

SAVE Relationships Inventory
Stabilizer* ⚙️ *Adapter* ⚙️ *Validator* ⚙️ *Energizer

INSTRUCTIONS

1. Circle **as many** statements for each question that mostly describe you. Include how others describe you. You can circle more than one answer.
2. If all of the statements in a question do not apply to you move to the next question.

1. If asked, I would have to admit I am:

- a. A sensitive person who thinks about what others need
- b. Someone spontaneous, socially active and more physical than in my head
- c. A person who makes a strong finish to things I start
- d. Someone who can always be counted on for advice

2. My friends and family would describe me as being:

- a. A person who has traditional values
- b. Compassionate
- c. More analytical and logical than many people
- d. A person with creative passion

3. My strengths include my ability to:

- a. Change my mind and adapt
- b. Communicate what I'm thinking
- c. Help others work through their problems
- d. Defend and win an argument

4. The words I use frequently include at least 3 of the following from each statement:

- a. Venture, spontaneous, energy, new, fun, adventure, outgoing
- b. Passion, kindness, sensitive, sweet, leaning, random, empathy
- c. Closed minded, rigid, stubborn, moralistic, controlling
- d. Intelligent, debate, nerd, ambitious, politics, challenge, real

5. My best day would likely include:

- a. Spending time alone to allow my imagination to run freely
- b. Planning it in advance
- c. Finding resolution to a nagging problem
- d. A whole lot of fun

6. When learning I generally:

- a. Much prefer an experiential style
- b. Find it useful if my teachers share their personal journey
- c. Want the facts
- d. Need to know the goals and objectives right from the start

7. When I'm feeling stressed, I tend to:

- a. Catch up with a close friend to talk about what's happening
- b. Hope for a passionate, open discussion
- c. Find refuge in psychology, religion and/or philosophy
- d. Try to remain steady, at least externally

8. When in a group situation I usually:

- a. Am mindful of others' feelings and needs
- b. Find it necessary that members follow group rules
- c. Like a debate
- d. Am more energetic than most

9. When problem solving within a group I usually:

- a. Try to create a solution quietly on my own
- b. Actively listen to all the angles before concluding with the solution
- c. Support a good idea by adding views that are unique and energising
- d. Give information and my opinion regardless of what others might think

10. I see myself as being:

- a. Authentic, enthusiastic and chasing a better life condition
- b. Someone who finds it hard to rest
- c. Intuitive and aware of our interconnectedness
- d. Objective, level headed and calm

11. When communicating to others they usually find me to be:

- a. Articulate and clear
- b. Expressive and animated
- c. Particular about the words I use
- d. Using stories to illustrate points

12. In relationship I:

- a. Usually know what's right for the two of us
- b. Am constantly thinking about the relationship
- c. Have been told I am too critical
- d. Have high ideals to maintain

13. Which words do you gravitate towards?

- a. Overview & ethics
- b. Theory & logic
- c. Practice & improvisation
- d. Strength & restraint

14. When things really heat up, I usually:

- a. Tend to become even more focused and creative
- b. Am acutely aware of others' strong emotions
- c. Tend to become even more exhilarated
- d. Think about what should be done and can't stop thinking about it

15. At times my character leans toward being a little:

- a. Sad, withdrawn and/or flat
- b. Unresponsive and/or tactless
- c. Overactive and/or frenzied
- d. Oversensitive and too concerned about what others think

16. When potential solutions are discussed, I usually:

- a. Sense that something isn't right, but might have a hard time expressing it
- b. Need ample time and information to fully understand them
- c. Quickly search for faulty assumptions or structures in the argument
- d. Sometimes exaggerate the gravity of the situation to make a point

17. When pressed, do you wish others would:

- a. Stop being overly sensitive and dramatic
- b. Engage; see the big picture and what's at stake
- c. Stop yelling and being so cruel
- d. Stop running around and making rash decisions

18. When in conversation I:

- a. Express my opinion strongly
- b. Like to know my friend's deepest needs and feelings
- c. Tend to be more cautious
- d. Tend to be more curious

19. I am good at:

- a. Understanding complex machinery
- b. Exploring new things
- c. Preserving and respecting long established customs
- d. Empathising with people's pain and suffering

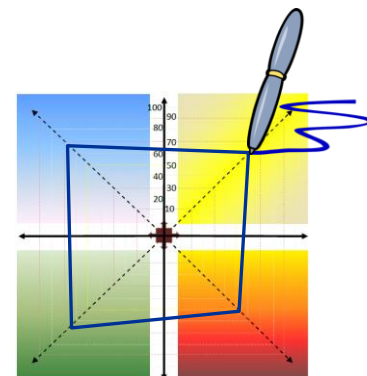
20. When conflict strikes, I:

- a. Slow down, assess the situation and ask questions
- b. Want to disappear or smooth things over
- c. Get energised and see this as a symptom of something bigger
- d. Quickly try to develop a logical approach to addressing the problem

Scoring

- Transfer your answers to the table below and add them up to get a raw score for each of the 4 archetypes.
- Work out your percentage distribution by adding together your Raw Score = **Total** _____
- Then with a calculator ÷ each Raw Score with this **Total** so you get your 4 archetype distribution out of 100 and write these % scores below the raw scores in the boxes provided.

	Stabilizer Earth	Adapter Water	Validator Air	Energizer Fire
1	c	a	d	b
2	a	b	c	d
3	d	c	b	a
4	c	b	d	a
5	b	a	c	d
6	d	b	c	a
7	d	a	c	b
8	b	a	c	d
9	d	a	b	c
10	b	c	d	a
11	a	d	c	b
12	a	b	c	d
13	d	a	b	c
14	a	b	d	c
15	a	d	b	c
16	b	a	c	d
17	d	c	a	b
18	c	b	a	d
19	c	d	a	b
20	a	b	d	c
Raw Score	+	+	+	=
% Score				



Example: **A S - V E**

_____ - _____

Partner's letters: _____ - _____

Raw Score: (S) _____ (A) _____ (V) _____ (E) _____

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Interpreting your score

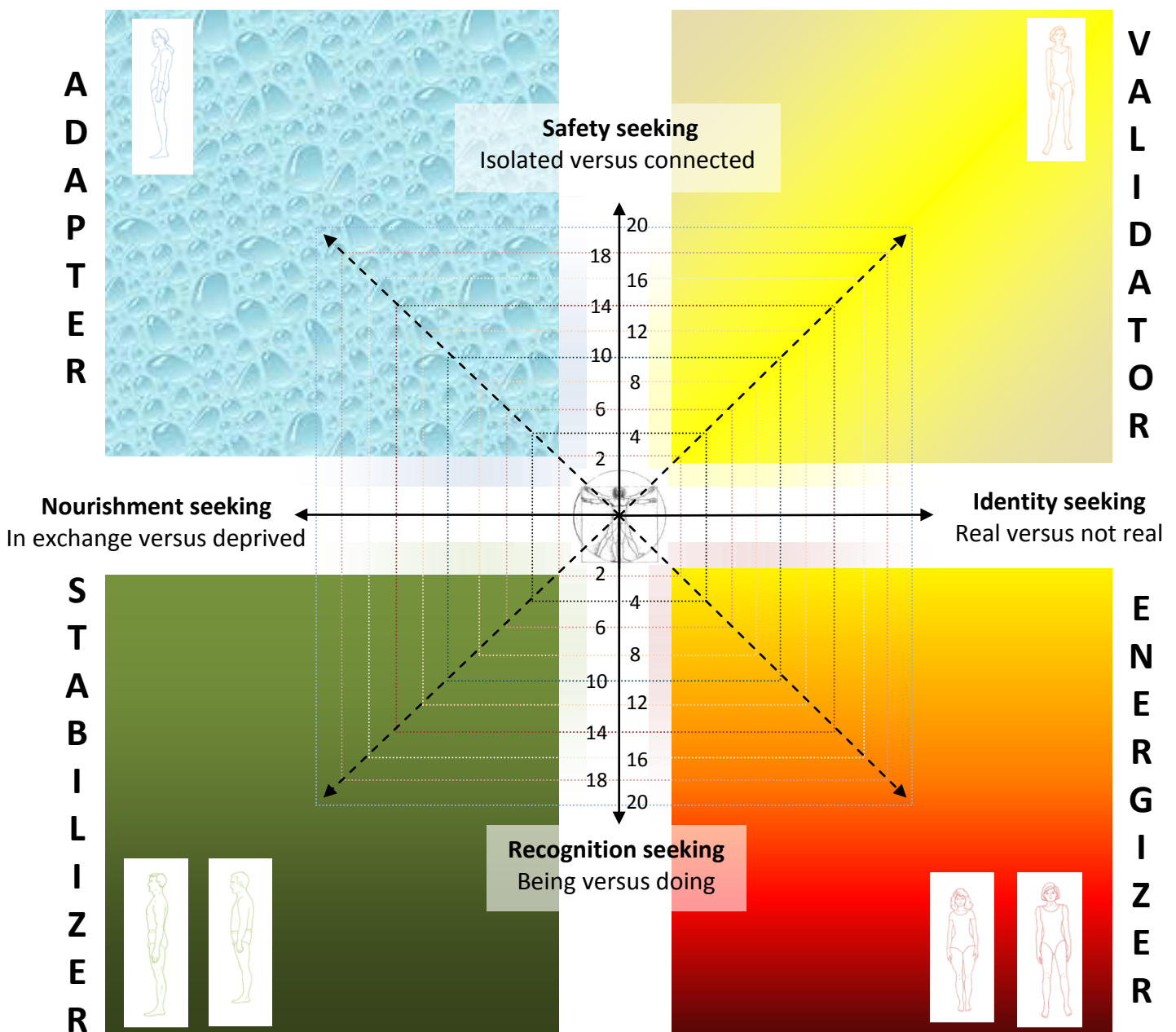
The following exercises will help you discover your uniqueness, imbalances, strengths and strategies to heal. You will be asked to apply either the raw score by plotting it as a shape similar to the example above, or as a % score for each exercise. When interpreting your raw score, high scores are your dominant functions (**Scores 14 & above**) and your low scores are your emerging functions (**Scores 6 & below**). The superior function is the one most available for conscious use, whilst the emerging function is the least conscious, but by the same token is the most attuned with the unconscious. The emerging function is the bridge to the unconscious and is the door through which all the figures of the unconscious come into consciousness. With your raw scores, from highest to lowest, write your letters above using the first letter of each archetype **S**tabilizer, **A**dapter, **V**alidator & **E**nergizer. This order represents your general centre of gravity, but keep in mind we can and do shift this order around depending on the specific context we're in.

Getting in touch with the emerging function (*the inferior or shadow side of yourself*) is a risky and demanding process. It is generally impossible to *bring up* the emerging function to the conscious level. It is more usual we fall down toward an open wound. Identifying your emerging function makes the fall a little gentler when you have a map like this in your hand. You will get the most out of this inventory if you work with your emerging function, by making it conscious. Understanding your unique gift and strengths can help keep you balanced. That is, being grounded in a superior function (**Raw scores 14 & above within any quadrant**) is important when uncovering newly emerging and potentially unstable parts of yourself. For the ideal SAVE relationships single profile, consider high raw scores (**above 14**) in combination with an even % distribution (**20-30%**) across the 4 temperaments as an extremely balanced and aware individual. Only 3% of the population have these scores. 7% have 1 dominant function and 3 emerging functions, and the rest of us have either 2 or 3 dominant functions and 1 or 2 emerging functions. But when filling the inventory out as a couple, your scores become bonded together to give you both a unique pattern of relating. The concept of what is ideal becomes relational, so use your scores to discover and develop relational authenticity. **For a general explanation of your temperament style (your highest % score) go to pages 33 to 36.**

Your Unique Shape

Use your raw scores to draw your unique shape, but this time overlap it with your relative or partner's shape. For example, if you score 10 in each quadrant you would chart a perfect square in the centre. If we score highly in some quadrants and low in others, this will pull our body shape out of balance due to too much following, leading, closeness or distance.

We usually have a centre of gravity (*the 2 highest scores*) which pull us in certain directions. When completing this as a couple pay attention to any opposites as well as similarities. Imagine trying to dance as two leaders (Stabilizer/Energizer), or two followers (Adapter/Validator), or too close (Adapter/Stabilizer) or too independently apart (Validator/Energizer), and imagine with your partner what the sex would or could be like in these combinations. Question your investment in maintaining systemic imbalances. The greater the polarity, the greater the sexual arc of tension. When completing it as a family, notice how each member may play a role to create the whole.



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Unravelling shame to sail through the rupture phase

Loving kindness and humility are two non-negotiable aspects we need to develop within ourselves. These are the two sails on your ship which require hoisting. Only then can dialogue between you and your partner be a successful exchange of communication, so you both move through the stage of rupture and into repair and reconnection. Ruptures commonly result in shaming one another until one of the pair retreats. Shame is the most crippling voice of the psyche. When we are made to feel wrong, it sets up a pattern of attacking others, attacking oneself, avoiding others and avoiding oneself. It dampens excitement (weakening the energizer) and leaves us feeling very unsafe (weakening the stabilizer), causing a leaky boat. It leads to blame, punishment, criticism, stonewalling, defensiveness, contempt, justification, resentment and vengeance. This is why dialogue is so important at the stage of rupture. Shame hides behind anger, fear and/or grief. So let's uncover it now in **6 steps**. Invite your partner to listen only. To validate, mirror and empathise without reactivity.

1. Tell your partner about a time in your childhood when you were shamed or humiliated. Let your partner know whether this experience has impacted your present relationship.
2. Talk about a time when you belittled your partner.
3. Talk about a time when your partner belittled you. (*as the listening partner, stay present*)
4. Now invite your partner to share that same process (*steps 1,2 & 3*) with you, then move to step 5.

