

# ENERGY BLOCKAGES

## Identifying your wound.

### Character Structures

The development of the *Character Structures* is based on the observations of Dr. Wilhelm Reich who noticed patterns of trauma held in the body. It is difficult to conclude, but Reich suggested that body structures were linked to trauma in childhood. Depending on the age at which these traumas took place, the child begins to block its feelings and therefore the free flow of energy and this in turn establishes a habitual defence system.

What follows here is a very brief description of these major stages of wounding which create blockages, which in turn manifest eventually as physical illness. The human experience is so multifaceted and rich in permutations that each individual person's form and intensity of wounding is different.

### Sensitive-analytic Character

**Time of Trauma:** Attachment stage (before or during birth to 6 months).

**Archetype:** The Warrior

**Trauma:** **The Unwanted Child.** Hostility from mother, such as anger from parent or rejection or problems during birthing process. Child is feeling abandoned. 1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> chakra deficient. **Seeking safety.** Avoidant attachment style.

**Defence:** To withdraw back into the spirit world where the soul came from Fear, that the person has no right to exist, feeling threatened. Speaking in depersonalised language, absolutes and intellectualising.



**Characteristics:** Can leave their body easily, disconnected, uncoordinated, with cold hands and feet. Hyperactive and ungrounded, twisted spine. Terror of annihilation. Experiences world as a cold and hostile place, Longing for connection with others. Very spiritual and highly creative and intelligent individuals. Many Chakras work counter-clockwise. Inner Terror and Rage, often directed against themselves.

## Longing/Dependent Endearing Character

**Time of Trauma:** Attachment stage (feeding & nurturing 6 months to 2.5 years)

**Archetype:** The Artist

**Trauma:** **The Undernourished Child.** Abandonment. Loss of mother either through death, illness or withdrawal, rejection. Not getting enough, either by mother pretending to love and give, but actually resenting the child or by the physical loss of the mother. 2<sup>nd</sup> & 4<sup>th</sup> chakra excessive, 1<sup>st</sup> & 3<sup>rd</sup> deficient. **Seeking nourishment.** Ambivalent attachment style

**Defence:** Becoming independent, early walking/talking, early compensation for not daring to ask for what it needs. Deprived, does not want to take responsibility.



**Characteristics:** The body is underdeveloped, slumps with a hollow depressed chest, shallow breathing and eyes that suck energy. Holding on to people, and clinginess. Always in the victim role. Needy, fear of being abandoned. Always trying to get other people to do things for them. Grabbing, Use of sexuality to experience closeness and contact. Demands to be nurtured and fulfilled, but can never get enough. Centred on intellectual and verbal activity, not physical.

## Enduring Character

**Time of Trauma:** Exploration stage: (1.5 to 3 years)

**Archetype:** The Warrior

**Trauma:** **The Over-managed Child.** Dominating parent. Controlling eating and or toilet functions in invasive ways. Being made to feel guilty for any self-assertion attempt. Crushed, humiliated, defeated. 3<sup>rd</sup> chakra blocked, 2<sup>nd</sup> & 4<sup>th</sup> deficient, 1<sup>st</sup> excessive. **Seeking Freedom.** Ambivalent attachment style.

**Defence:** Trying to hold on to his feelings and creativity. Which then evolves into holding everything in. Polite expression, delivered in a whinging disgust to indirectly manipulate others.



**Characteristics:** Suffers, whines, complains, remaining submissive on the outside, but will never really submit. Holding on to very strong feelings of spite, negativity, hostility, superiority and fear that he will explode into a violent rage. May be impotent with strong interest in pornography. Females may be non-orgasmic and feel that their sexuality is unclean. Dilemma of double bind "If I get angry I will be humiliated, if I don't, I'll be humiliated". Physically heavy and compacted with overdeveloped muscles. Psycho-dynamically he holds in and gets stuck in an emotional morass. He thinks he is trying to please, not aware of his covert provocation.

## Tough Character

**Time of Trauma:** Identity stage, (3 to 4 years).

**Archetype:** The Visionary

**Trauma:** **The Betrayed Child.** Covertly seductive parent of the opposite sex. The parent wanting something from the child. Caught in a triangle with the parents and not getting the support needed from the parent of the same sex. Siding with the parent of the opposite sex, and still not getting what he needs. 2<sup>nd</sup> & 3<sup>rd</sup> chakra excessive, 4<sup>th</sup> deficient. **Seeking an identity.** Avoidant attachment style.

**Defence:** Feeling betrayed and compensating by manipulating the parent of the opposite sex. The challenger, defender type. Trying to gain power over people. Obstinate and contrary behaviour.



**Characteristics:** Controlling others by any means possible, lying, seduction and manipulation to evoke submission. Drive for power and need to dominate others either by bullying or undermining by seduction. Hostile sexuality with lots of fantasy, used in power play. Strong feelings of superiority and contempt, which covers deep inferiority feelings. Tries not to express his needs, but making others need him. May explode into volcanic rage but in a controlled way. Challenger and defender. Challenges the strong and defends the meek.

## Industrious Character

**Time of Trauma:** Competence stage (4 to 7 years)

**Archetype:** The Energizer

**Trauma:** **The Hurried Child.** Rejection by the parent of the opposite sex. Experienced as a betrayal of love, wounded at the heart through lack of approval. 3<sup>rd</sup> chakra excessive, 4<sup>th</sup> deficient. Male Achiever 2<sup>nd</sup> deficient, Female Hysteric 2<sup>nd</sup> excessive. **Seeking recognition.**

**Defence:** Controlling and holding back all his feelings, pain, rage and good feelings too. Focus of energy on becoming the achiever.



**Characteristics: Male: Industrious achiever:** - Avoidant attachment style. Surrender is a scary thing to this person because it means releasing all his feelings again. Will not reach out for what he needs directly, but will manipulate to get what he wants. Worldly with lots of ambition and competitive aggression. Vulnerability is to be avoided at all costs. Deep terror of betrayal. Afraid of being hurt, afraid of intimacy and of commitment. Holds head high and backbone straight with pride. Walled off to the outpouring and inpouring of feelings. Remains uncommitted in relationships, but demanding love and sexual feelings from others.

**Female: Expressive:** Ambivalent attachment style.



The characteristics are similar to the male characteristics, but as women are culturally more allowed to express their feelings and be emotional. But as the emotions are initially held back they later then erupt in an intense, hysteric and uncontrolled way.