The Adversity Seeking Mindset

Avoiding Adversity:
Leading to Pain and Misunderstanding

- Adversity happens to me and means there is something wrong with me.
- Fate is demotivating and leads to a sense of helplessness.
- Not open to stumbling, backtracking, and rerouting in the short run.
- Perceives self as special
- Pro-Self Orientation
- Identity Tied to Opinions
- Seeks External Validation
- Seeks Happiness



Seeking Adversity:
Leading to Growth and Victory

- Adversity is an opportunity for growth and means there is more potential within me.
- Fate is a motivational gift that drives progress and development.
- Open to stumbling, backtracking, and rerouting as part of the long-term journey.
- Embraces challenges without feeling entitled or specialness.
- Pro-Social Orientation
- Joy in Being Less Wrong
- Seeking Internal Validation
- Seeks Challenge

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