ACUSTOM BIRKMAN REPORT SET

THIS REPORT WAS PREPARED FOR: GROUP REPORT DATE PRINTED | December 10 2025





Usual 🖂		SOCIAL ENERGY	N	eeds 🖂 Stress 🖿
	79	AVERAGE	46	
	98 99 98 98 38 62 92 92	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	9 92 74 38 27 38 62 38 38	

USUAL BEHAVIOR

Low: Independent, one-on-one

communicator, selectively

sociable

High: Encourages group and team

efforts, socially at ease

UNDERLYING NEEDS

Low: Opportunities to be and work alone, freedom from social

demands

High: Support from groups, casual

interactions, a broad social group

STRESS BEHAVIOR

Low: Impatient with social demands

and group dynamics

High: Dependent on group approval,

values the group more than the

individuals



Usual 🖂		PHYSICAL ENERGY	Needs Stress
	78	AVERAGE	45
	86 76 93 99 66 93 99 20 66	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	12

USUAL BEHAVIOR

Low: Efficient in using energies, balances action with thought

High: Physically active and industrious, responds immediately and vigorously **UNDERLYING NEEDS**

Low: Freedom to set own pace, time Low: Exhaustion from prolonged for quiet reflection and stimulation of ideas

High: Opportunities for varied physical action, social outlets for energy

STRESS BEHAVIOR

physical demands, magnifies tediousness of projects

High: Acts without thinking, busy for the sake of it, generates

restless tension



Usual 🖂		EMOTIONAL ENERGY	Needs Stress
	44	AVERAGE	62
	51 10 10 37 75 37 10 95 75	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	99 10 37 64 82 37 75 92 64

USUAL BEHAVIOR

Low: Objective, provides perspective, focuses on

solutions

High: Expresses warm feelings, emphasizes values and intangibles, is intuitive

UNDERLYING NEEDS

detached, matter-of-fact interactions, objective sounding board

High: Ongoing outlet for subjective feelings, opportunities to confide inner feelings

STRESS BEHAVIOR

Low: Logical solutions to problems, Low: Too concrete and unreflective, suppresses and downplays the importance of feelings, loses sensitivity to others

High: Allows emotions to affect judgment, magnifies problems and personal setbacks



Usual 🖂		SELF-CONSCIOUSNESS	N	eeds 🖂 Stress 🖿
	8	AVERAGE	66	
	1 3 1 6 21 9 3 21 6	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	99 6 31 94 94 44 62 99 62	

USUAL BEHAVIOR

Low: Candid, direct, at ease, focus

is on tasks

High: Values diplomacy, focus is on

self and others

UNDERLYING NEEDS

Low: Frank and direct relationships, Low: May be insensitive,

candor

High: Respect, focus from

significant individuals

STRESS BEHAVIOR

downplaying individual needs High: Could easily become hurt,

defensive and/or embarrassed



Usual 🖂		ASSERTIVENESS	N	eeds 🗀 Stress 🖿
	61	AVERAGE	59	
	98 51 23 96 96 10 91 10 72	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	96 51 10 72 72 72 72 72 72 10	

USUAL BEHAVIOR

opinions

Low: Suggests, is deferent and agreeable, democratic

High: Seeks to influence and convince, self-assertive, expresses differences of UNDERLYING NEEDS

Low: Agreeable relationships, autonomy, suggesting style

from others

High: Clarity of accountability, defined lines of authority, opportunities to discuss and debate

STRESS BEHAVIOR

Low: Avoids open disagreement, resists firm and assertive management, may concede under pressure

High: Argues aggressively, provocative, may become domineering, loses effectiveness without authoritative direction or clear

accountabilities



Usual 🖂		INSISTENCE	N	leeds 🗀 Stress 🖿
	90	AVERAGE	42	
	85 97 66 85 97 99 97 85	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	7 92 55 42 7 76 16 29 55	

USUAL BEHAVIOR

Low: Acts on personal initiative, makes simple broad plans

High: Meticulous in planning and detail, operates on carefully

calculated risks

UNDERLYING NEEDS

Low: Freedom from close control, minimal routine, easy access

to others

High: Defined systems and procedures, predictability,

organizational support

STRESS BEHAVIOR

Low: Could postpone and

procrastinate, over-generalizes High: Dreads the unpredictable, over-

emphasizes processes and

controls



Usual 🗀		INCENTIVES	N	leeds 🗀 Stress 🖿
	33	AVERAGE	69	
	34 25 16 53 71 16 62 8	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	96 16 25 79 96 79 99 71 62	

USUAL BEHAVIOR

Low: Trustful and team-spirited, aware of long-term benefits,

values intangibles

High: Opportunity minded, resourceful, naturally bargains,

sells, trades

UNDERLYING NEEDS

Low: A minimum of competitive rivalry, a trustful, serving

environment

High: Opportunities to compete,

tangible benefits

STRESS BEHAVIOR

Low: May feel taken advantage of, underestimates others' self-

protective natures

High: Opportunistic and distrusting, self-promotional, self-protective



Usual 🖂		RESTLESSNESS	N	leeds 🗀 Stress 🖿
	61	AVERAGE	69	
	90 52 68 52 52 34 81 90 34	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	68 34 52 96 96 68 90 96	

USUAL BEHAVIOR

Low: Concentrative, not easily distracted, patient with long-

range projects

High: Ready to start new things, easy to stimulate, responsive

and attentive

UNDERLYING NEEDS

Low: Opportunity for input before changes are initiated, minimum of abrupt changes

High: Alternating work

responsibilities, opportunities to shift priorities when new

interests arise

STRESS BEHAVIOR

Low: Overly concentrative, inflexible

in thinking and attitude High: Difficulty concentrating,

restless for quick results, selfdiscipline may become difficult



Usual 🖂		THOUGHT	N	leeds 🗀 Stress 🖿
	30	AVERAGE	72	
	6 18 6 32 48 18 6 84 48	Person 1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9	99 18 62 92 74 48 84 84	

USUAL BEHAVIOR

Low: Decisive, matter-of-fact in thought and action, grasps situations quickly

High: Thoughtful and reflective, thinks before acting, weighs both sides of issues UNDERLYING NEEDS

Low: Work and decisions that involve little ambiguity, freedom to take immediate action

High: Ample time to think carefully and to consider options and implications

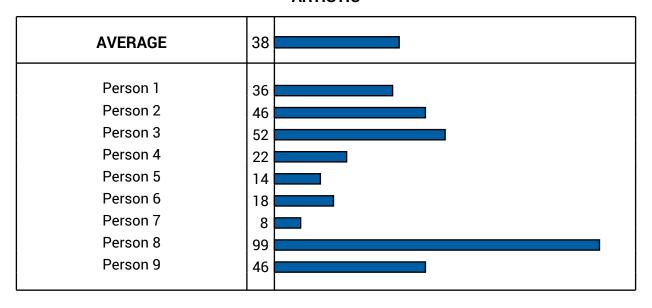
STRESS BEHAVIOR

Low: Sees things "black or white", frustrated by ambiguity, may act impulsively

High: Fearful of making mistakes, postpones decisions unnecessarily, over processes information



ARTISTIC



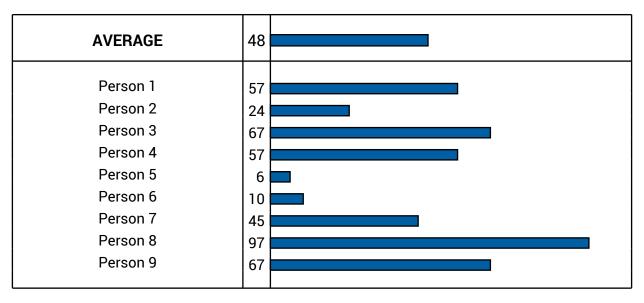
ARTISTIC:

Creation, appreciation for arts, aesthetics

Activities include: Painting, appreciating art, designing



LITERARY



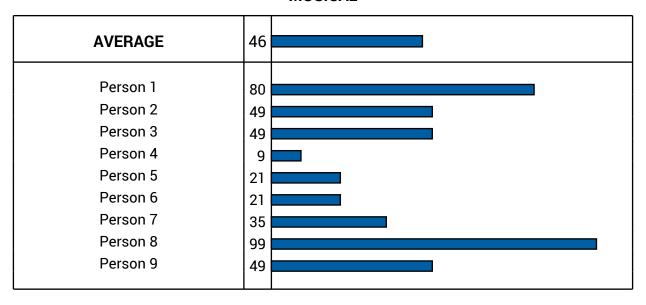
LITERARY:

Appreciation for language

Activities include: Writing, reading, editing



MUSICAL



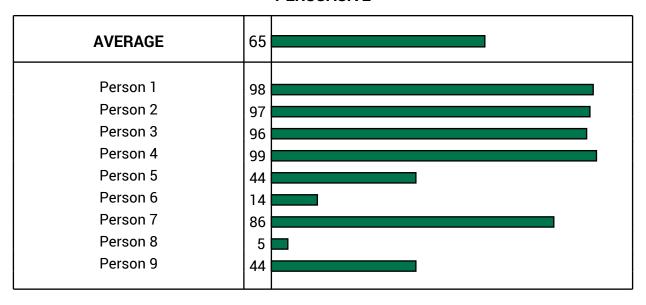
MUSICAL:

Playing, singing or listening to music

Activities include: Attending concerts, collecting and appreciating music



PERSUASIVE



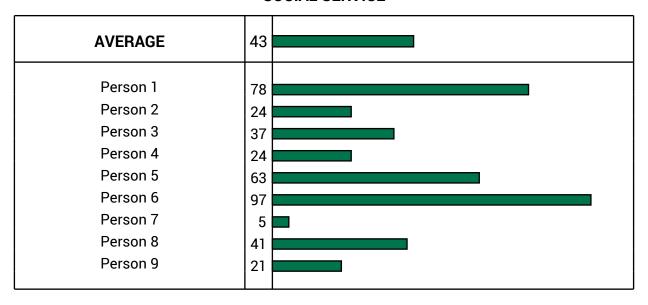
PERSUASIVE:

Persuading, motivating, selling

Activities include: Debating, influencing, promoting



SOCIAL SERVICE

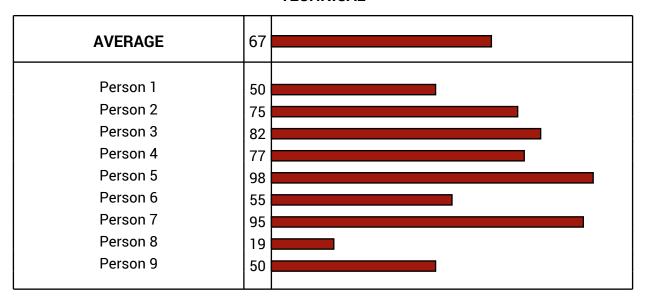


SOCIAL SERVICE:

Helping, advocating for people **Activities include**: Teaching, counseling, volunteering



TECHNICAL



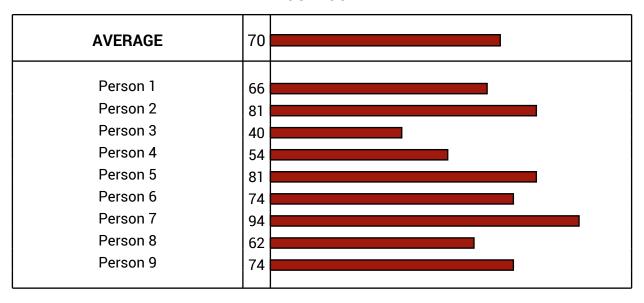
TECHNICAL:

Hands-on work with technology and machinery

Activities include: Programming, assembling, using gadgets



OUTDOOR



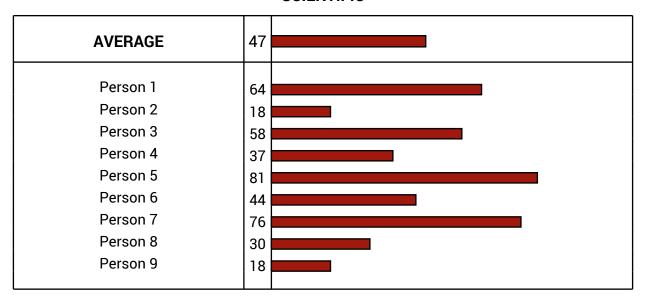
OUTDOOR:

Work in an outdoor environment

Activities include: Being outdoors, farming, gardening



SCIENTIFIC



SCIENTIFIC:

Research, analysis, intellectual curiosity

Activities include: Investigating, exploring medicine, experimenting



ADMINISTRATIVE

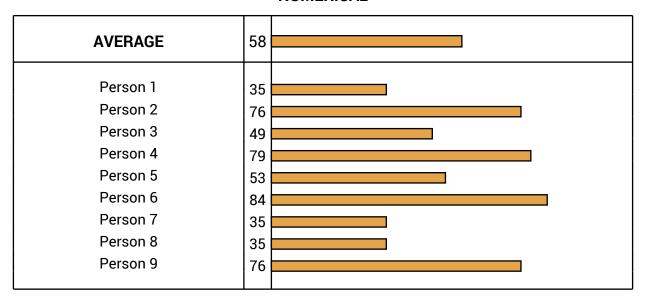
Person 1 20 Person 2 27 Person 3 27 Person 4 66 Person 5 58 Person 6 91 Person 7 35 Person 8 62 Person 9 95	

ADMINISTRATIVE:

Systems, order and reliability **Activities include:** System tracking, record keeping, categorizing



NUMERICAL



NUMERICAL:

Working with numbers and data

Activities include: Accounting, investing, analyzing