help? Who would you ask? If you could pick one age to be for the rest of your life, what would it be? If you were told you had 24 hours to live, how would you spend that time? If your home was on fire and you could save only one thing, what would you save? What you found in the box is representative of the kind of luck you think you'd have in an unexpected circumstance. Was the box empty? – You might not feel that lucky. Was the box full of money or puppies? – You may consider yourself luckier. If the place you chose to retire in was where you are already, you're probably pretty comfortable with life. If you chose a far-off destination, you're likely a dreamer or romantic. If you can't decide, you likely have few loyalties and attachments. If you went to the oasis, you likely prefer to play overwork. If you went to the village, you generally assume responsibility for yourself and others in your care. If you looked to make a fresh start after losing everything, you're likely the kind of person who takes responsibility for your actions and doesn't simply react intensely to life's circumstances. Sundays are a day you're free to do what you want. If you stayed home and relaxed, you likely don't spend much. If you went out and did some physical activity, you're likely a saver. If you simply walked around, you're likely very thrifty. If you went out and bought an awesome new TV, well... If you're the type who sought to fix things yourself, you're likely a strong character leading a self-assured life. If you turned to friends or family, you're likely a bit insecure. If you seek legal advice, you're probably a lawyer. If you thought of a very young age, it may mean you miss childhood. If you thought of older age, it means you likely long for maturity. If chose somewhere between 20 -30, you may be missing your good-looking days when you could eat and wear anything. If you chose your family to spend time with, you're likely very sentimental. If you wanted to be alone, you're likely discontent with your life. If you threw a party, it means you're likely to feel at peace with the knowledge of your demise. If you chose a photo album, you're likely more sentimental. If you chose clothing, you're likely more cautious. If you chose something expensive, you're likely somewhat materialistic. If you grab your passport or computer, you're probably pretty practical. What did this oasis test reveal about you? Let us know in the comments below. Other quizzes you may try: Personality quizzes have become so popular in social media these days. It seems that when it comes to learning about ourselves, we can't get enough. Relational psychology theory is based on the interaction of human beings. People do not exist in isolation. They interact with many people and their psychological well-being comes mainly from having meaningful relationships with others. A relational psychotherapist seeks to help clients grow through strong connections to others. The practitioner looks at the many aspects of our social context and how they impact the client. These can include your race, ethnicity, gender, sexual orientation, marital status, family, religion, culture, class and your perceptions of the importance of these. How Much Can a Personality Quiz Really Tell Me About Myself? This type of test asks you to visualize yourself going for a walk in the woods with a person, and reacting to things around you. Visualization reflects how you would likely act in that situation. Your predictions of your own behavior in this situation give you a small amount of insight into your personality. Your deepest thoughts, feelings, morals and beliefs are not revealed in this test. People most often respond strongly to the interpretation of their response to the last question. Often, they feel defensive as this is a private topic and the interpretation can feel like a judgment is being made. If you feel this way about the last question, it is revealing about your feelings about society's expectations of you. How comfortable do you feel with the topic? Are you repressing feelings because of social convention? Am I Normal? This psychology test is not going to diagnose any major psychological problems. It would not help identify psychotic behavior because you don't have an impartial observer to analyze your results. You can ask yourself, "If a normal person read how I responded to this psychology test, would they think I was normal?" If the answer is yes, then you should have a fairly normal personality. You can also ask the question and this time imagine that a licensed psychotherapist was reading your results. How would they respond? A Walk In The Woods – Relational Psychology Test This is a guided imagery personality test. Either write down your responses to the questions or just remember them for the interpretation at the end. Don't skip ahead to read the analysis of the answers first; do the test first, then read the results. Picture yourself walking through a forest. 1. Who are you walking with? As you continue on in your walk through the forest, you come across an animal. 2. What kind of animal is it? You approach the animal. 3. What does the animal do? You're walking deeper into the woods and you come to a clearing. There's a house in the middle of the clearing. 4. How big is the house? Is it fenced in or not? As you walk up to the door of the home you see that it is open. You enter and see a table. 5. Describe what you see on and around the table. As you leave out the back door, you find a cup. 6. What is the cup made out of? What do you do with the cup? As you walk to the end of the clearing, you find yourself at a body of water. 7. What kind of body of water is it? You must cross this water in order to get home. 8. How wet do you get crossing the water? Analysis of Your Answers 1. The person you were walking with is an important person in your life. 2. The size of the animal you come across is a representation of your perception of the size of your current problems. 3. The way in which you approach the animal represents how you handle your problems. You are seen as either active or passive toward your problems. 4. The size of your home is representative of the size of your ambitions. If there was no fence around the home, it means you tend to be more open to other people. If there was a fence, then you tend to exclude others. 5. If the table was empty, (no food, people, or flowers) it may indicate some unhappiness in your life. 6. How durable the cup you found was is representative of how strong your relationship is with the person that you were walking with. What you do with it is representative of your attitude toward that person. 7. The size of the body of water is related to the size of your sexual drive or desire for intimacy. 8. If you became very wet crossing the water, it indicates that intimacy is important to you. But if not very wet, it may mean that it's less important. If you are troubled by your results from this quiz, you can seek the help of a licensed counselor in your area here to speak to about your concerns. When I was 18, I was a friend to a man who was studying relational psychology. Essentially, relational psychology has found that no matter what race you are or what culture you are from, people associate certain things with other things. When it comes to psychoanalysis, we can use that to our advantage. We can use it for the purpose of self-awareness. Long story short, years ago, he played a little game with me and I loved it. I have been playing this game with people ever since. Consider it a 'get to know you' game. To play this game, you have someone answer three questions: Their favorite Color and three deep reasons why. Their favorite Animal and three deep reasons why. Their favorite Form or Body of Water and three deep reasons why. (A form of water is something like snow or ice or rain, whereas a body of water could be something like the Pacific Ocean or a birdbath or a Jacuzzi or a waterfall.) When they are answering these questions, try to get them to be as deep and thoughtful as possible. For example, "I like blue because it is the color of the ocean" is not a deep answer. If they give you that answer, you have to dig deeper by asking something like "what does the ocean mean to you?" An answer like, "blue is infinite" is an example of a deep answer. Have them do this with each question. But the secret is that every answer they give is really about something else. Their favorite color actually represents the truth about how they see themselves, how they view their own personality. Their favorite animal is the truth about what they want in an ideal life partner. And their favorite form or body of water is the truth about their view of their own sexuality and their attitude towards sex and some might even argue, towards life itself. While you are watching them answer, you are not only taking note of what they say, but also how they say it. All of what they do tells you something. For example, if they really struggle with this exercise, it is safe to say that you are talking to a person who is not very introspective. If someone struggles to come up with a favorite color, they may struggle with knowing who they are or they may hate the feeling of being "tied down" to being one way or another. Obviously, this exercise is designed to get people to expose aspects of themselves that they may not consciously be aware of about themselves. I have to tell you how the game is played for the sake of the article, but you get the purest answers when people have no idea what game they are actually playing with you. If they do know, you run the risk of them altering their answers so as to give you answers that they want to give you instead of the 'real' answers coming deep from their subconscious mind. So if you're playing this game for the first time, forget the game you are playing and forget yourself and literally think only about the color or animal or form/body of water and why you like that thing. You may think this game is just a 'fun little game', but I actually believe in this subconscious work so much that I have ended dates based on this game. I was once on a date where a guy told me that his favorite animal was a butterfly because it was always beautiful, only came around when it was wanted (is never annoying) and is silent. Just think about my personality... Match made in heaven right? So go ahead and try this game out on the people that you know and on the people that you meet. It's super fun. Page 2 Personality quizzes have become so popular in social media these days. It seems that when it comes to learning about ourselves, we can't get enough. Relational psychology theory is based on the interaction of human beings. People do not exist in isolation. They interact with many people and their psychological well-being comes mainly from having meaningful relationships with others. 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It's comforting, when you're drowning in self-doubt, to be told facts about your own being. Even if they're not super accurate. Even if they're only a little accurate. Even if they're just assigning you an animal you're apparently like or a Hogwarts hybrid house. These tests remind you that you're here, you're real, and you're more than the storm currently brewing in your head right now. I wrote recently about an eerie experience with an Uber driver and a personality test called the cube test. To clarify: the driver himself was not eerie, but the accuracy of the personality test he gave me was. The cube test involves guided daydreams and free association (allowing the subject to come to their own conclusions and descriptions, instead of operating within pre-determined parameters), which fall under the umbrella of relational psychology. Relational personality tests have arisen as a fun way to incorporate the same elements of psychoanalysis that Jung and Freud held so dear. They tend to resemble "Choose your own adventure" stories, but with more direct insight into different arenas of your life, including love, family, friends, and personality traits. You ready to get –real relational– with it?!. The Forest Test This test does exactly what it sounds like — you imagine walking through a forest while your "guide" asks a series of questions about your journey, including: Are you walking with anyone? When you come across an animal, what kind of animal is it? What does the animal do? When you come across a clearing, how big is it? Is it fenced in? The Castle Test You begin at the entrance of the castle (How big is the door? What is it made of? Is it hidden from view?), and work your way through this mysterious castle (what's the first thing you notice upon entering the castle? Is there anyone else around? You see a staircase — where is it leading?), arriving eventually at your True Self. Or the dragon hidden in the depths of the castle. Just kidding. The dragon is your soul. 3. The Oasis Test This test is less a cohesive journey and more a series of questions that all tend to relate back to the concept of an oasis — a place of true rest, of beauty, of relaxation and contentment. The first question takes you down a road, and reveals a box — what's inside? If you could be one age for the rest of your life, what would it be? If you were to retire today, where would you retire to? 4. The Love Path So yeah, this test is more specifically focused on your love life and the way in which you interact within a relationship. When you're faced with white and red roses, what kind of bouquet do you put together? When the maid answers the door, do you go get your S.O. yourself, or do you ask her to do so? Where do you place the roses once you're inside? Are any of these tests incredibly scientific? Not really — but what we think about can tell us a lot about how we process the world, so if you're looking for a little introspection, they're worth giving a shot. Besides, who wouldn't want to find out whether there's a dragon at the center of the castle of your mind? Images: Stefan Tomic/E+/Getty Images; Giphy Get Even More From Bustle — Sign Up For The Newsletter From hair trends to relationship advice, our daily newsletter has everything you need to sound like a person who's on TikTok, even if you aren't. Suggested Reads