

NAME: Alessandra Di Pisa  
DATE OF BIRTH: 7 January 1977  
NATIONALITY: Swedish



I'm an individualist. I'm an introspective, romantic type. I'm self-aware, sensitive, and reserved. I am emotionally honest, creative, and personal, but can also be moody and self-conscious. Sometimes I withhold myself from others due to feeling vulnerable and defective. I can also feel disdainful and exempt from ordinary ways of living. I have problems with melancholy, self-indulgence, and self-pity. But I'm inspired and highly creative. I'm able to renew myself and transform my experiences. I'm not the committed, security-oriented type. I'm not reliable, hard working, responsible, and trustworthy. I'm not an excellent 'trouble-shooter', I don't foresee problems and foster co-operation. I'm not cautious and indecisive. I have a slight tendency to procrastinate. I am generally happy with the outcome and quality of my work and don't feel extra stress from this habit. But I would like to lessen the anxiety in my life and become more productive and efficient.

Responsive, without being overly reactive, is the best way to describe me. I'm someone who negotiates my emotions depending on my situation. Sometimes I feel quite sensitive and emotional, while other times I remain resilient to outside pressures. This quality of adaptation best describes my emotional character. I maintain a rational outlook, which is moderated by feelings. For example, I can sometimes feel sad, stressed, worried or embarrassed under the weight of a situation, but I am able to act quite calm and reserved, without yielding to the stress.

I have a reasonably high level of self-esteem, but I still have some doubt about my own abilities. Occasionally I experience feelings of inadequacy and I even question my own self-worth from time to time. I sometimes get caught up in a vicious circle; if I believe that I cannot do something, my belief causes me to think and behave in a way that leads to my eventual failure.

Everything's not quite roses and teddy bears for me, but I do tend to look on the bright side of life. Sure, I sometimes bitch and moan about my problems, but deep down, I'm pretty sure that everything will eventually turn out fine. In general, I like to be around people, and I try to make new friends when I can. I do my best to take things at face value, rather than making mountains out of molehills. Basically, the world is sort of like a big coconut to me: tough and hairy on the outside, but when I get down into it, there's good stuff inside.