

FAQ'S – Frequently Asked Questions



1. What is PsychoGeometrics®?

PsychoGeometrics® is the science of behavior and the art of communication. It uses five geometric shapes representing specific traits, behaviors, and how you relate to others to identify your communication style. It also features several skill-based tools such as Shape Flexing to strengthen your relationships and communication effectiveness. By taking the Shapes Assessment® powered by PsychoGeometrics®, you will discover your natural strengths and challenges for communicating effectively.

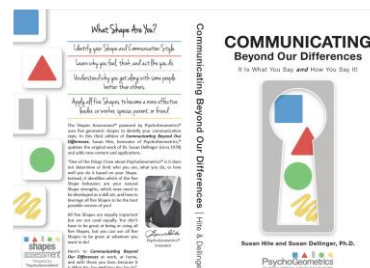
2. What is the history of PsychoGeometrics?

PsychoGeometrics was created in 1978 by Susan Dellinger, Ph.D. After 11 years of sharing her Shapes around the world, Dellinger wrote and published ***Communicating Beyond Our Differences – An Introduction to PsychoGeometrics***. She then partnered with Jack Wolf, Ph.D., who had The University of California SantaCruz conduct a factor analysis of PsychoGeometrics in 2004. The next year, Dr. Wolf created and developed the first written assessment (scratch-off version) for PsychoGeometrics and in 2010 the first online assessment was launched.

In June of 2020, Susan Hite, president of the personal growth and professional development company Hite Resources, Inc. (circa 2001), and PsychoGeometrics® consultant and facilitator for nearly 20 years, purchased the PsychoGeometrics® company.

After updating the work of Dr. Dellinger, Hite developed new content, applications, a Shapes Online Learning Series featuring five modules, and has written and published a new version (2023) of Dr. Dellinger's book,

[Communicating Beyond Our Differences](#)
*It Is What You Say **and** How You Say It!*



3. What makes PsychoGeometrics different from the other ‘personality tests’?

- Not a personality test (see 3a below).
 - The Rectangle (see 3b below).
 - It does not determine or limit who you are, what you do, or how well you do it based on your Shape. Instead, it identifies which of the five Shape behaviors are your natural Shape strengths, which ones need to be developed as a skill set, and how to leverage all five Shapes to be the best possible version of you!
- 3a. PsychoGeometrics does not consider itself a personality test; however, it does feature an assessment that measures your natural traits, behaviors, and interactions with others, which ultimately contributes to your personality and communication style.
- 3b. PsychoGeometrics includes something that other similar assessments do not, which is the Rectangle. The Rectangle is the Shape of Change and Growth and represents a transitional phase in life. With awareness, knowledge, skill, and desire, the Rectangle is a Shape you can learn to use for understanding, then maximizing your natural strengths and developing skill sets to be an effective communicator.

4. What is the [Shapes Assessment](#)®?

It's a simple, 15-minute assessment that identifies your traits, behaviors, and how you relate to others. As a result, you receive a Shapes score that reveals your “Shape” communication style and provides a customized report based on your responses. It's easy to understand, remember, and can be used immediately to better understand your communication style, the style of others, and strengthen your communication effectiveness.

5. How do I take the [Shapes Assessment](#)?

www.PsychoGeometrics.com



6. How much does the Shapes Assessment cost?

The Shapes Assessment is \$34.95. Volume and subscription pricing available for bulk orders. shapes@psychogeometrics.com.

7. What do I get for \$34.95?

- A three-part Shapes Assessment that identifies your traits, behaviors, and interactions with others (your communication style).
- A downloadable Shapes Guide with tips and strategies for communicating effectively with each Shape.
- A detailed Shapes Profile Report, revealing your Shapes Score, primary and secondary Shapes, and a description of how you use your Shapes at work and home.

8. Can I facilitate a Shapes workshop?

Yes! You can become a [Certified Shapes Facilitator](#). In addition to our multi-day course, ask about our abbreviated version for the seasoned facilitator with experience delivering personal and professional development training.



9. Can my organization, company, team, or group use Shapes

Yes! You can be an [authorized user](#) of the Shapes Learning Series within your organization, company, team, or group. **Corporate Licensing and Subscriptions** are also available. Learn how you can get certified.

11. Is there a discount if I purchase Shapes assessments or learning modules in bulk?

Yes!

- >250 – Save 5%
- >500 – Save 10%
- >750 – Save 15%
- >1000 – Save 20%

For more than 1,500 [contact us for bulk pricing](#).

Subscription Pricing

For groups, companies, and organizations with more than 1500 employees, subscriptions for the Shapes Assessment and learning modules are available starting at \$65k. [Contact us for more information](#).

12. Is the Shapes Assessment for professional or personal use?

The Shapes Assessment and Shapes Learning Series applies to all areas of your life. We offer [customized training](#) for leadership, teams, couples, families, and individuals.

13. Is there value in retaking the Shapes Assessment quarterly or yearly?

Yes! The evolution of Shapes causes your Shapes to shift during periods of change and growth. As a result, you may see the world through a different lens, using or acquiring different Shapes to understand and effectively communicate.

When you create your online account and gain access to your personal dashboard, you will be able to see your past assessment and results and compare with your current assessment and results, measuring progress in your ability to Shape Flex or changes in your traits, behaviors, and interactions with others due to life events and experiences.

14. Can Shapes be used as a 360° peer review tool?

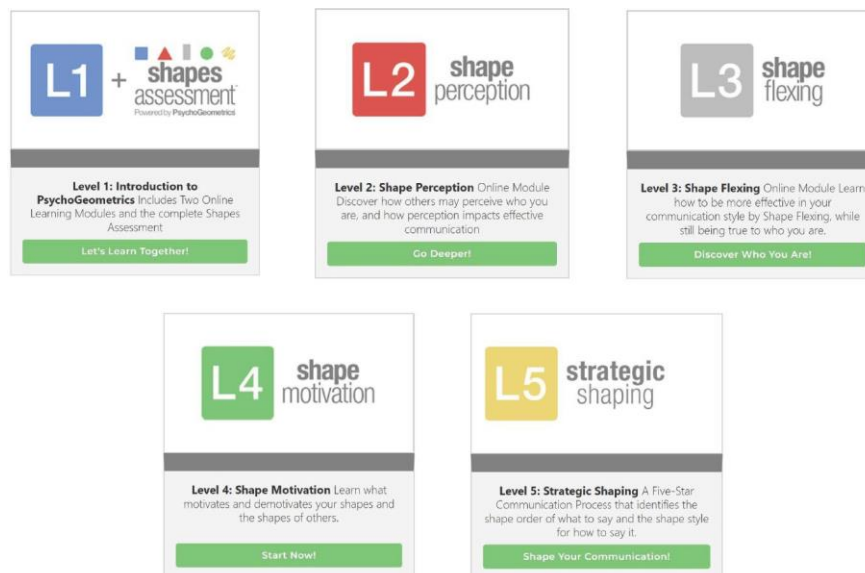
Yes! You can ask others to take the assessment to evaluate their perception of you, specifically their description of who you are, how you act, and how you relate to others. You can use their first “assessment” as a benchmark, then work to change perceptions by knowing how to Shape Flex and manage your own behaviors.

After six to 12 months, ask the same person, or group, to take the assessment again choosing the statements or descriptions that best describe their relationship with you. Compare their first assessment with their second assessment of you, and use the comparison to measure your progress and pinpoint any remaining development areas.

You can access multiple assessments and results on your personal dashboard.

15. What is the next step after taking the Shapes Assessment? Do you have ongoing learning activities or eLearning modules available?

Yes! We have [five learning modules](#) available.



16. How often do people change their Shapes? Is it even possible?

Yes!

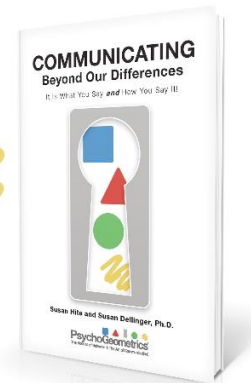
You could be one Shape at work, another Shape at home, or yet another Shape in a specific environment. This can be done consciously or unconsciously. There is also the Evolution of Shapes. Read more in our new edition of [Communicating Beyond Our Differences](#).

WHAT SHAPE ARE YOU?



Learn your Shape and improve all areas of your life! **GUARANTEED!**

 **BUY NOW**



Using Shapes for Simple, Efficient,
and Effective Communication.

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