



WE-Q Profile Retake

The WE-Q Profile isn't an assessment that is built on retakes. In general, we don't recommend that you retake the profile to identify improvements or changes over time because our patterns are shaped at a young age and don't change substantially over time.

Because the WE-Q Profile reflects our internal experience (not our behavior), what we can most easily change is our *behavioral response*. We do this by becoming more aware of our patterns, and how our patterns impact our adult relationships. How we were shaped in relationship doesn't typically change very much. It's our response and behavior after becoming aware of this pattern that can change our lives and our relationships.

While it's difficult to "game" the WE-Q Profile for a desired result the first time, it can be easier to game the second time, even if we don't intend to. The second taking (especially if it's after a short period of time) may be less valid than the first time.

While it's true that our WE-Q Profile tends not to change much over time, a few things can impact our WE-Q Profile results:

- Increases or decreases in our joy bucket: When we significantly increase our self-care and nurturing and actively participate in what gives us joy, our vitality for relationships can improve and we become more resilient. And while our patterns don't tend to change, our Profiles tend to reflect "more color" as we are able to be more present in relationships under stress. The opposite is also true. When we neglect ourselves, we can become quite depleted and less resilient in conflict and our Profiles tend to reflect "less color".
- Therapy and/or deep personal work: When we engage in deep personal work like therapy, counseling, or other healing modalities, we can become much more aware of our patterns and their impact on our lives. Our experience is that when people take the profile and then engage in deep personal work, it's not uncommon that their patterns flip, as if they are overcorrecting themselves. And that's good to know, too.
- Major life experiences: When we experience major life events, they can impact our Profile. Our patterns reflect our experience of our lives in relationship, which can change over time as life happens and we make new meaning of our experience.

For these reasons, we don't recommend that people retake the WE-Q Profile within a year and only consider retaking it if one of the three bullets above is true. That said, we are open to people retaking the WE-Q Profile if they wish. The profile would be purchased and accompanied by a new debrief (also purchased). If you do choose to retake it, you will be charged the following to do so.

Cost of Retake:

- WE-Q Profile: \$120
- WE-Q Profile Debrief (60 minute debrief is required to retake the assessment): \$250
- Total cost of retake: \$370