



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

**GRETCHEN RUBIN**



# Four Tendencies Quiz

## Detailed Report : Upholder

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

# Four Tendencies Quiz

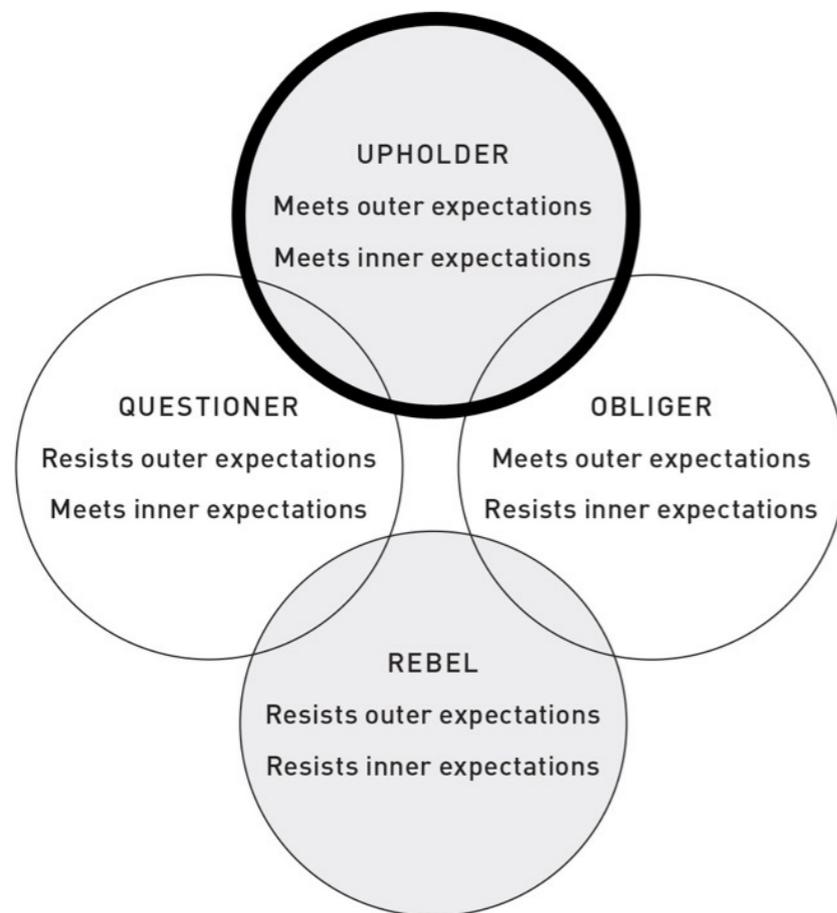
## Detailed Report : Upholder

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

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

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.”

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## Detailed Report : Upholder

### **Upholders respond readily to outer and inner expectations.**

They wake up and think: “What’s on the schedule and the to-do list for today?” They want to know what’s expected of them, and to meet those expectations. They avoid making mistakes or letting people down—including themselves.

Others can rely on Upholders, and Upholders can rely on themselves. They’re self-directed and have little trouble meeting commitments, keeping resolutions, or hitting deadlines (they often finish early). They want to understand the rules, and often they search for the rules beyond the rules—as in the case of art or ethics.

Because Upholders feel a real obligation to meet their expectations for themselves, they have a strong instinct for self-preservation, and this helps protect them from their tendency to meet others’ expectations.

However, Upholders may struggle in situations where expectations aren’t clear. They may feel compelled to meet expectations, even ones that seem pointless. They may feel uneasy when they know they’re breaking the rules, even unnecessary rules. There’s a relentless quality to Upholder-ness, which can be tiring both to Upholders and the people around them.

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## Detailed Report : Upholder

Upholders embrace habits, and form them fairly easily, because they find habits gratifying. The fact that even habit-loving Upholders must struggle to foster good habits shows how challenging it is to shape our habits.

Certain strategies tend to have special appeal for Upholders. For instance, if you're trying to exercise more, you might:

- Schedule exercise for a specific time instead of fitting it into your day at some point (Strategy of Scheduling)
- Keep a chart where you get a check mark every time you exercise, or use a pedometer to track your steps (Strategy of Monitoring)
- Take advantage of a big life change—new house, new job, or new relationship—to start strong with a new habit (Strategy of the Clean Slate)

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

For more discussion of the Upholder 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.”

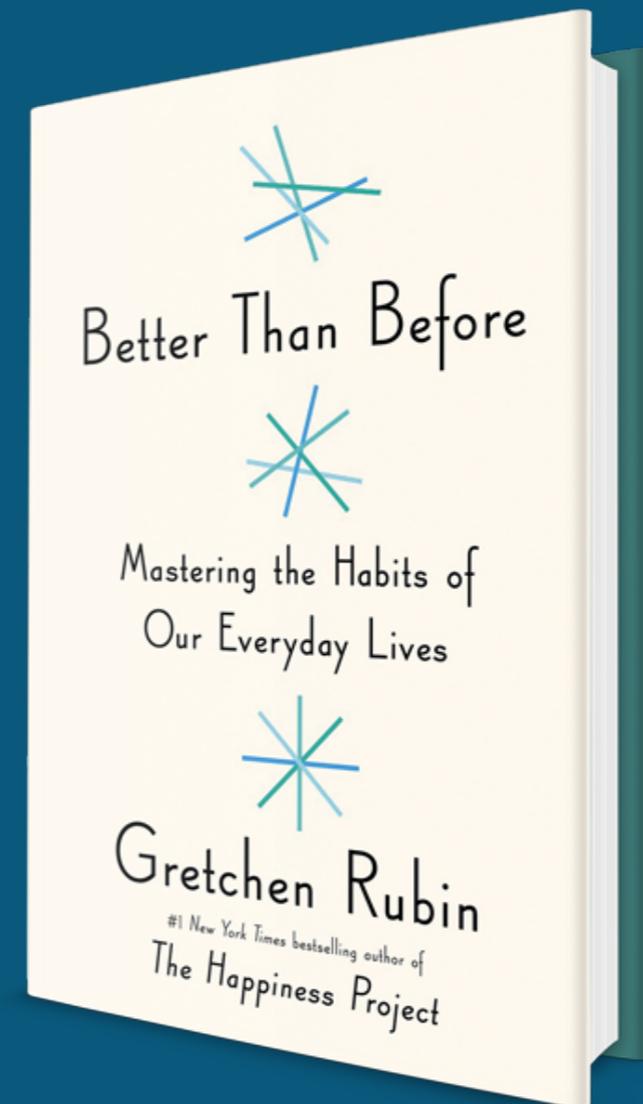
—**Charles Duhigg**, author of the *New York Times* bestseller, *The Power of Habits*

“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*



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