

## **Module 6 – The Z: Overcoming Obstacles**

Those acting from a Z pattern tend to be very ambitious and driven. Many make good leaders. A Z- type can overcome obstacles, develop resilience, and use intrinsic motivation when necessary. Therefore, when someone says, “How did so-and-so make this happen?” it is often because this person has developed certain characteristics that have allowed them to succeed. However, there are also some downsides to the Z pattern. Negative Z-types can become arrogant and fall into the trap of using their quick wits to justify their harmful behavior to themselves and others.

### **So how does someone become a Z?**

Many Z-types are born into families primarily composed of Z-types. It's important to understand that someone can live in poverty, depend on government assistance, be uneducated, and still develop themselves into a Z-type person. Many Z-types are successful in a number of ways. That is often because they have been working at becoming successful for a long time, not necessarily because they were born into a successful situation. Tragedy and trouble can also hit a Z-type just like it can hit anyone else.

More than anything, acting from the Z pattern is about knowing what you want and accessing the resources you need to get there, no matter how long it takes. Despite the challenges thrown at Z-types, they will succeed if they maintain patience and a positive and motivated attitude, even when they have to adjust their dreams.

### **Z·positive characteristics**

At least 5 of these characteristics will likely be present:

- Self-starter
- Motivated
- Innovative
- Patient
- Problem solver
- High energy
- Independent
- Goal-oriented
- Intelligent
- Financially successful
- Hardworking
- Eager
- Honorable
- Powerful leader
- Has the ability to promote positive change in others
- May be selective with peer group
- Strong-willed personality
- Interested in education

### **Z-negative characteristics**

- May engage in underhanded behaviors to achieve goals
- Intimidating
- Attention craving
- Obsessive
- Self-serving
- Daredevil/risk taker
- Arrogant/ Narcissistic
- Manipulative

## How does society label a Z?

- Charismatic
- Natural leader
- Ambitious
- Successful
- Future entrepreneur or manager
- Competitive
- Greedy
- Education

Society tends to automatically approve Z-types until the Z-types give them a reason not to approve them.

## Z Crowd and Family Characteristics

While optimism and determination are wonderful characteristics to have, Z-types can also have highly undesirable qualities. When you combine several Z-types together in a family or social group, it can be very easy for this collection of people to veer off into some of the more negative aspects of being a Z.

A **Z-negative** crowd may demonstrate some or all the following attributes:

- Manipulative
- Arrogant
- Spoiled
- Dishonest
- Unkind
- Selfish
- Privileged
- Bullies
- Elitist
- Enjoys telling others what to do

**A Z-positive** crowd may have the following characteristics:

- Ambitious
- Goal-oriented
- Academically successful
- Hardworking
- Multi-taskers
- School leaders
- Outgoing
- Helpful
- Likely to volunteer
- Follows rules, to a degree
- Often creates rules

**A Z-negative family will often fit one or more of the following descriptions:**

- Likely to engage in higher-level criminal behavior, often in organized crime or white-collar crime
- May be famous or hold higher-level roles in society
- Accustomed to privilege
- May engage in criminal behavior based upon concepts of privilege

**A Z-positive family will often demonstrate 2 to 3 of the following characteristics:**

- Values education
- Passionate
- Successful
- Dedicated
- Ambitious
- Inclined to follow rules
- Enjoys guiding others

As challenging as it can be to change the mind and beliefs of an X-negative individual, the Z-negative can be just as difficult. Z-negative people can be quite arrogant. People usually seek them out for leadership positions, especially within peer groups. These individuals may struggle intensely with the idea that there is something about them that's not ideal. However, their arrogance may lead them to justifying negative behaviors.

People with z-negative traits can also be manipulative and may seem as though they agree with you or seem to make positive changes, when that may not be the case at all. Even when they're honest, they are also often intelligent and tend to provide excellent rationale for many of their choices and scenarios. This can occur when the parent or interested professional fails to notice and understand what this individual is doing. By rationalizing their experiences, Z-types limit their possibilities and their opportunities to grow as a person.

**Here are a few suggestions for the Z-negative teen:**

To grow as a person, it's best to avoid whatever environment has a negative effect on you. Whenever possible, remove yourself from any situation you recognize as harmful.

*Spend more time with friends and family members who are positive and who will not allow you to continue making the same bad choices. The best way for you to abandon your bad habits and thrive is to stick close to strong and positive people.*

*Be aware that your choices have consequences and that you must face them.*

*Consider taking on leadership positions within school government or your local community. Consider becoming involved with community mentorship programs.*

*Attend regular sessions with a school counselor, a life coach, a spiritual counselor, or all three. The goal of counseling is to help you move in a positive direction and appreciate the value of the success that comes from positive activities rather than negative ones.*

*Remember that when you derive success from negative behaviors, the results can be devastating. Being successful in terms of money, power, or popularity is not the same thing as leading a successful, honest, and fulfilling life.*