

*Explore saboteurs' descriptions and notice the ones that speak to you. Remember, no one fits any Saboteur description completely. Look for the general patterns.*

*This has been adapted from <https://www.positiveintelligence.com/saboteurs/>*



## Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as cold, distant, and intellectually arrogant.

### Characteristics

- Intense and active mind, sometimes coming across as intellectually arrogant or secretive.
- Private and don't let many people into my deeper feelings.
- Mostly show feelings through passion in ideas.
- Prefer to just watch the craziness around me and analyze from a distance.
- Can lose track of time due to my intense concentration.
- High penchant for skepticism and debate.

### Thoughts

- The rational mind is where it is at.
- Feelings are distracting and irrelevant.
- Many people are so irrational and sloppy in their thinking.
- Needs and emotions of others distract me from my projects.
- I need to shut out intrusions.
- What I value most is knowledge, understanding, and insight.

## Feelings

- Frustrated with others being emotional and not rational enough.
- Anxious about preserving personal time, energy, and resources against intrusions.
- Feeling different, alone, and not understood.
- Often skeptical or cynical.

## Justification Lies

- The rational mind is the most important thing. It should be protected from the wasteful intrusion of people's messy emotions and needs, so it can get its work done.

## Impact on Self and Others

- Limits the depth and flexibility of relationships in work and life by analyzing rather than experiencing feelings.
- Intimidates less analytically intense people.

## Original Survival Function

- The Hyper-Rational is a good survival strategy in early childhood circumstances of emotional turmoil or chaotic surroundings. The

escape into the neat and orderly rational mind generates a sense of security or a sense of intellectual superiority. It also gains us attention and praise by showing up as the smartest person in the room.