

RESTLESS

Synonyms: agitated, nervous, uneasy, unsettled

This is a physically-oriented individual who responds to every stimuli through action. She is less concerned with mental pursuits than she is with physical activity.

Finding it hard to relax, she tends to move constantly, not always with a particular purpose in mind, but just for the sake of moving.

He needs to be active or he gets restless. If he spends much time at a desk it is important that he gets plenty of physical activity at other times.

It isn't easy for you to relax and you become annoyed when restricted or forced to be inactive for very long.

Routine is not for you, not in work, friends, sex, or anything else in your life.

Your restless energy suggests that you have a need to be constantly active and busy, feeling bored as soon as the action stops. While the physical release of sex provides some satisfaction, it doesn't leave you with a sense of intimacy and closeness with your partner. In fact, you may require more than one partner to fulfill your needs, which are stronger than the average person.

Over-involvement in a diversity of activities makes it harder for him to channel his energy into specifics and he becomes restless and distracted by various interests.

Being influenced by the way others think makes it difficult for him to focus upon his main objectives.

Strongly restless, you escape from tensions and frustrations by turning to physical activity and a wide variety of pursuits. Sometimes you go too far and find yourself running in too many directions at once.

Stimulation and activity satisfy his restless nature. His best work is produced in an environment that includes people, challenging assignments, and variety.

It seems that you are being pulled by opposing forces.
Consequently, the way you handle your goals, self-esteem and relationships is inconsistent.

Quick and responsive, you love to have a good time and enjoy being on the run. Yet, you soon become bored when your involvements and projects last too long.