



*My experiments in the pursuit of happiness and good habits*

**GRETCHEN RUBIN**



# Four Tendencies Quiz

## Detailed Report : Rebel

For even more insights into your Tendency, check out my book, *[Better Than Before](#)*, about how we can change our habits.

# Four Tendencies Quiz

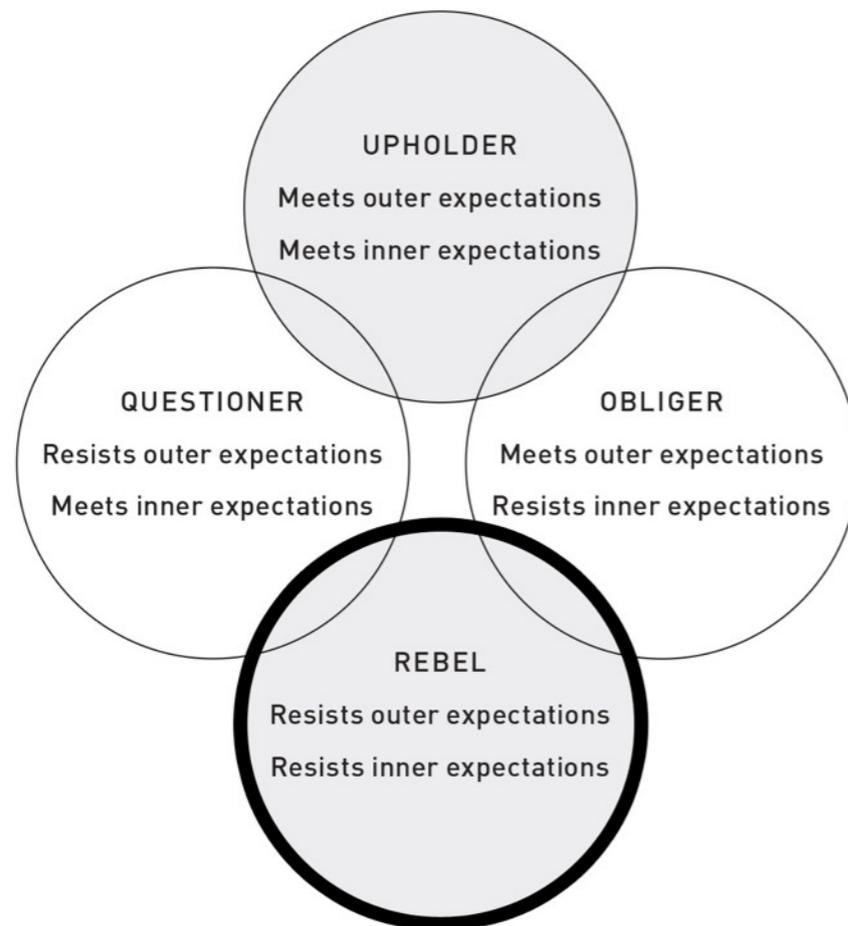
## Detailed Report : Rebel

**Thanks for taking my “Four Tendencies” quiz.**

According to your answers, your dominant Tendency is **Rebel**.

The “Four Tendencies” describe how we respond to expectations. We all face two kinds of expectations:

- *outer expectations*, such as meeting work deadlines or observing traffic regulations, and
- *inner expectations*, such as quitting napping or keeping a New Year’s resolution.



**Upholder:** “I do what others expect of me—and what I expect from myself.”

**Questioner:** “I do what I think is best, according to my judgment. If it doesn’t make sense, I won’t do it.”

**Obliger:** “I do what I have to do. I don’t want to let others down, but I may let myself down.”

**Rebel:** “I do what I want, in my own way. If you try to make me do something—even if I try to make myself do something—I’m less likely to do it.”

# Four Tendencies Quiz

## Detailed Report : Rebel

**Rebels resist all expectations, outer and inner alike.**

They choose to act from a sense of choice, of freedom. Rebels wake up and think, “What do I *want* to do today?”

They resist control, even self-control, and usually enjoy flouting rules and expectations.

Rebels place a high value on authenticity and self-determination, and bring an unshackled spirit to what they do. Rebels work toward their own goals, in their own way, and while they refuse to do what they’re “supposed” to do, they can accomplish their own aims.

But Rebels often frustrate others because they can’t be asked or told to do anything. They don’t care if “people are counting on you,” “you said you’d do it,” “your parents will be upset,” “it’s against the rules,” “this is the deadline,” or “it’s rude.” In fact, asking or telling Rebels to do something often makes them do just the *opposite*.

The people around Rebels must guard against accidentally igniting their spirit of opposition—particularly challenging for the parents of Rebel children.

In fact, Rebels sometimes frustrate even themselves, because they can’t tell *themselves* what to do.

# Four Tendencies Quiz

## Detailed Report : Rebel

Rebels tend to resist habits, because they want to act with a sense of choice and freedom. Nevertheless, if you're trying to form a habit-like behavior of exercise, you might:

- Focus on why you *want* to exercise—it makes you feel energetic, it's fun, you love a challenge (Strategy of Clarity)
- Consider how exercise allow you to be true to yourself (Strategy of Identity)
- Exercise in a way that sets you apart from what people usually do (Strategy of Other People)

**When we change our habits, we change our lives.**

For more discussion of the Rebel Tendency, and the Four Tendencies framework in general, see the [Better Than Before](#), chapter on "The Four Tendencies."

# Praise for *Better Than Before*

“Gretchen Rubin combines deep research and observations from her own life to explain how habits emerge and—more important—how they can change. It's indispensable for anyone hoping to overhaul how they (almost unthinkingly) behave.”

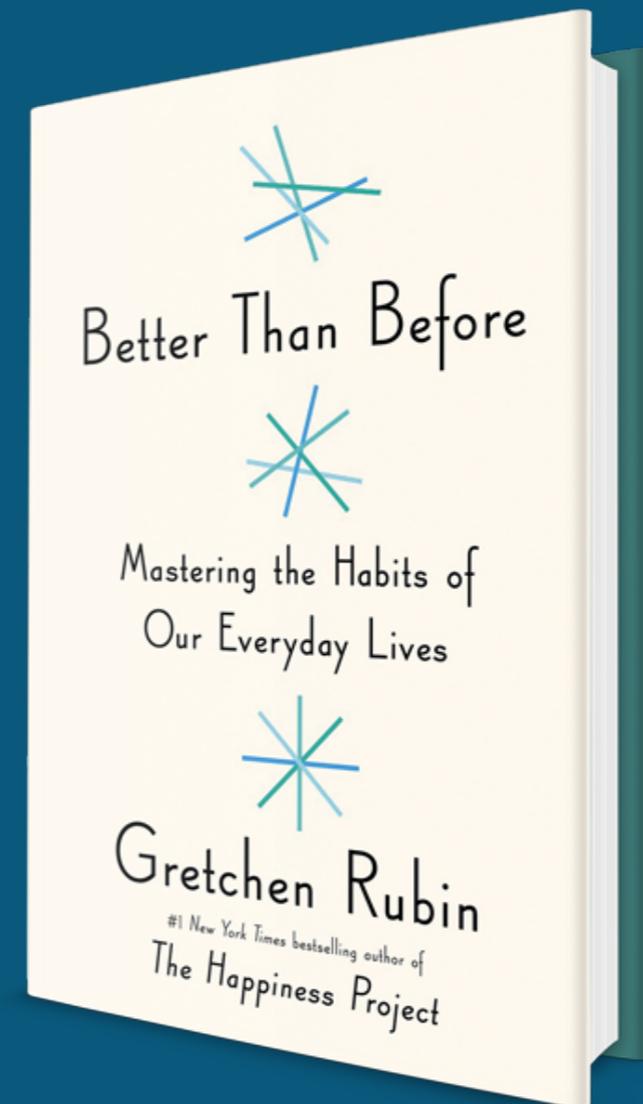
—**Charles Duhigg**, author of the *New York Times* bestseller, *The Power of Habits*

“Filled with insights about our patterns of behavior, *Better Than Before* addresses one of life's big and timeless questions: how can we transform ourselves?”

—**Arianna Huffington**, author of the *New York Times* bestseller, *Thrive*

“Is there a habit in your life you'd like to change? If so, here's your first step: Read this book.”

—**Dan Heath**, co-author of the *New York Times* bestsellers, *Made to Stick*, *Switch*, and *Decisive*



 @gretchenrubin

 facebook.com/gretchenrubin

#betterthanbefore

 Learn more at [GretchenRubin.com](http://GretchenRubin.com)