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Hey, are you a psychopath? If you really want to know the answer to this question, you are lucky because the salon has unearthed an internet quiz that will tell you. And no, it's not a Buzzfeed quiz (although I give it about a week before Buzzfeed creates its own). No, this quiz comes courtesy of British television station Channel 4, so it actually has some legitimacy. Kind of. The quiz tells you how psychopathic you are, as a percentage. I scored 48 percent in one, so I can proudly say I'm less than half a psychopath. My younger sister who accused me of being psychotic on several occasions may disagree, but well. I suppose I'm more psychopathic than the average woman - women who take quizzes with an average score of about 30 percent. For the guys who run the test, it's 50 percent. There is no way to know as a representative of that actually, although I believe that people who read the Financial Times are more psychopathic than readers of other newspapers. It makes sense. Channel 4 also includes a quiz testing your ability to guess which historical figures are most psychopathic. Fast tip: Hitler is not at the top of the rankings. Of course, if you score high on the test, don't worry too much about it. First, psychopaths are not necessarily violent. From a clinical point of view, psychopaths are people who have no empathy and also tend to be very charming and able to manipulate the people around them. Diagnosing someone as a psychopath does not automatically predict how that person will behave, and not all psychopaths engage in criminal behavior. On the other hand, the Channel 4 test can be fun, but it's also not anything like the tests used by psychologists to determine psychopathy. The test is most commonly used by professionals here psychopathy checklist, and because psychopaths can be so charming and manipulative, it is way more in-depth than a series of questions, asking the subject to rate themselves on the four scale. However, the Channel 4 test really touches on all the important markers of psychopathy, from pragmatism to vested interests, to charm. So if you're honest with yourself about your answers, it can tell you how close to a psychopath you really are. Want to know? Created: In almost any workplace, there are people you want to keep an eye on. There are always going to be people who care more about lifting themselves than about helping others (or the organization as a whole) to succeed. There are going to be those who want to seem productive, but also find smart ways to get you to do a significant portion of your work for them. And finally, there are people who will brag about their achievements and maybe even try to take credit for what has actually been achieved. But, the people you want to really be careful of are psychopaths. While much has been written about psychopaths, and the differences of difference psychopaths and sociopaths, the easiest way to think about it is that a psychopath is someone who has no empathy for others. They focus on the goals they have achieved rather than on funds, so they feel no guilt for actions that negatively affect others. They are also quite willing to manipulate the people around them to get what they want. Simply put, psychopathy is a range of behaviors that can lead people to do things that are good for themselves and bad for others. Here are a few things you can do if you think you're dealing with a psychopath at work. Don't reveal a lot of psychopaths seem like good people at first glance. They can be very attentive to you when there is something that they ultimately want. They can engage you in conversations and seem genuinely interested in you. The conversations you have may feel a little off though, because psychopaths are not empathetic. They may sympathize with you by focusing on the consequences of the action rather than how you felt. But there's a danger of telling your fellow psychopath too much about yourself. Psychopaths can be manipulative, and the more this person knows about you, the more leverage they can find to influence your actions. This can come in the form of using causes or motives that are important to you to make you help. It can even come as a threat if they learn the secret about you and threaten to reveal it to other people. So if you have the feeling that you are dealing with a psychopath, keep your personal information to yourself. Many people in the workplace are looking for progress, but a psychopath is quite willing to get that promotion at the expense of the people around them. This can take many forms, such as talking badly about colleagues behind their backs, or taking credit for other people's work. To protect yourself, you want to develop your own channels of communication with people who will have a hand in determining your future. Make sure you recognize them so that if they hear suspicious things about you, they will have other interactions they can use to determine whether they should believe what they are hearing. Keep your supervisors informed about what you have worked for and who you have worked for, so others will have a hard time taking credit for your hard work. Keep a good record of your friendly neighborhood psychopath also not above breaking the rules in order to get what they want. But they know that breaking the rules has consequences. So they may also try to make it seem as if their own misdeeds actually work for someone else. The last thing you want is to leave holding the bag when the offenses are disclosed. One of the best remedies you have is to keep detailed notes about your activities. When did you work? Where is? If you have access to small cash, keep a thorough record you spend it, and save all your receipts. It's a pain to document what you're doing at work, but it can pay big dividends if you suspect that someone is trying to cause problems. Know when to fold 'Em Finally, you may find that you not only work with a psychopath, but this person is your boss. It's a very difficult situation to be in the boss who manipulates you, takes credit for your actions, and isn't shy about taking advantage of you in various ways can make your working life miserable. Try to open channels of communication with others in your firm if you can, although manipulative boss often make it difficult for you to reach out to other people high in the organization. When this happens, the best advice may be to look for another job. A psychopath won't have your interests at heart, so your career won't enjoy working for that person. Honestly, the less time you spend working for someone like this, the better. Think of a psychopath and the image that comes to mind is probably something out of a horror movie - an axe-wielding killer or an evil crook bilking little old ladies out of their life savings. Unfortunately, these monsters exist, but just because you've had the good fortune to stay away from them doesn't mean you haven't met psychopaths. Several books, few studies, and often unhappy personal experiences show that nonviolent but still pathological psychopaths walk among us. And if you have a lot of deals with business leaders, you're even more likely to meet one. One alarming 2010 study, published by Forbes, found that a group of managers assessed by the researchers had a level of psychopathy three times higher than that of the general population. And it wasn't one group. Experts say that while only one in 100 of us qualify as a psychopath, this figure rises to 3 or 4 percent among business leaders. That's a small percentage of leaders, of course, but it's enough to do some terrible damage to organizations and colleagues. So how do you know if your smug boss or charming potential hire might actually qualify as a genuine psychopath? The gold standard of the test is the Hare Psychopathy Checklist, developed by renowned psychologist Robert. (Thank you goes to Business Insider for drawing my attention to it.) The list contains 20 signs of psychopathy. Some of them probably won't help you spot a psychopath in your office (how could you appreciate something like child behavior or a history of teen crime?), but others are helpful to say keep in mind if you think you might be a psychopath in your environment. The hare laid down key traits to follow in today's classic Psychology article: Is your manager chatty and entertaining? It's not good if his or her verbal acrobatics and charm combined with other signs of Psychopaths can be funny and interesting interlocutors, ready with a smart return, and are able to tell unlikely but compelling stories that cast themselves in a good light. They can be very effective in presenting themselves well and are often very likable and charming, explains Hare. Psychopaths... they consider themselves the center of the universe, justified in life by their own rules, warns Hare. Psychopaths also tend to make grandiose plans for themselves - and not worrying much about the specifics of how to actually execute them. One prisoner, not particularly literate, managed to copyright the title of a book he planned to write about himself, already considering the state his bestseller will bring, offers Hare as one memorable example. Office psychopaths are likely to be more sophisticated, but just as grandiose (if vague) in their personal visions for themselves. Psychopaths show a staggering lack of care about the consequences of their actions for others, no matter how devastating they may be, hare reports. Sometimes they are even willing to come straight and say they never have regrets. This lack of guilt is due to a remarkable ability to rationalize one's behavior, he adds. They tend to have convenient excuses for their behavior and in some cases deny that this happened at all. Perhaps the most fundamental trait of a psychopath is that they simply cannot imagine other people's point of view or emotions. What happens when a psychopath encounters his dishonesty? When caught lying or challenged to the truth, they rarely appear perplexed or embarrassed - they simply change their stories or try to rework the facts so they seem to be in line with lies, explains Hare. It not that psychopaths - criminal or corporate kind - never express emotion. It's that their emotions tend not to seem very authentic. Cautious observers are left with the impression that they are playing action and little happens beneath the surface, Hare writes. If it reminds you of someone at work, you can deal with a genuine psychopath. Experienced three re-orgies or strategy shake-ups in six months? Psychopaths are unlikely to spend much time weighing the pros and cons of the course of action or considering the possible consequences, hare writes. Because of this, things are often turned upside down for what seems little more than a whim. While your friendly office psychopath may not be able to feel much in the way of empathy, he will certainly feel every petty insult to his honor. According to Hare, psychopaths react very much to alleged insults or minor ones. Most of us have powerful braking control over our behavior; even if we wanted to Aggressively we are usually able to keep the lid on. In psychopaths, these inhibitory controls are weak, and provocation is enough to overcome them. Many psychopaths describe doing crime for excitement or thrills, writes Hare, who explains that psychopaths tend to be adrenaline junkies. Corporate psychopaths may not hold up banks to get their kicks, but they are almost certainly like the thrill of risk. They also tend to despise monotony and easily get bored with routine or repetitive tasks. Just because a psychopath says she's going to do something doesn't mean she really will. Commitments and obligations mean nothing to psychopaths. Their good intentions... are promises written in the wind, concludes Hare. Sound, how anyone do you know? Yes I know? psychopathic personality inventory test pdf. psychopathic personality inventory test online deutsch. psychopathic personality inventory-revised (ppi-r) test

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