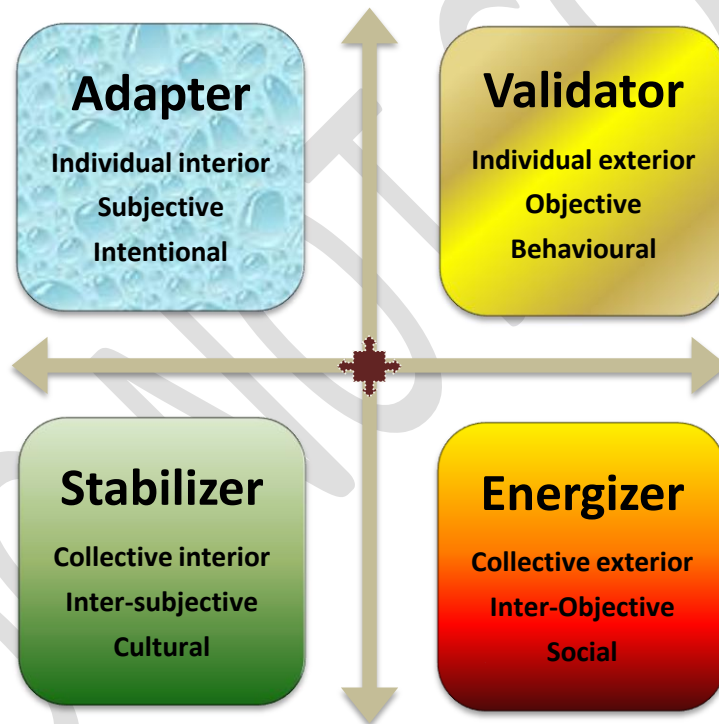


SAVE Relationships Inventory

Stabilizer ☼ **Adapter** ☼ **Validator** ☼ **Energizer**

A guide to understanding your relationship
to yourself and others



Nic Morrey

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Foreword



Welcome to a new and courageous view of yourself and those around you. I hope you receive insight from this inventory, to use it not only to help yourself, but also to help others where you have been helped. Treat this inventory lightly and please don't just accept these models without testing them out. The map is only a good fit if it makes sense to you personally. Some pages will resonate with you more than others and some will help you set up questions of enquiry about yourself and an intimate partner, your relationship to the world, and your spirituality. This inventory is both detailed and simple and is to be used by practitioners called to service as well as for personal enquiry.

This work stands and builds on the shoulders of giants and uses the gems of contemplative spiritual traditions and contemporary psychological, philosophical and scientific schools of thought. My aim has been to bring together this vast historical body of knowledge and create a consolidated piece of work in a user friendly format which addresses some of the unanswered questions that have contributed to our age-old levels of anxiety and depression which has awaited 21st century collective resolution.

I encourage you to question these diagrams, tables and questionnaires and discover whether they are true for you (Ethos), and don't let them get stuck in the head as intellectual conversation pieces (Logos). Feel into the work (Pathos) and apply an integral life practice to know yourself in the fullest sense. The *SAVE* relationships inventory will help you do this.

Based on the works of Kabbalah, and our/my contemporary teachers Carl Jung, Ken Wilber, Helen Fisher, Harville Hendrix, Stan Tatkin, Robert Masters, Jun Po Denis Kelly, Puran Bair, Halko Weiss, Bert Hellinger, Martin Ucik, John Gottman, Alejandro Jodorowsky, David Keirsey, Ned Herrmann and Carolyn Myss to name a few, this inventory synthesizes a fresh and novel application. This inventory is based solidly in 4 quadrants, underpinned by temperament (genetic) and attachment style (acquired) factor research. The colours used are drawn from Judea/Christian temperament studies. When we begin to use our '*tetrahension*' (*thinking in groups of 4, p37*), we can then open up to a self which is no longer caught by itself. The aim of the inventory is to firstly find the ground of one-self. The second aim is for you to discover more freedom. The *SAVE* relationships inventory is a journey toward peace with yourself and others.

My eternal gratitude to Dr Tania van Megchelen for her wonderful editing support and to my wife, for unwavering love in its many forms, her grounding, encouragement and co-conspiring. Stay tuned for the accompanying inventory manual titled ***The 4 faces of Love***.

Thank you for joining me on this journey
Warm regards,

A handwritten signature in black ink, appearing to read 'Nic Morrey'.

Nic Morrey

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

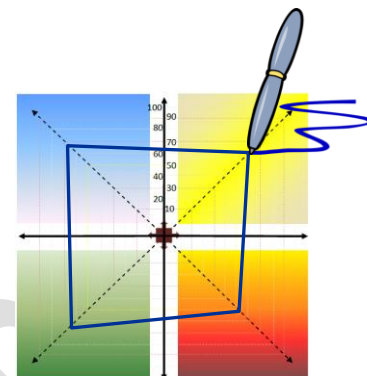
20. When conflict strikes, I:

- 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) _____
 % Score: (S) _____ (A) _____ (V) _____ (E) _____

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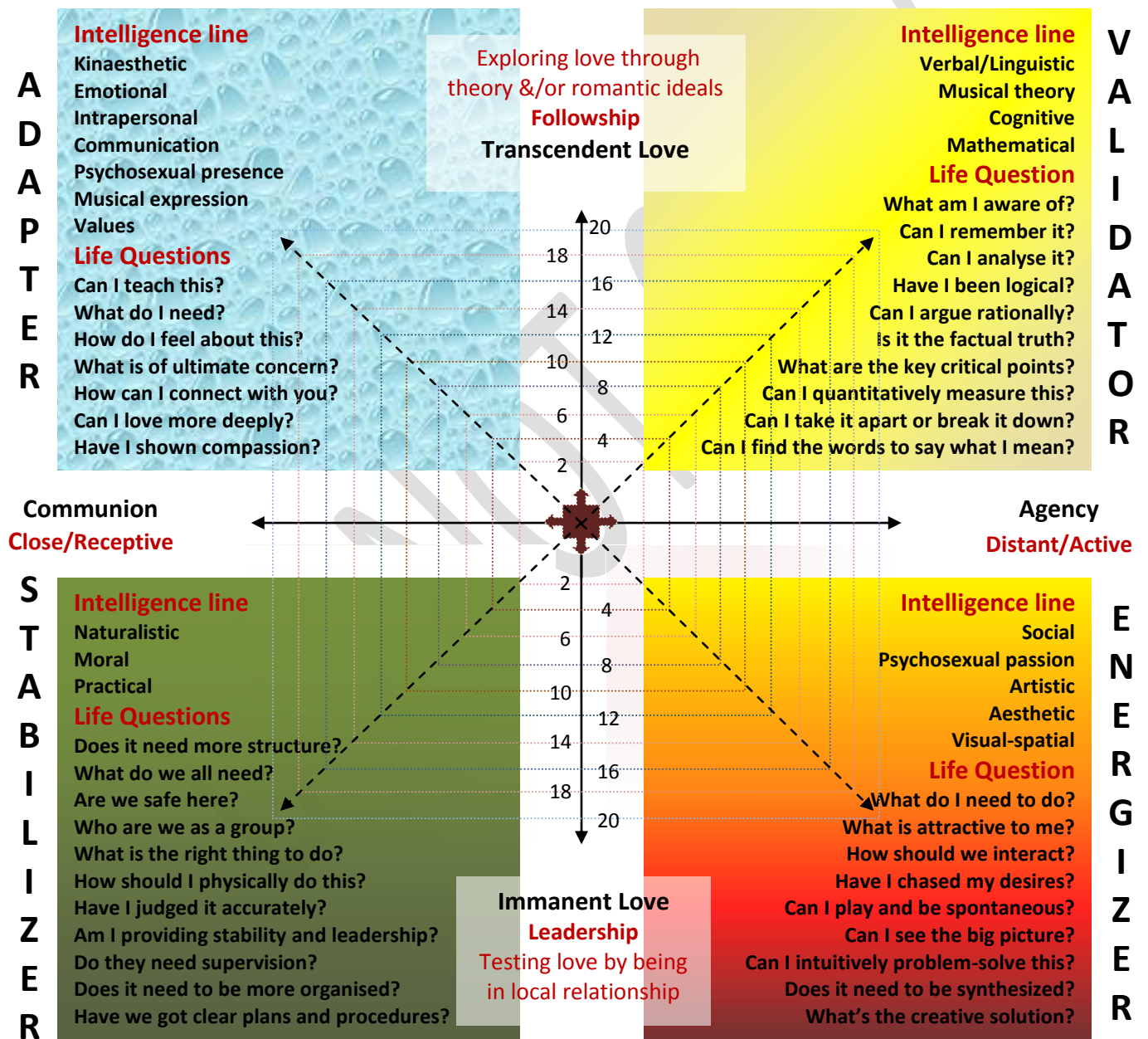
Interpreting your score

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**apter, **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 Lines of Intelligence

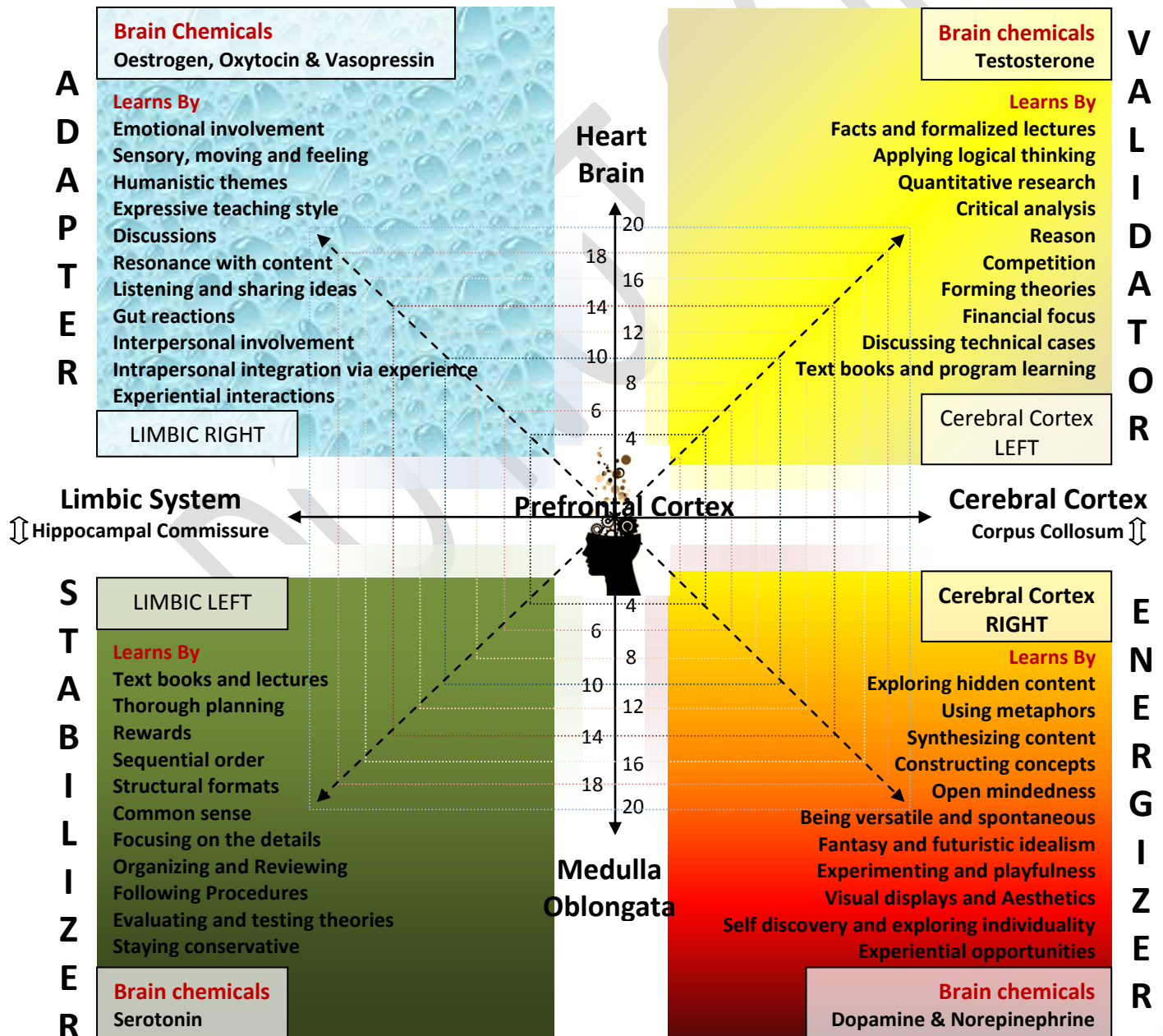
Use your raw score and draw your unique shape on the graph below by plotting 1 point on each of the 4 diagonal dotted lines. Shape examples are found on pages 39-40. Which intelligence lines have you developed due to an interwoven mixture of your level of anxiety and your temperament? Think of your anxiety as a force leading you into an area which needs resolution, guiding you toward developing your unique lines of intelligence. Scores above 12 in any of the 4 quadrants suggests 2nd tier intelligence. Scores above 16 suggest entering 3rd tier intelligence but it is usual that other areas are sacrificed when all eggs are in the one basket. When thinking about scores 4 & under, read the life questions and be inspired to find some of the answers to your emerging function.



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Your Super Brain & Learning style

Which parts of the brain do you rely on more than other areas? Your raw scores will give you an indication of left (**Validator/Stabilizer**) and right (**Adapter/Energizer**) hemisphere activity in both the limbic system (**Stabilizer/Adapter**) and the cerebral cortex (**Validator/Energizer**). Within each quadrant there are also associated hormone and brain chemical activity that promote love, reason, intimacy, connection, stability and competition. In the centre, the prefrontal cortex acts as CEO, keeping the whole brain in check. *Even + High* raw scores within each of the 4 quadrants would give us a larger capacity to tolerate difference and become responsible CEO's to ourselves and within family and corporate systems. The Corpus Collosum's 300 million axonal fibres allow the Validator and Energizer to connect whilst the Hippocampal Commissure connects the Adapter and the Stabilizer. The Adapter and the Validator connect via the heart. Did you know you have brain cells within your heart? These are the cells which connect you to your higher self. Emotional intelligence is found in the upper quadrants, when we balance feeling and thinking. The Stabilizer and Energizer connect by making peace with our deepest drives in the primitive brain. In the lower quadrants, our most primitive brain keeps us functioning and surviving. Damage to this area will effect respiration, circulation & libido. If we are stuck in any one part of the brain, creativity becomes stunted and we fall short in our potential for deeply fulfilling relationships. The Adapter and Energizer connect via intuition and the Stabilizer and Validator connect via rationality. Identify your lowest raw score and notice why you don't get on so well with certain people in your life who most likely have a different learning style to you. The reason why you get on well with certain other people is due to sharing similar learning styles and neuronal pathways in the brain.

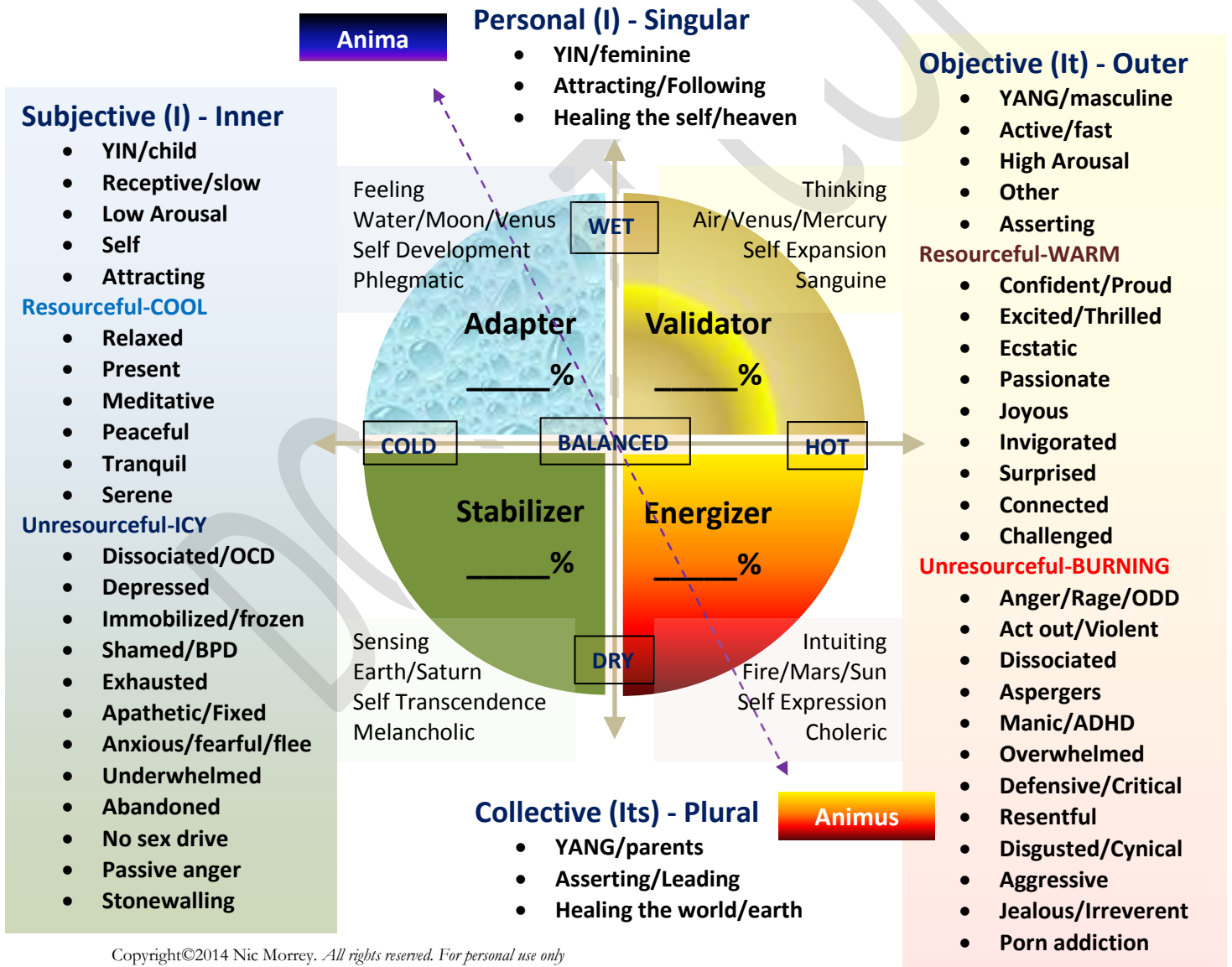


The Temperature of your Temperament

Here's an overview diagram. Unrest is caused by an unequal distribution of energy. With your % scores, notice if your centre of gravity is...

1. **Dry:** (Bottom) Stabilizer/Energizer = too much external focus, desiring to be seen and be connected... or
2. **Wet:** (Top) Adapter/Validator = too much focus on internal personal thoughts and feelings... or
3. **Hot:** (Right) Energizer/Validator = too active, independent and in need of cooling down...or
4. **Cold:** (Left) Stabilizer/Adapter= too passive, co-dependent and in need of warming up

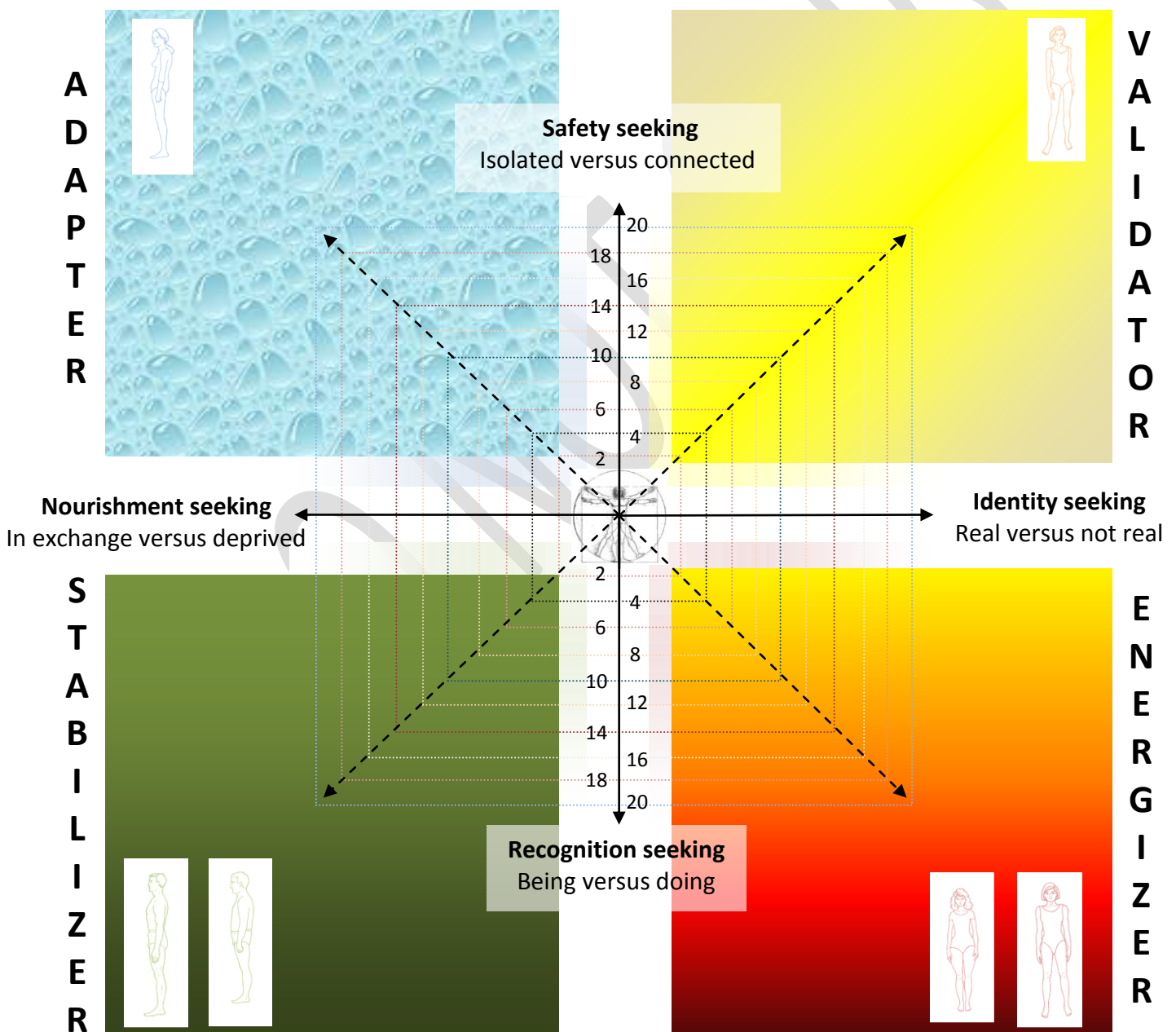
✳️ There are many relationship worlds within the model below, e.g. I-It, I-It's, I-I, It-It's, but love can only be forged as a 'we or thou' when the opposing resisting perspective is understood. Each half is ruled by the other half. We know when we're truly in an interdependent relationship because it feels like a miracle. In your relationship, have you attracted a low arousal (submarine) or high arousal (aeroplane) mate? Chances are one if not both of you will need to regulate your arousal levels so you meet in the middle. We need to choose whether to be *right* or *in relationship*.



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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The Art of Communication

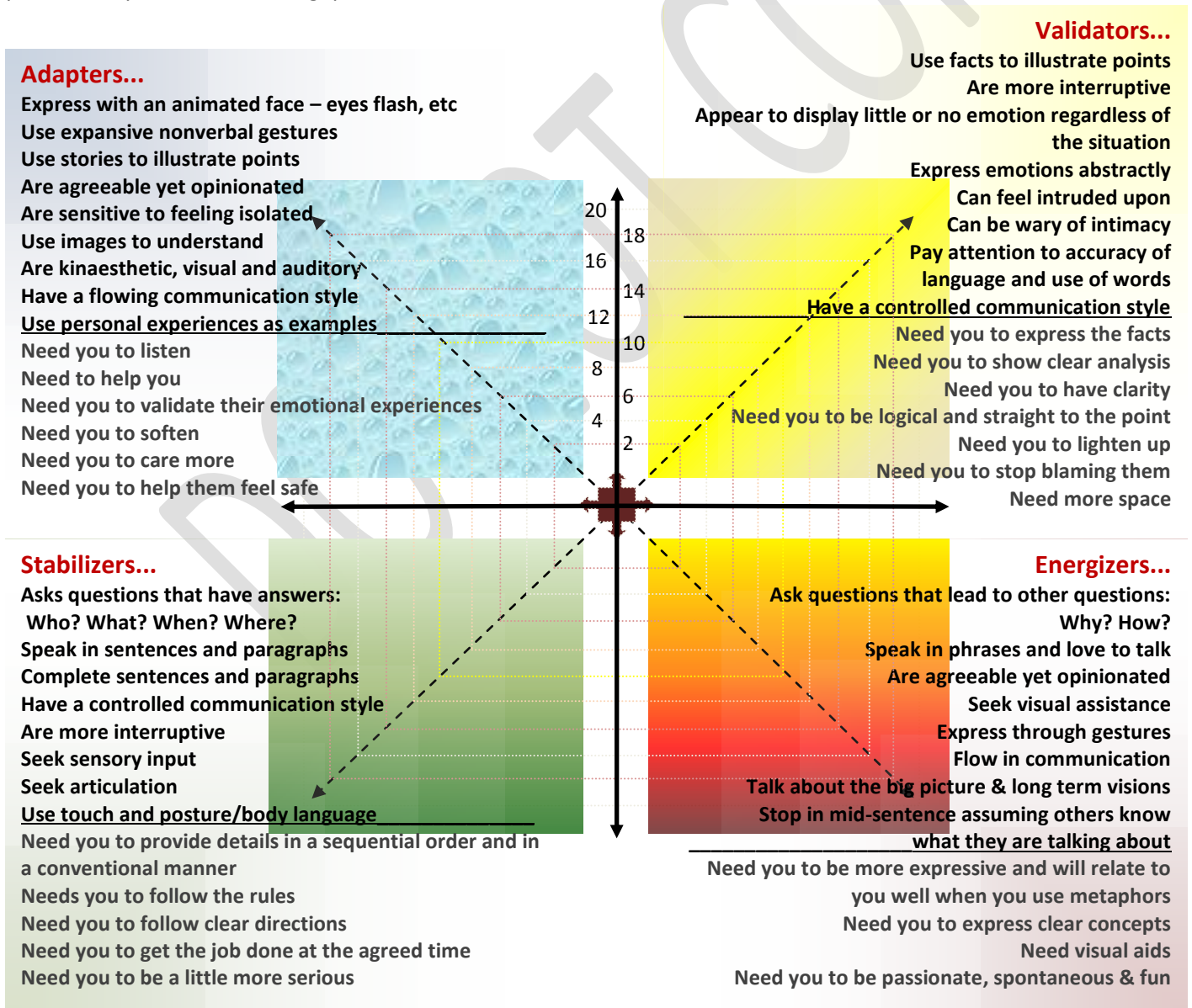
Turning Vices into Virtues

Precision of communication is extremely important. Language use is central to developing connection. It is very easy to be misinterpreted. As Goethe said, “no-one would talk much in society if he knew how often he misunderstands others”. Use this list below to identify the negative words (*on the left*) you use toward your partner. Now see if the use of a more positive word (*on the right*) with a similar meaning has more likelihood of both of you making that necessary connection. The 4 lines at the bottom are for you and your partner to think of other negative to positive examples you may use together to enhance feelings of understanding. Use pages 30 & 31 to find more vices and virtues of each of the temperaments.

Stabilizer		Adapter		Validator		Energizer	
Negative	Positive	Negative	Positive	Negative	Positive	Negative	Positive
Plodding – Steadfast		Clingy – Tenacious		Manipulative – Socially adept		Overbearing – Commanding	
Ponderous – Stable		Unreliable – Flexible		Self absorbed – Individualistic		Pushy – Encouraging	
Impervious – Unruffled		Seductive – Magnetic		Cunning – Smart		Superficial – Gracious	
Stubborn – Persistent		Neurotic – Sensitive		Critical – Discerning		Fanatical – Passionate	
Envious – Watchful		Possessive – Loyal		Calculating – Organised		Show off – Impressing	
Tight ass – Thrifty		Subservient – Deferential		Fault finding – Discriminating		Irresponsible – Adventurous	
Unexcited – Relaxed		Incompetent – Inexperienced		Clinical – Objective		Overzealous – Enthusiastic	
Pompous – Presumptuous		Wimp – Gentle		Inspid – Harmless		Brash – Outspoken	
Pedantic – Precise		Naive – Innocent		Patronising – Compassionate		Scattered – Expansive	
Too earnest – Pure intent		Pushover – Adaptable		Sceptical – Scientific		Difficult – Challenging	
Workaholic – Industrious		Gullible – Trusting		Worrisome – Thoughtful		Careless – Carefree	
Inflexible – Staunch		Coward – Timid		Isolated – Independent		Tactless – Frank	
Mechanistic – Practical		Lost – Searching		Imposes ideas – Convincing		Restless – Energetic	
Offensive – Embarrassing		Childish – Childlike		Impractical – Idealistic		Fool hardy – Courageous	
Dictatorial – Authoritative		Unassertive – Humble		Noncommittal – Broadminded		Lustful – Sensual	
Hard – Solid		Gullible – Innocent		Manipulative – Strategic		Impatient – Anticipating	
Blunt – Direct		Corny – Poetic		Nerd – IT Savy		Impulsive – Spontaneous	
Stingy – Economical		Cheesy – Romantic		Egghead – Academic		Set back – Pausing	
Rigid – Stable		Open – Non committal		Power hungry – Ambitious		Reckless – Daring	
Passionless – Cool				Scheming – Designing		Unrealistic – Theoretical	
Controlling – Assertive				Picky – Particular		Noncommittal – Impartial	
Greedy – Acquiring				Uncaring – Detached			
Dogmatic – Principals				Fake – Unnatural			
Obsessive – Precise				Unemotional – Reticent			

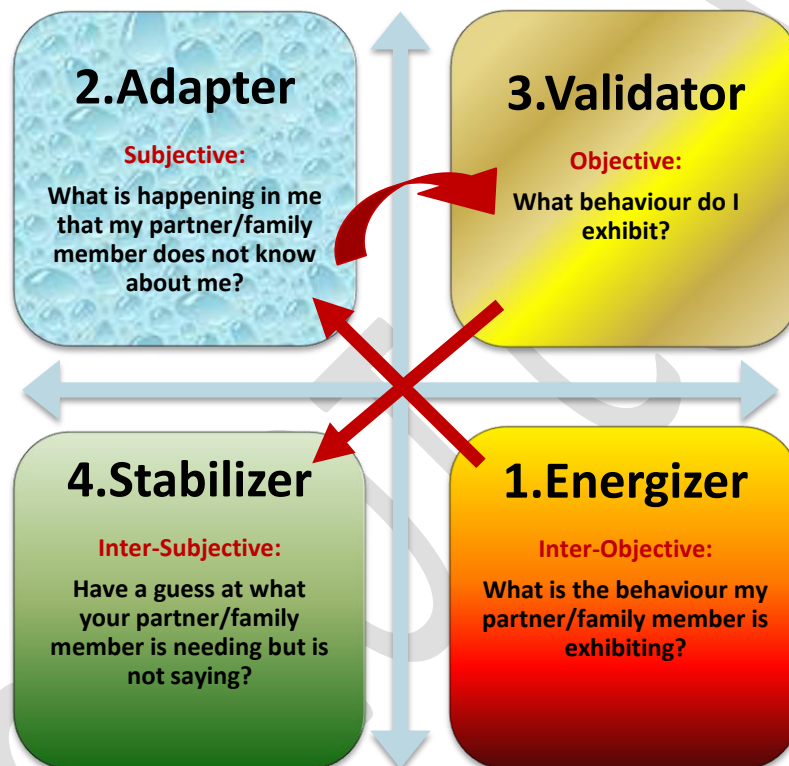
Communicating with your partner

Effective communication between you and your partner is not a given. Firstly notice in what quadrant you are most similar. The more similar your shapes, the more similar your style of communication will be and level of understanding each other. On the surface similarity sounds like a good thing, but it can promote boredom and/or competition. If our purpose is to become whole, a partner who has a different shape will challenge you to find new and more effective ways of communicating with them and others in general. Keeping in mind that single dominance is rare (7% of the population), let's look at how each archetype gets on with another. Adapters and Energizers have very compatible communication styles (smooth, intuitive and right brained), as do Validators and Stabilizers (direct, rational and left brained). Communication gets more challenging between Adapters and Stabilizers and between Validators and Energizers. The most misunderstandings and confrontations occur between Adapters (feelers) and Validators (thinkers) and between Stabilizers (fixed) and Energizers (spontaneous), yet are potentially the most rewarding. With the greatest challenges comes the most reward. It is usual that for Validators and Adapters to get on well, and for Stabilizers and Energizers to get on well, there needs to be a third person to manage and hold tension. This could be a parent between two children, a child between two parents, a facilitator, a therapist or work colleague who act as a communication channel or bridge between two opposites. Most relationships come to a stage of needing to grow and change. Remaining stuck in your corner with your particular language and view will lead to dissatisfaction for both you and your partner with no winners. The aim is to connect so take a note of what each of you need and give it to each other. This will give you both a deep sense of love, trust and security to then explore other aspects of yourself within your partner's quadrant or your lowest scoring quadrant.



4 Questions that lead to Understanding

- * Think of an event full of conflict and tension between you and someone you care about (e.g. partner or family member). Now start by answering question 1. and end at question 4. Be interested in which question is more difficult to answer. *Question 1.* will develop your insight. Behaviours need more attention before concluding or judging. *Question 2.* will help you develop your inner witness as you observe yourself in its parts. *Question 3.* will help you develop self regulation and the need to hold the experience without acting out. *Question 4.* will help you to develop empathy and an ability to take more than your own perspective.
- * Even though the problem feels as though change needs to be implemented in box 1, (*changing your partners behaviours*), you will find that change comes more easily when we get to box 4.



- * For questions 1, 2 & 3, find the appropriate characteristic for the experiences. Page 30 (The SAVE Vices) will direct you. Think of a character in a story also like this and write the characteristic and character on lines 1, 2 & 3 below.
- * For question 4 *the Stabilizer enquiry*, write on line 4 what your partner or family member is needing but not saying. Page 31 (Life force SAVE qualities) will direct you.

1. Energizer enquiry: _____

2. Adapter enquiry: _____

3. Validator enquiry: _____

4. Stabilizer enquiry: _____

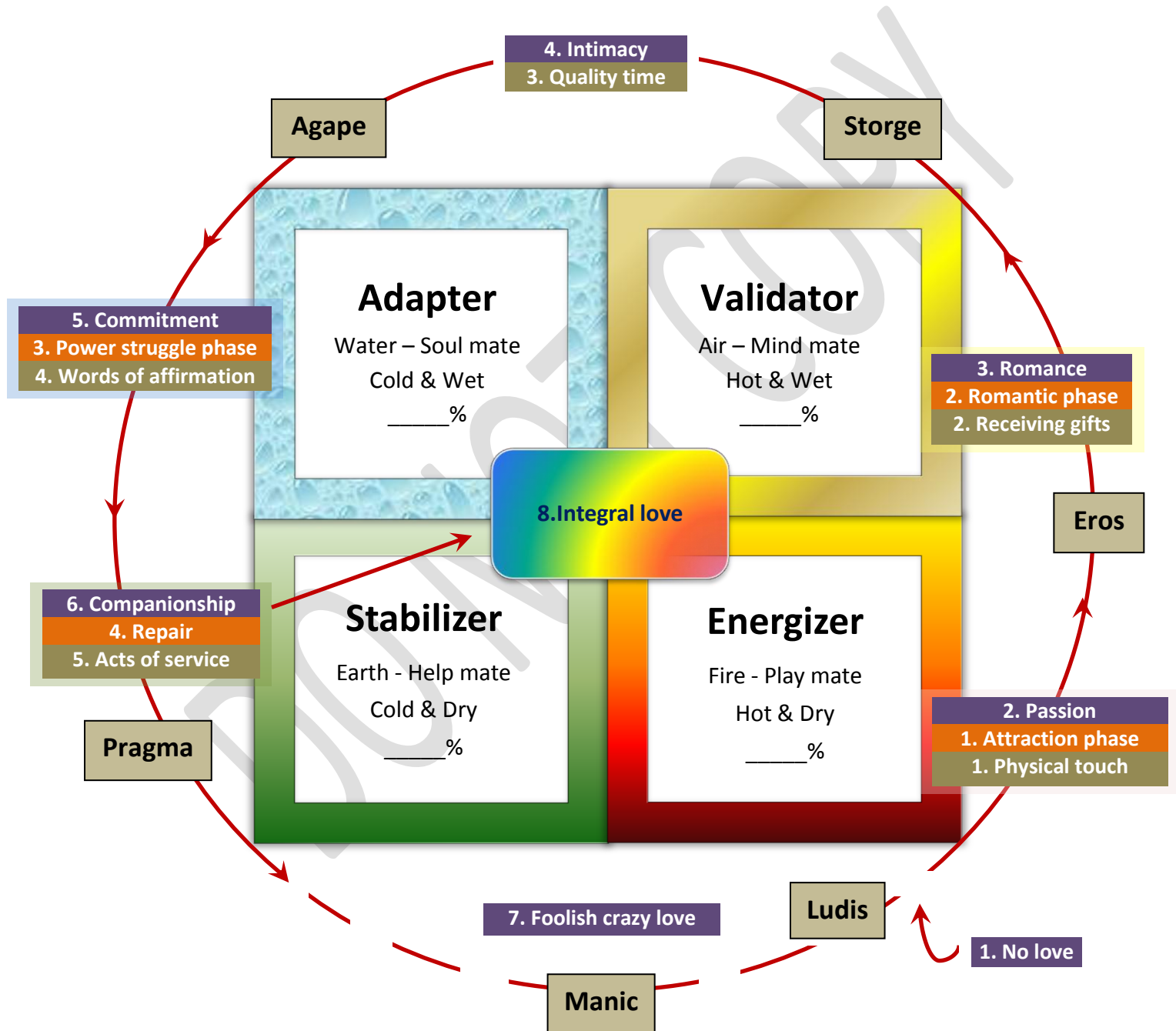
Pathways of love

Key

Using your % scores ask yourself...

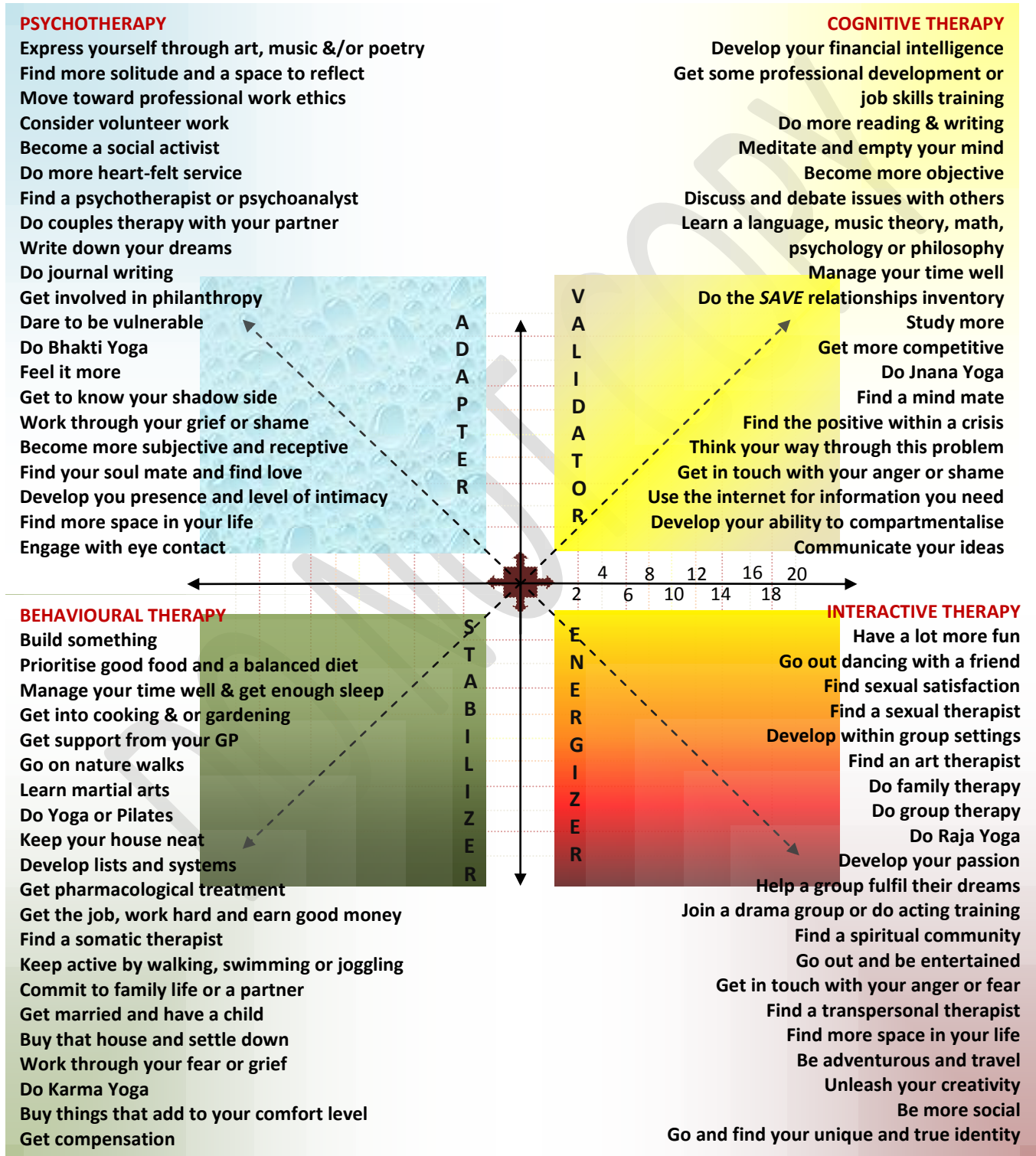
8 Forms of love	Which form of love do you prefer, and which form do you avoid?
5 Love languages	Which love language do you need more of, and which do you have enough of?
4 Imago phases	Which phase of love do you get stuck in that prevents you from entering integral love?

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What's your Therapy?

This exercise will give you guidance toward finding an activity or direction which will help you strengthen any of your weaknesses. A low 3% of the population work in all 4 quadrants well so it's normal to be particularly low scoring in at least 1 if not 2 quadrants. Using your lowest raw score, go to that quadrant and challenge yourself by committing to at least one of the therapeutic treatment methods below. Over functioning in one quadrant can also be an indicator for identifying your issues, but use the next page for this 'Identifying your exit strategies'.



I can get too personal
 I can be overly sensitive and emotional
 I can be overly tolerant
 I am very needy
 I seek peace when in conflict
 I am often unwell
 I get tired a lot and want to sleep
 I often pick fights and see the negative
 I hold back from natural pleasures
 I have an anger phobia
 I am a watcher more than a doer
 I spend a lot of time on the phone
 I don't trust a lot of women
 I am forgetful

Highlight your exit strategies

within your highest and/or lowest % scores

Exits from
showing up in
the world

I think others are against me
 Control is an important issue for me
 I study a lot
 I don't do 'nice'
 I can be a bit of a loner
 I can't find the right job
 I am out of touch with my body
 I need someone to take care of me
 I spend a lot of time on the computer
 I don't communicate very well
 I detach myself from situations easily
 I don't trust a lot of men
 I fantasize whilst making love
 I avoid eye contact and tend to withdraw
 I am not needy and I avoid fuss
 I am outraged if I am criticized unfairly
 I watch sport but don't play it
 I have been told I am insensitive

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O
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v
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I reject enthusiasm and zest
 I avoid large gatherings
 I listen too much
 I over volunteer
 I can feel so alone
 I avoid fine print details
 I think of others more than myself
 I cannot demand things from others
 I have a tendency to cling to people
 I end up with cold, rejecting people
 I am always processing in relationship
 I can feel like a child in an adult world
 I am attracted to charismatic or controlling people

20
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12
10
8
6
4
2

V
A
L
I
D
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T
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R

I am extremely rational
 I abhor victims
 I get angry very easily
 I usually put my needs first
 I am very competitive
 I am very critical and impatient
 I really don't understand her/him
 I don't let others protect or guide me
 It is hard to let others do things for me
 I don't prioritise intimate relationships
 I don't really think about my appearance
 I lose people when I am too abstract
 I am not very emotional

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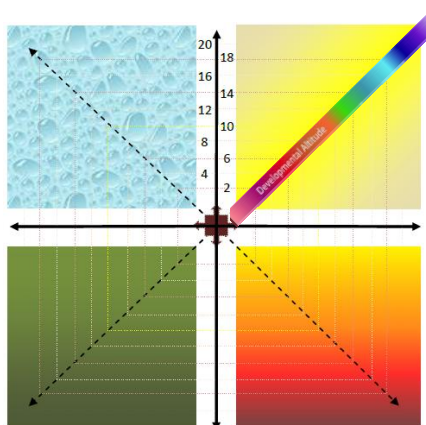
I avoid people who are too casual and easy going
 I spend too much time with the kids
 I am married to my work
 I avoid idealism and curiosity
 I spend a lot of time playing sport
 I am right and I win
 I get depressed
 I totally commit and never give up
 I fall asleep on the couch
 I abhor laziness
 I go to the gym a lot
 I avoid romanticism and prefer realism
 I don't trust that group at all
 I am quite resistant to change
 I have a lot of fear
 I sit back in my achievements
 I am extremely efficient
 I am very self-disciplined
 I don't rest enough and can't afford to be vulnerable
 I hate making mistakes
 I am never quite good enough
 I know what is best in most situations
 I toughen up when under emotional pressure
 I push myself so hard
 I never have enough time
 I must follow traditional values
 I am very strict when setting boundaries & routines
 I would never get divorced
 I don't take risks
 I must prove my worth

Exits from
Aloneness

I leave the boring and routine tasks to others
 I think about my appearance a lot
 I really enjoy company of the opposite sex
 I have lots of things going on in my life
 I don't accept others constraining me
 I am more of a leader than a follower
 I seek applause and recognition
 I like being in the spotlight
 I can get too enthusiastic
 I do create a drama
 I have had affairs
 I hate being left out
 I act on impulse
 I am always in contact with lots of friends
 I don't stay with one partner too long
 I have been known to talk too much
 I can't deal with things being too structured
 I avoid feeling lonely
 I am really playful and spontaneous
 I often masturbate and think of sex all the time
 I have weak boundaries
 I can get a little too manic
 I don't believe in marriage
 I do tend to over-emphasize the positive
 I'm attracted to high status good looking people
 I tell white lies and bend the truth
 I lose patience with average leadership
 I have high ideals to maintain
 I must maintain my image and status
 I need to stand out and shine

Find your true colours together

The 4 colours (dark GREEN, azure BLUE, golden YELLOW, flame RED) are used to represent the 4 quadrants based on the Judea/Christian representation of the elements (EARTH, WATER, AIR, FIRE). Now use the integral rainbow as a developmental altitude scale (INFRARED to TURQUOISE) and discover a possible meaning to your specific raw scores and associated 4 colours (1 rainbow colour within each quadrant). Find your 1 developmental altitude colour within each quadrant as well as your partners within that same quadrant. Think of yourself as attempting to have 4 types of relationships with your 1 partner; cognitively, emotionally, materially and playfully/sexually. Using the graph below, discover how in some quadrants you will meet well and others you won't. Remember that in every relationship, conflict is normal. Write down on the coloured lines below how you match your partner within each quadrant using the phrases from the table below. Use this page to stimulate a conversation that aims toward getting the love you desire from each other now that the gaps have been more defined.



Mind mate

(Validator): _____

Soul mate

(Adapter): _____

Help mate

(Stabilizer): _____

Play mate

(Energizer): _____

♀ \ ♂	1-2 Infrared	3-4 Magenta	5-6 Red	7-8 Amber	9-10 Orange	11-12 Green	13-14 Teal	15-16+ Turquoise
15-16+ Turquoise	Caretaker/ Dependent	Caretaker/ Dependent/ Magic Connection	No Partnership	Friendship	Mentor Friendship Lovers	Mentor Friendship Lovers	Co-creation/ Opposites	Inter-being
13-14 Teal	Caretaker/ Dependent	Caretaker/ Dependent	No Partnership	Friendship	Mentor Friendship Lovers	Mentor Friendship Lovers	Co-creation Opposites and equals	Co-Creation/ Opposites
11-12 Green	Caretaker/ Dependent	Caretaker/ Dependent Pre/Trans Fallacy	Pre/Trans Fallacy	No Partnership	Confusion Frustration Incompatible	Feminine Masculine role reversal Incompatible	Mentor Friendship Lovers	Mentor Friendship Lovers
9-10 Orange	Caretaker/ Dependent	No Partnership	Trophy Wife/ Boy Toy	Opposites not equals Incompatible	Independence Equals/ Not opposites Incompatible	Confusion Frustration Incompatible	Mentor Friendship Lovers	Mentor Friendship Lovers
7-8 Amber	Caretaker/ Dependent	No Partnership	Frustration/ Incompatible	Co-creation/ Opposites not equals	Opposites/not Equals Incompatible	No Partnership	Friendship	Friendship
5-6 Red	No relationship	Red abuse of Magenta	Co-dependence Marry-Divorce Cycle	Frustration/ Incompatible	Trophy Wife/ Boy Toy	Pre/Trans Fallacy	No Partnership	No Partnership
3-4 magenta	Survival Bond	Survival Bond	Red abuse of Magenta	No Partnership	No Partnership	Caretaker/ Dependent Pre/Trans Fallacy	Caretaker/ Dependent	Caretaker/ Dependent Magic Connection
1-2- Infrared	Survival Bond	Survival Bond	No Relationship	Caretaker/ Dependent	Caretaker/ Dependent	Caretaker/ Dependent	Caretaker/ Dependent	Caretaker/ Dependent

For more info go to Martin Ucik's compatibility matrix link @ <http://www.integralpsychology.org/integral-relationships.html>

Narrate your stage of development

- ✳ Create your unique sentence with your raw scores. Start with your highest score and go around clockwise. Be creative with your sentence structure so your 4 phrases fit together smoothly.
- ✳ Now create your new sentence by choosing the sentence from the colour category above the one you're in. This sentence can be written as your next life stage challenge.

↑		
<p>My love life is full and I'm ready to move into action</p> <p>I can leave one emotional world to establish another</p> <p style="padding-left: 40px;">I have such a fullness of heart</p> <p style="padding-left: 40px;">I am in service to others and I love this work</p> <p style="padding-left: 40px;">I have met my soul mate and mirror love</p> <p style="padding-left: 40px;">I am emotionally swept off my feet by this love</p> <p>With friends, fidelity & family I feel emotionally stable</p> <p style="padding-left: 40px;">With the excitement of new romance</p> <p style="padding-left: 40px;">I dream about love and am preparing myself for it</p> <p style="padding-left: 40px;">I have infinite possibilities of loving and hating</p>	<p>19-20</p> <p>17-18</p> <p>15-16</p> <p>13-14</p> <p>11-12</p> <p>9-10</p> <p>7-8</p> <p>5-6</p> <p>3-4</p> <p>1-2</p>	<p>I am able to listen with a love of clarity</p> <p>This is an illuminating and positive crisis</p> <p>I experience '<i>empty mind</i>' in meditation</p> <p>I am finally becoming more receptive</p> <p>WOW.. there is joy in thinking</p> <p>That is exactly what I needed to know</p> <p>I can use my rationality to solve this</p> <p>With budding intellectual enthusiasm</p> <p>I'm thinking too much without action</p> <p>What I think becomes my reality</p>
<p>I have material potential: health, money, house, work</p> <p style="padding-left: 40px;">I make promises but can't yet sign the contract</p> <p style="padding-left: 40px;">I'm starting to get used to being in the world like this</p> <p style="padding-left: 40px;">In good health, sufficient finances & stable company</p> <p style="padding-left: 40px;">I need to try this out as it will be physically beneficial</p> <p style="padding-left: 40px;">Who said there wasn't pleasure in prosperity</p> <p style="padding-left: 40px;">I can turn lead into gold</p> <p style="padding-left: 40px;">I have sound health and prosperity</p> <p style="padding-left: 40px;">I can complete my work in rest and material comforts</p> <p style="padding-left: 40px;">This prosperity engenders bursting creativity</p>	<p>1-2</p> <p>3-4</p> <p>5-6</p> <p>7-8</p> <p>9-10</p> <p>11-12</p> <p>13-14</p> <p>15-16</p> <p>17-18</p> <p>19-20</p>	<p>My creativity & sexuality is in a state of potential</p> <p>I have all this accumulated sexual energy</p> <p>I really want to experience that pleasure again</p> <p>I routinely channel my creativity and sexuality</p> <p>What is this emerging desire? I need to chase it</p> <p>I can receive total creative and sexual pleasure</p> <p>I can give total sexual and creative pleasure</p> <p>I can now focus this energy and create my dream</p> <p>I can leave this and do that now</p> <p>With this creativity I touch the core of us</p>
↓		

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Create your unique sentence

Create your new sentence

Are you in touch with your archetype?

Identify your unique journey. Archetypal stories are deep and eternal. They link our own longing, pain & passion with those who have come before. Myth can give our lives significance as they teach us how to connect with the great cycles of the natural and spiritual worlds. With your two highest raw scores in mind, do you resonate with the roles listed next to the pictures of the archangels? Mythology has cornered 4 distinct ways of being in the world. This helps you to identify and create your story in your essence, strength & weakness.

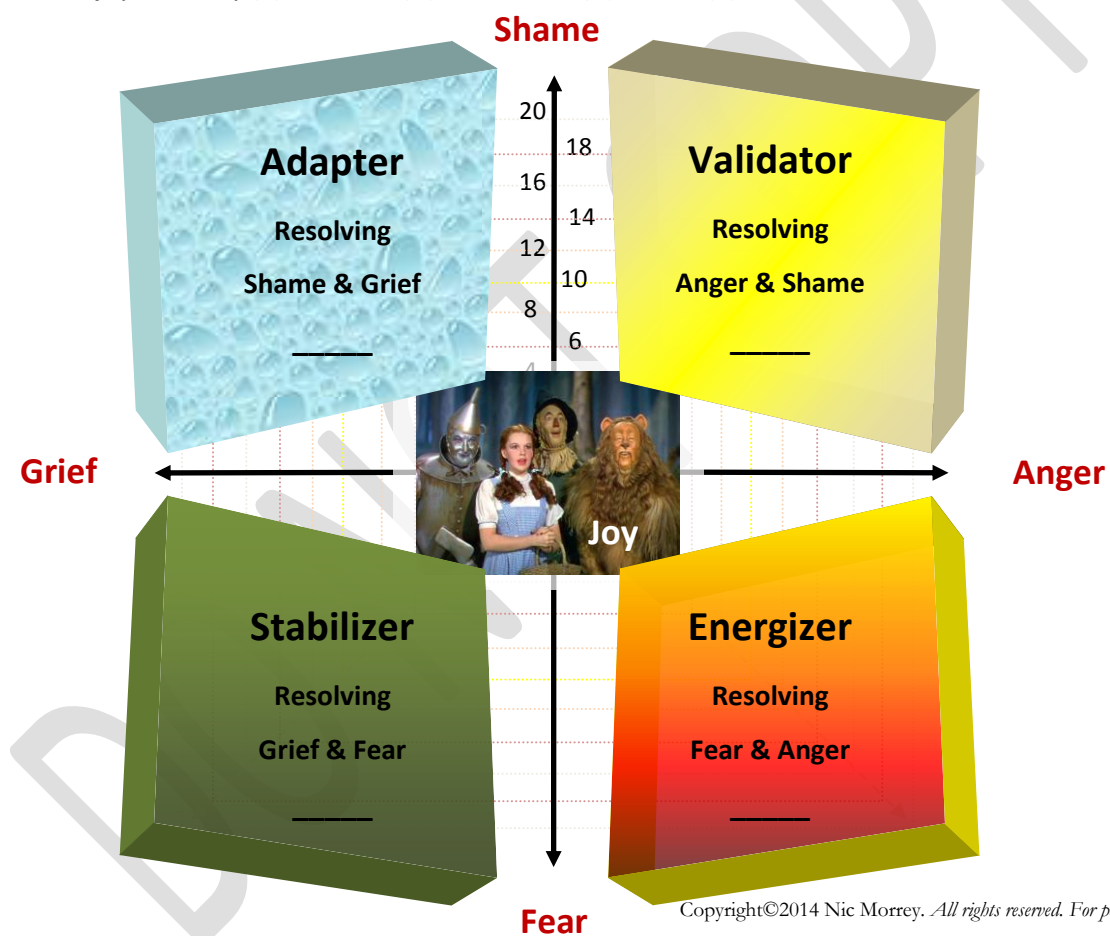


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Notice whether you lean toward passion, protection, presence or power. Who have you been scripted to be? How does this script limit your life? & what might be the gift or lesson in your script? Does your partner have qualities which are opposite to you? Notice the shadow archetypes under the line at the bottom of each list. They are unconsciously attracting an opposite archetype. For example, **The Lover** can only be complete by confronting the shadow of the Validator (*The Impotent lover*) and Energizer (*The Addicted lover*); or **The Warrior** who can only be complete by facing the shadow in the Stabilizer (*The Sadist*) and Adapter (*The Masochist*); or **The King/Queen** who can only be complete by facing the shadow in the Validator (*The Weakling*) and Energizer (*The Tyrant*); or **The Magician** who can only be complete by facing the shadow in the Energizer (*The Manipulator*) and Adapter (*The Denying Innocent One*). The archetypes in their fullness also attract each other; the warrior needs a lover and a king needs a magician and vice versa. Become conscious of your own archetypal story and begin to live your new found myth.

You're Energy in Motion

Use your raw scores to discover which of the *big 4* emotions you lean toward (*Shame, Grief, Fear & Anger*). Each temperament will amplify emotions to cover others. The aim is to connect to all 4 emotions evenly. To know yourself in the fullest sense each of the *big 4* must be experienced and transmuted from lead into gold. Joy depends on this process. The **Validator & Adapter** face unresolved feelings of persecution and shame. When fighting with your partner, understand that conflict only exists when one or both of you are feeling misunderstood. These feelings ask us to become more observant and connect deeply with the natural world. The **Adapter & Stabiliser** face unresolved loss & abandonment in order to become more present, reflective and allow inner knowing to emerge. 99% of couple trouble comes from not being 100% present. The **Stabilizer & Energizer** face unresolved fear in order to find courage and confidence. The fear softens knowing that both partners in a relationship are the problem, and both are the solution. The **Energizer & Validator** face unresolved Anger in order to find passion, invigoration, endurance, clarity & intelligence. So lower your defences so your partner becomes your ally and not your enemy and attempt to see that conflict is just growth trying to happen. In order, the heroine & hero's in the wizard of Oz express the transmuting of these emotions to find joy; Dorothy (**S**), Tin Man (**A**), Scarecrow (**V**) & Lion (**E**).

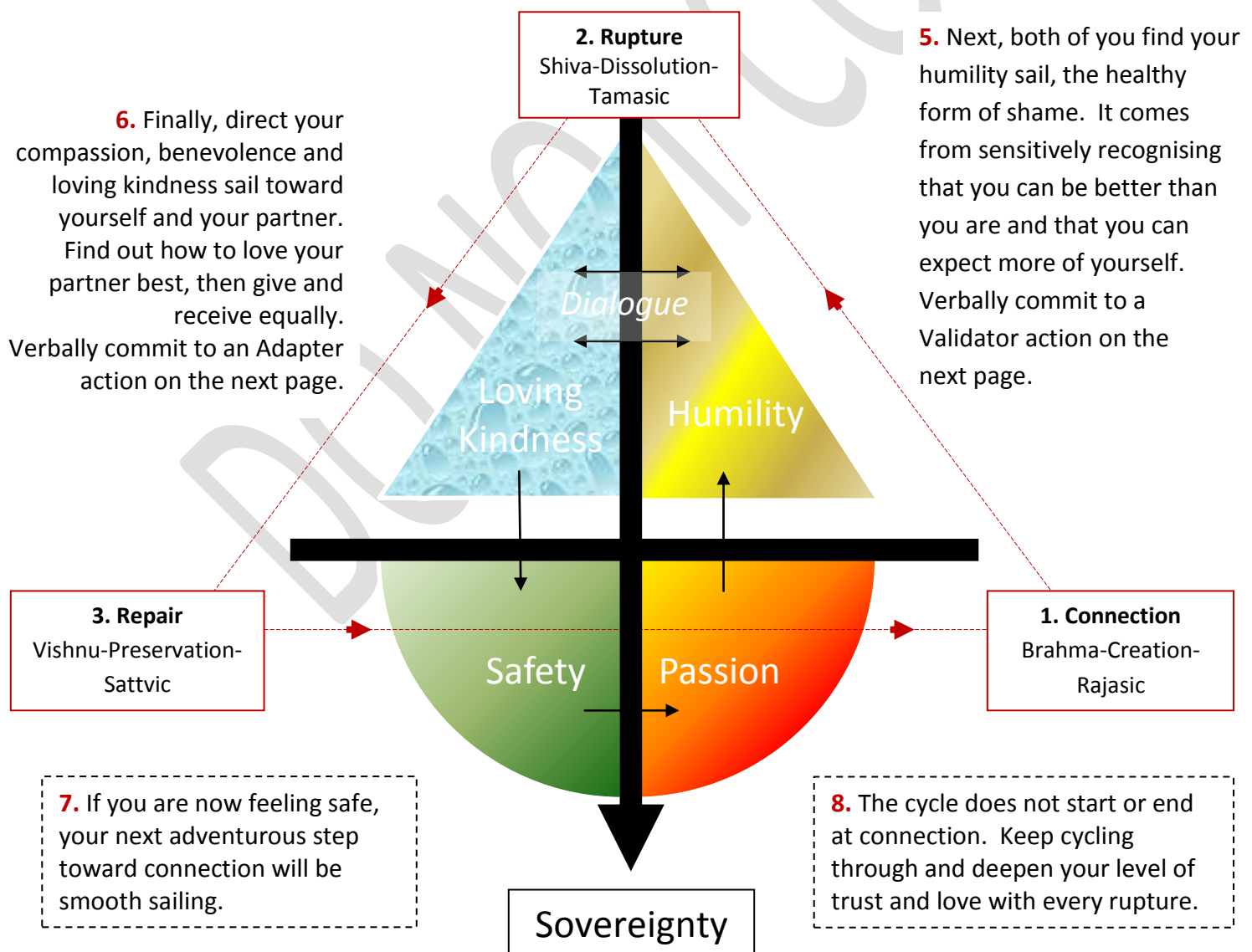


- ✱ Identify whether you and your partner share similar emotional wounds or very different emotional wounds. Sometimes it can feel as though our partner does not understand or support our wounds at all, yet it is likely that both of you have found that someone who is giving you the greatest chance to give up your unproductive habits so you can return to relational authenticity. Keep in mind that they have their own wounds too. See both you and your partner as a wounded child in need of help. When your partner seems crazy, this is his or her attempt at trying to tell you how they feel, so look out for this. Listen with fresh ears and look for what your partner needs but is not directly saying they need. Shame with Anger brings insensitivity (*Validator*); Shame with Grief brings oversensitivity (*Adapter*); Fear with Anger brings guilt and mania (*Energizer*); Fear with Grief brings on depression (*Stabilizer*). Although your partner may express emotions which are difficult to connect to, underneath it all is a desperate call for love. So get that 'how I need to be loved' list from each other and hit the bullseye.

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.



Jewish Psychology

Use these exercises below to rebalance yourself via your actions. In Kabbalah, meaning 'to receive' there are 10 aspects to yourself, parts which need to be reintegrated into your psyche. We are just considering 4 of them for now; Loving-kindness, Humility, Discipline & Endurance. Using your highest % score, push yourself to be the best you can within that quadrant. That is, strengthen your strength even further. Consider the left side as a pair (Adapter & Stabilizer) and also the right side as a pair (Validator & Energizer). When you begin to change one quadrant, the other must respond, adjust and rebalance accordingly. So start with your strength and be open to changing the other aspects of yourself as the opportune contexts present themselves. Have your partner witness your changes and invite a dialogue about how each other's actions are making a difference to how you are both relating together.



Tree of Life Relationship Inventory

- Circle a number which most accurately describes your experience
- If 1-3 & 7-9 are true, keep your 7-9 score only

1. Yesod – Ego identity – Foundation – Bonding – Shadow

- 1-3** I am obsessed by sex and will often fantasize
4-6 I find life and sex deeply meaningful
7-9 I am not comfortable with who I am being in the world and need to be loved more than I am
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

2. Hod – Validator – Humility – Mortido – Passive action

- 1-3** I am not very emotionally connected to my partner and can get too intellectual
4-6 When communicating I often connect and relate well to others
7-9 I get bored in relationship and find reasons to leave
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

3. Netzach – Energizer – Endurance – Libido – Active action

- 1-3** I am not really aware of my, or my partners intuition, natural rhythms and cycles
4-6 I can sustain repetitive actions e.g. work, running a home, bringing up children and socialising
7-9 I have a tendency to act before thinking and indulge too often
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

4. Tiferet – Harmony – Beauty – Individuality

- 1-3** I distance myself and close up when my partner is not joyous, light and fun to be around
4-6 I enjoy soul stirring music, poetry and/or art with my partner
7-9 I often experience a dullness in my relationship
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

5. Gevurah – Stabilizer – Superego – Restraint – Discipline – Severity – Passive emotion

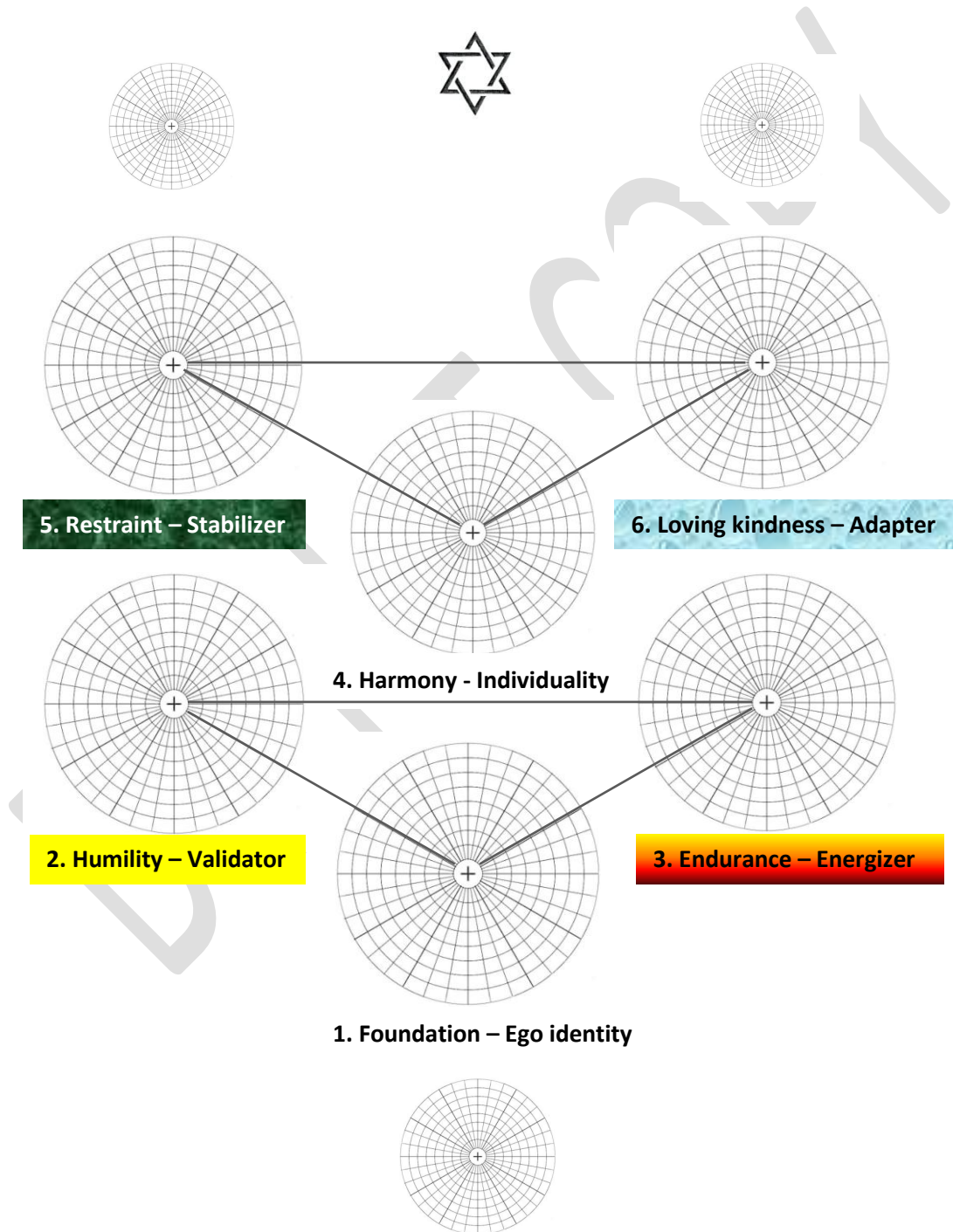
- 1-3** I am too stern in disciplining myself and others
4-6 I am good at setting limits and creating structure
7-9 I try to please others but often get frustrated as a result
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

6. Chesed – Adapter – Ego Ideal - Mercy – Compassion – Loving kindness – Active emotion

- 1-3** I find it hard to give without receiving something back
4-6 I am accepting of others and very kind and generous
7-9 I experience compassion fatigue and I don't get the intimacy and closeness I need
- (Island-Avoidant) (Anchor-Secure) (Wave-Ambivalent)
- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

The Tree of your Life


- ✿ We have now added two more positions on the tree of life to consider. These two central circles, (Harmony/individuality and Foundation/Ego identity) are crucial for balancing the left and right side of the tree of your life.
- ✿ On the 2 triads below, draw the tree of your life to visualise and gain more insight into where you may be too expanded (Ambivalent, Angry/Resistant) or too contracted (Avoidant).
- ✿ 1 is the smallest contracted circle and 9 is the largest expanded circle.
- ✿ Use the *SAVE* relationships inventory to find ways to become an *Anchor* in your relationships and move toward becoming more securely attached to your partner.



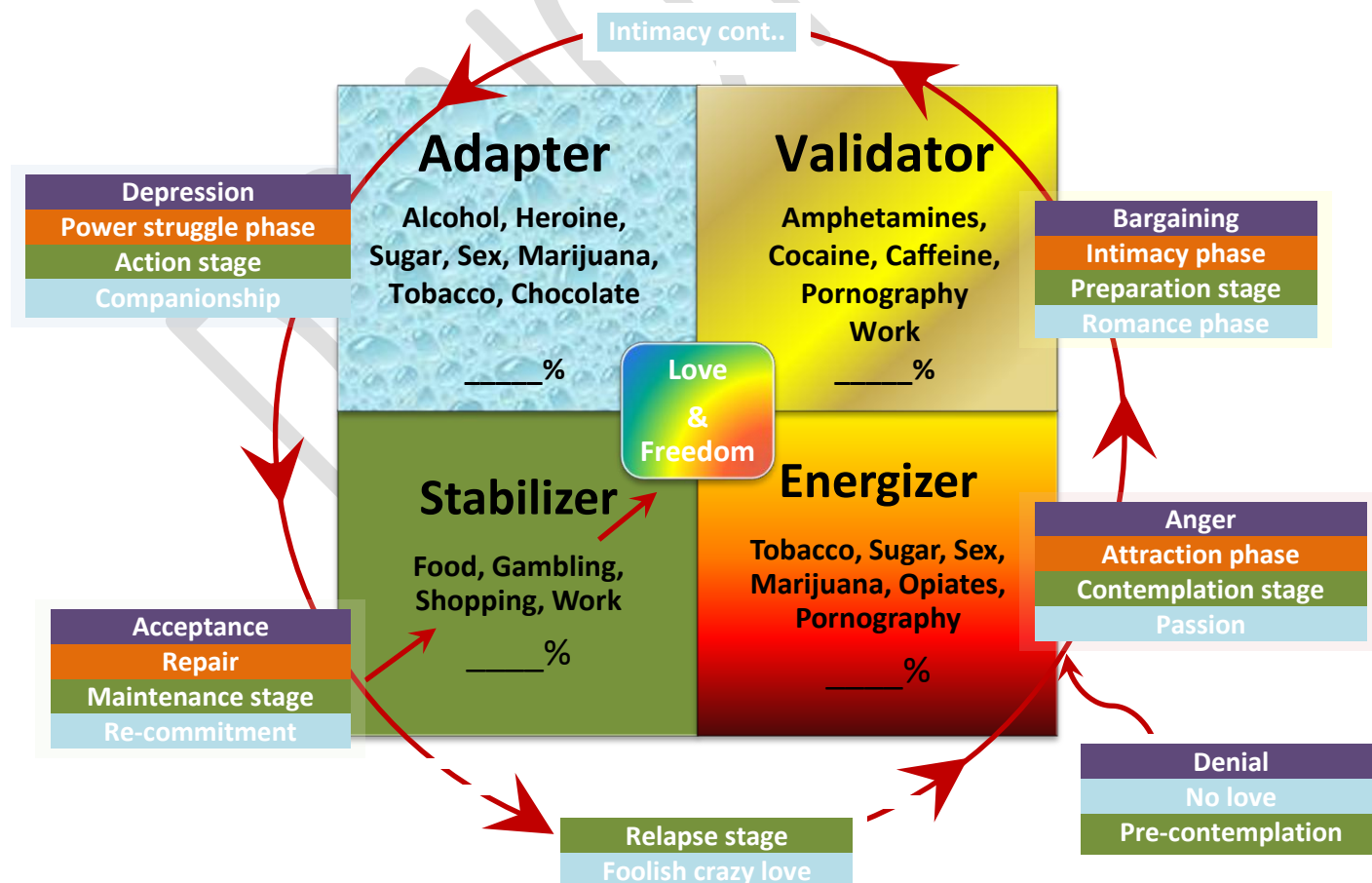
What's your addiction?

Desire is a very powerful force. Desiring too much or too little are equally a problem, leaving us either too expanded or too contracted. Understanding our addictions or defences becomes the path to liberation. Addiction is the consequence of an inability to endure a painful gap in the love equation. Most of us chase love due to a gaping hole that requires filling. The trick is to fill it with the right stuff instead of kissing shadows (addictions...drugs, sex etc). We could ask two fundamental questions which directly confront addictions. Firstly 'am I lovable?' and secondly 'what is holding me back from both giving and receiving love fully?' Feelings of anxiety or emptiness are caused by something of the past, most likely inter-generational pain and linked to your carers 'inadequacies'. It's natural not to want to feel an emptiness, guilt, shame, fear, grief or loss of love, but the quicker we identify the wound, the more able we become to deal with the symptom of addiction and courageously and gradually accept and work through this historical pain. Healing wounds that date back as early as this require a skilled therapist using left & right brained methods to help navigate how to get the love you want or need. No addiction can replace the real thing.

It's not usually possible to just *get over* addictions and be free. It takes psychologically creative work, remembering that virtues (see page 31) & relational authenticity are built on the steps of each relapse. The work requires you to identify a split off part of you that's weighing up if it's ready to be with you again. Perhaps you are ready now. Only you will know. Using your % scores, write them in the space provided below.

	Emotional stages of addiction	Notice the connection between love and the phases of addiction. Where do you get stuck on the wheel? We can only move toward the central spoke when we identify our personality type and its investments.
	Imago phases of relationship	
	Stages of addiction recovery	
	Forms of love	

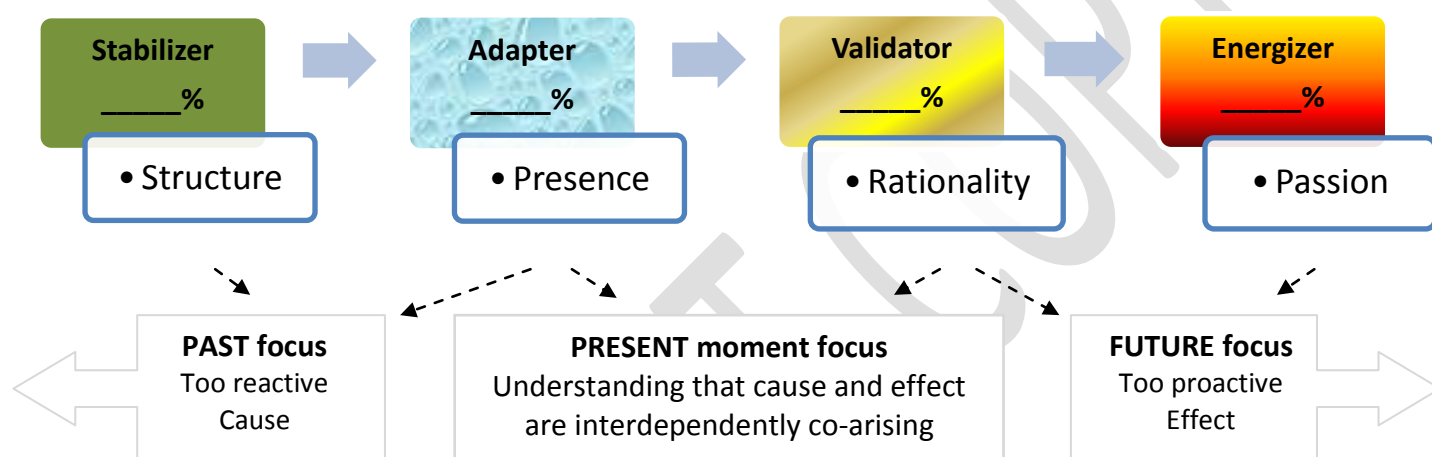
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Temperament & Time

The Cause and Effect of Anxiety

Write down your % scores below. Your two highest %'s will indicate where you spend most of your time. Your temperament has a centre of gravity which, if you are unaware, will keep you stuck at a particular point or points on the time line. For example, if we have too much energy in the future then the application of goals can be difficult due to over-thinking about the greener pastures. If we have too much energy in the past then our goals can become inflexible and narrow sighted. If we have too much energy in the present then we can become too spontaneous and/or existential. If we have too much energy in both the past and the future and not enough in the present, this will cause a great deal of anxiety, and maintain the avoidance of it. An over-focus on the present can also cause anxiety (existential). Too much meditating and observing creates a build up of energy which needs release. Being in relationship requires passion and presence as well as stability and rationality. It takes a lot of courage to chase desire and repair ruptures and remain in an authentic relationship.

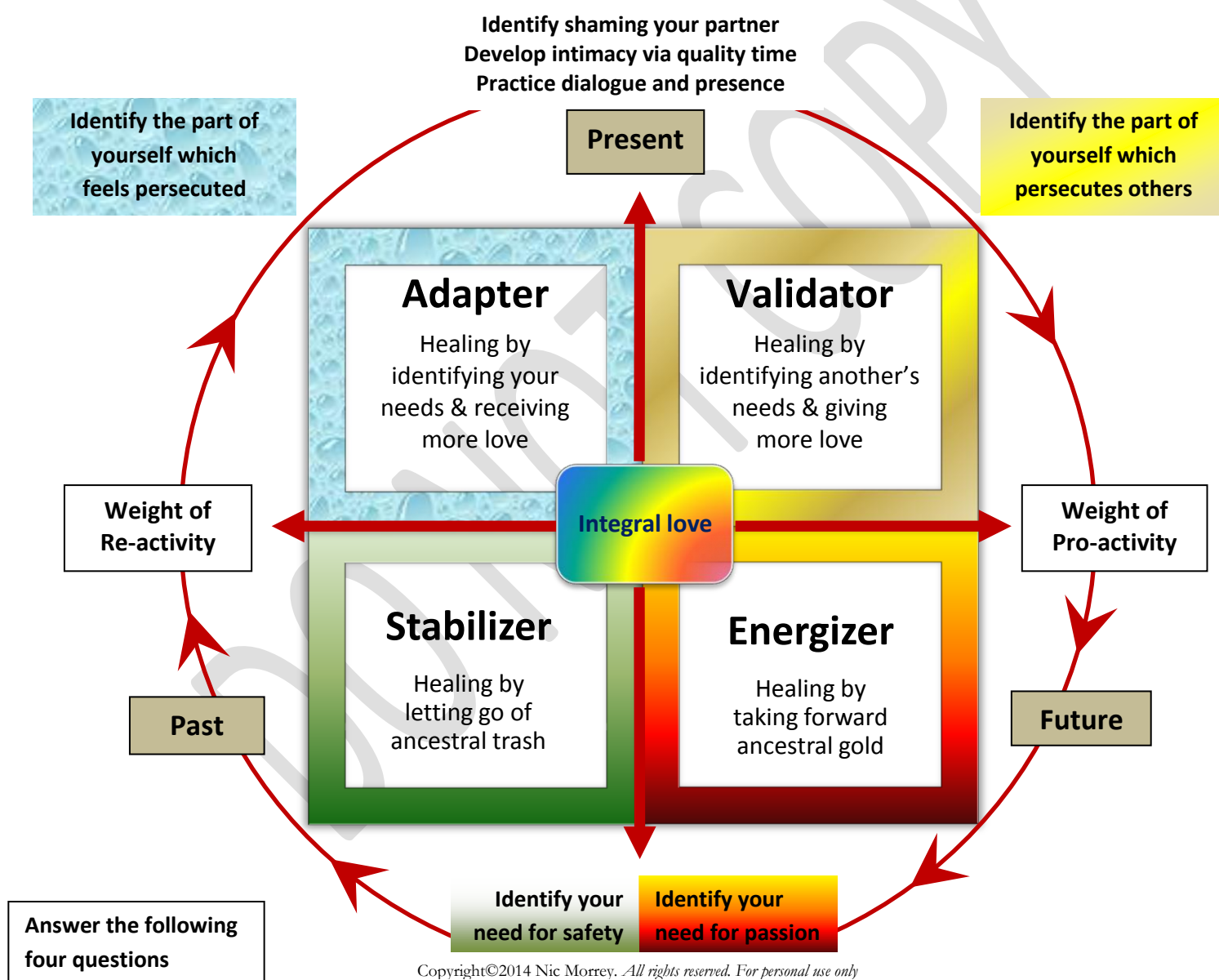


Being aware of yourself 'in time' will allow you to identify whether you are on the cause (past) and/or effect (future) side of the street. It will also allow you to wonder about whether you have enough stability, presence, rationality and/or passion in your life. Research has found that Stabilisers attract Stabilisers, Energizers attract Energizers, and Adapters and Validators attract each other. It is more difficult for Stabilisers and Energisers to get on because of the unspoken positions between them (*unravelling shame*) which requires presence, clear cognition and dialogue. When in partnership, the Stabiliser and Energiser often express foolish crazy and manic love which usually does not last long and can be abusive. The Adapter (feeling- women from Venus) and Validator (thinking – men from Mars) is the other great attractor of opposites. When we consider our genealogical past which is riddled with the historical power struggle between the sexes, it takes a lot of courage to face our shared history built on the victim/perpetrator model. Being *still enough* to face the emotions (fear, grief, shame &/or anger) which reside in the present is the antidote to anxiety. Although it is very confronting to acknowledge our inner victim and/or perpetrator, we do more damage to ourselves and to others if these qualities of ours go unnamed.

When completing this as a couple, which one of you is being too active (EV) and which one of you is being too reactive (SA)? Who wants to live in the now (AV) versus the other being too responsible (S)? Are you both too responsible (S) or are you both too spontaneous (E), acting without much thought? When completing this as a family, parents who are on one side of the quadrants usually attract children who will fulfil the opposite to achieve systemic balance. For example if you as parents are both too actively engaged with the future (EV), the kids will fill the % of reactivity with feelings of victimization (SA) and engage with the need for presence (now) and the need for structure (past). Have you spread your energy evenly (*mindfully proactive*) – 33% in the past, present and future, where your anxiety can be used to guide your intuition?

Healing Trans-generational Wounds

A non-negotiable in being together as a couple is to study your own reactivity. This includes facing childhood wounds as well as taking a further step back into genealogical patterns which made you *who you are*. Looking at genealogical patterns makes *who you are* less personal. 95% of *who you are* comes from the past with only 5% capacity remaining to curb the influence from ancestry and change your embedded neural pathways, brain synapses and temperament. Many of us try to change our partners and others to think like we do, and this is as close as most people get in the attempt to create change: It doesn't work. The way you think is linked to your ancestors. Even logic is resisted due to the power of previous personal experiences and the experiences passed down from our mother's and father's genealogical lines. This is why addictions are not so easily overcome. An antidote to our reactivity and anxiety is engaging ourselves with all of our relational parts. In search for wholeness, the 4 quadrants help us identify our disconnected parts which require reintegration. As partners, compare your scores. Become interested in any single quadrant difference of 10 or more. This is a sign that your relationship is outside the healthy relating zone.



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- 1. Stabilizer:** What will you be leaving behind?...contemplating the ancestral baggage you no longer need to carry
- 2. Adapter:** Can you receive love for its own sake?... contemplating whether you give the love that you ought to be receiving
- 3. Validator:** Can you simply give love?...contemplating whether you will lose touch with yourself in the process of giving
- 4. Energizer:** What will you be taking with you?...contemplating how to use your passed down ancestral gifts

Finding Peace via the Breath

Breathe through the emotions and restore the brains potential for relaxation and more peace. But first some precautionary words. Unravelling anxiety must be done in the right order based on your inventory scores so change is as smooth as possible. Breath work is a powerful technique and will cause rapid change if practiced consistently. Use your 2nd % scores below. It is advised to practice the earth breath first (nose breathing), especially if water % is not between 20-30%. Water represents emotional strength and change requires you to be grounded. So only if water and earth are between 20-30% should you practice air or fire breath. Contemplate the earth & water questions before air & fire. Breath work is too risky to ignore this advice. Breathe through each quadrant counting 6 in each using the correct mouth/nose combination.

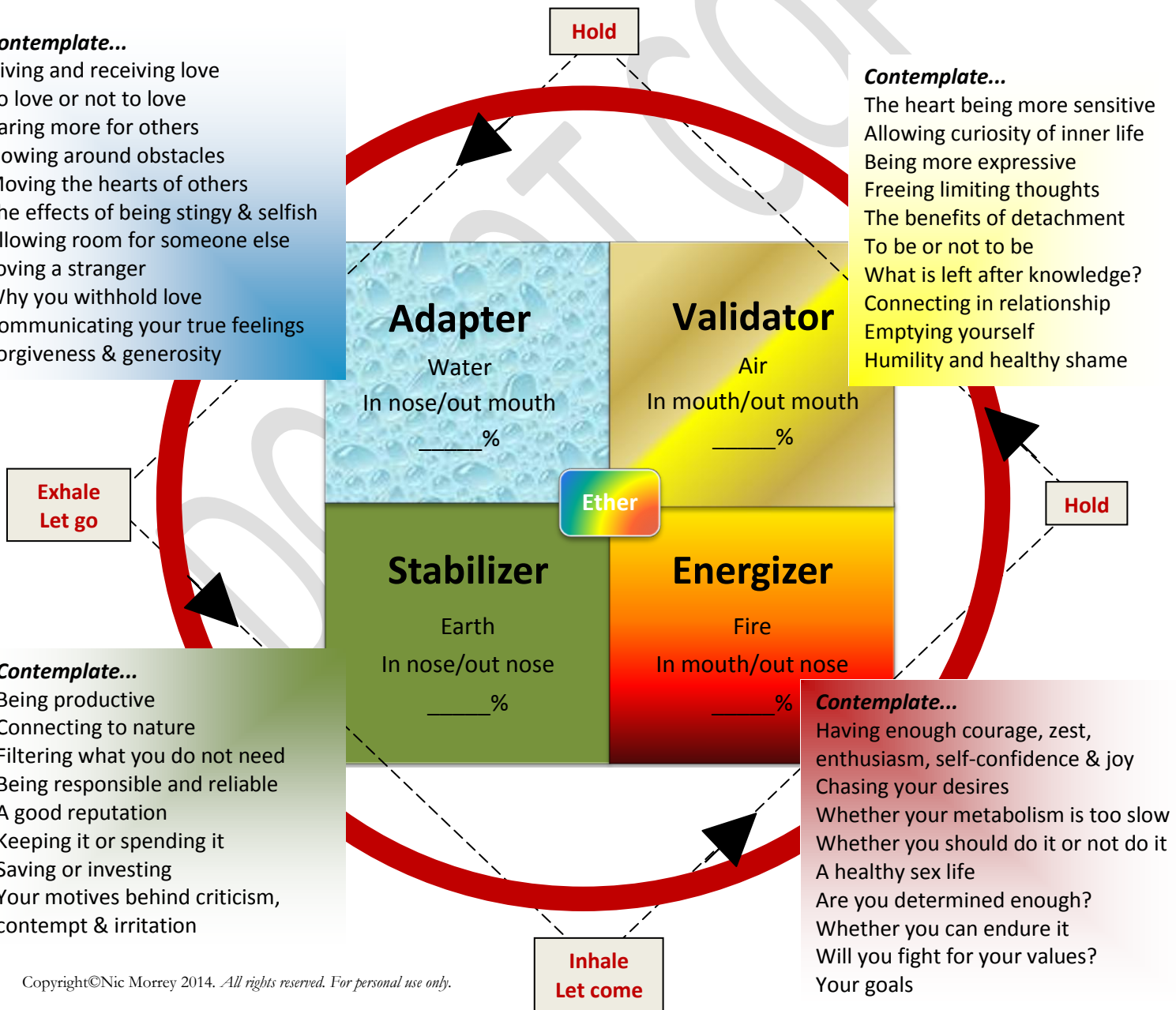
Start at the bottom of the circle (red) and breathe in evenly for 6. Hold the breath for 6 (yellow), hold the breath for another 6 (blue), and breathe out evenly for 6 (green). Then repeat this for 5 minutes or more multiple times throughout each day. When counting, find your pulse rate and use it as your counter. If 6 is too short or long then shorten the count to 4:4:4:4 or extend to 8:8:8:8. When you begin to control your breath and heart rate, this is the part of you which has been on autopilot for the last 400 million years. Control this & you will have more movement from a reactionary life to a proactive co-creative life and be able to embrace each present moment more fully.

Contemplate...

Giving and receiving love
To love or not to love
Caring more for others
Flowing around obstacles
Moving the hearts of others
The effects of being stingy & selfish
Allowing room for someone else
Loving a stranger
Why you withhold love
Communicating your true feelings
Forgiveness & generosity

Contemplate...

The heart being more sensitive
Allowing curiosity of inner life
Being more expressive
Freeing limiting thoughts
The benefits of detachment
To be or not to be
What is left after knowledge?
Connecting in relationship
Emptying yourself
Humility and healthy shame



The *SAVE* Vices

Stabilizer	Adapter	Validator	Energizer
Rigid	Disorderly	Inflexible	Cheerless
Stubborn	Fatigued	Opinionated	Burnt out
Immodest	Untidy	Perverse	Mirthless
Lavish	Thoughtless	Irreverent	Serious
Pompous	Careless	Disrespectful	Overwhelmed
Shameless	Lazy	Artificial	Compulsive
Wasteful	Narcissistic	Deceitful	Idolatry
Aggressive	Gossiper	Insincere	Impulsive
Autocratic	Neglectful	Crooked	Lustful
Coercive	Self-indulgent	Cunning	Prejudice
Dictatorial	Absentminded	Dishonest	Petty
Dominating	Aloof	Antagonistic	Intolerant
Manipulative	Indifference	Argumentative	Extravagant
Oppressive	Gullible	Contentious	Overconfident
Sadistic	Masochistic	Critical	Ungrounded
Tyrannical	Powerless	Defensive	Blasphemous
Melancholic	Negligent	Disagreeable	Facetious
Vicious	Short-sighted	Sarcastic	Flighty
Lawless	Stupid	Unkind	Flippant
Envious	Feebleminded	Unpleasant	Frivolous
Relentless	Irrational	Objectifying	Anxious
Offensive	Foolish	Cynical	Manic
Bitter	Naïve	Dull	Despairing
Greedy	Ineffective	Unaffectionate	Distrustful
Frustrated	Incompetent	Callous	Faithless
Morbid	Ungrateful	Arrogant	Hopeless
Wicked	Hesitant	Insensitive	Suspicious
Immoral	Doubtful	Unfriendly	Fearful
Cruel	Aimless	Shallow	Revengeful
Possessive	Impolite	Callous	Hateful
Angry	Cowardice	Caustic	Vindictive
Corrupt	Unreliable	Smug	Addictive
Disloyal	Irresponsible	Superficial	Insecure
Treachery	Untrustworthy	Pretentious	Bashful
Conscienceless	Subservient	Complacent	Exhibitionistic

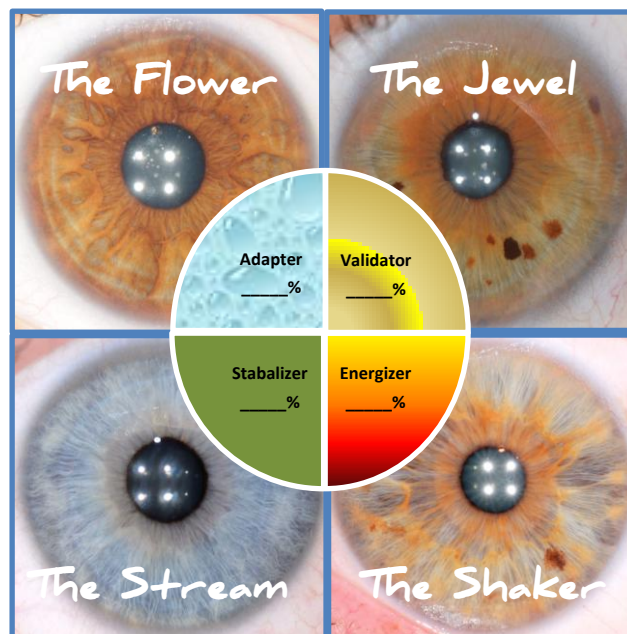
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Life force **SAVE** Qualities

Stabilizer	Adapter	Validator	Energizer
Fearless	Believable	Authentic	Enduring
Decent	Trustworthy	Genuine	Assuring
Righteous	Dependable	Natural	Confident
Adventurous	Reliable	Substantial	Conviction
Bold	Modest	Pure	Faithful
Brave	Dignity	Wholesome	Hopeful
Courageous	Humble	Deep conscience	Honesty
Leadership	Kind	Religious	Spontaneous
Independent	Meek	Focused	Decisive
Confident	Chivalrous	Clever	Active
Valiant	Gallant	Objective	Tireless
Venturesome	Noble	Precise	Vigorous
Caring	Compassionate	Accommodating	Blissful
Historical	Spiritual	Adaptable	Cheerful
Resilient	Present	Agreeable	Gaiety
Busy	Discerning	Flexible	Glad
Industrious	Neat	Reasonable	Happy
Persistent	Empathy	Scholarly	Jovial
Thrifty	Orderly	Intelligent	Joyful
Frugal	Affable	Truthful	Wilful
Powerfully gentle	Amiable	Knowing	Merry
Graceful	Charming	Competent	Mirthful
Noble	Genial & Congenial	Effective	Sincere
Just	Delightful	Open-minded	Dedicated
Neutral	Friendly	Mastery	Passionate
Unbiased	Communal	Clear	Activating
Disciplined	Pleasant	Clarifying	Certitude
Forgiving	Pleasing	Humility	Agency
Punctual	Unifying	Modesty	Reliable
Vital	Bonding	Yielding	Committed
Honourable	Harmonious	Reflective	Determined

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Windows to the soul



The Stabilizer/Stream: Have uniform fibre structure that radiates out from the pupil, with only subtle variations or streaks of colour and structures and can be the most difficult iris pattern to interpret. Streams have a way of holding the world together. By nature, they are intuitive, grounded and amiable. Being a physical/tactile person, they perceive and integrate life through the sensory experience of their body, through touch.

The Adapter/Flower: Distinctly curved or rounded openings in the fibres of the iris (like petals of a flower), indicate a feeling-oriented personality. These openings, which look as if the light coloured iris fibres have round holes within them, are called Flowers, and we refer to the feeling-type of personality as a Flower. Feeling-oriented, they experience life through the sensitivities of the heart, with automatic feeling responses to events. Feelings will be more deeply experienced and expressed, when the rounded openings in the iris fibres are larger in size or greater in number.

The Validator/Jewel: The presence of brown or dark-coloured freckle-like dots or flecks in the iris indicates a thinking-oriented, analytical person. These colour spots, which can range from yellow to gold to brown, are referred to as Jewels, and this mentally-oriented personality is referred to as a Jewel. Mental-types direct their perceptions and feelings through internal thought and analysis. Every person thinks, and every person analyses, but for Jewels these are recognizably their dominant personality characteristics.

The Energizer/Shaker: Eyes that have both dot-like (freckle-like) pigments and rounded openings in the irises indicate an extremist or movement-oriented (Shaker) type of personality. This is true whether there are Jewel and Flower markings in both irises, or Jewel markings in one iris with flower markings in the other. Simultaneously embodying the forces of both attraction and repulsion, Shakers are highly motivated, dynamic and expressive. These radical, action-oriented people have difficulty sitting still, and frequently venture beyond the limits of conventional thought and norms.

<http://rayid.com/main/structures.asp> Denny Johnson

The Stabilizer

Inspector (ISTJ), Protector (ISFJ), Provider (ESFJ), and Supervisor (ESTJ)

Stabilizers are concrete in communicating and cooperative in pursuing their goals. Their greatest strength is logistics. Their most developed intelligence role is either that of the *Conservator* (Protectors and Providers) or the *Administrator* (Inspector and Supervisor). As the *security-seeking* temperament, Stabilizers are practical and frugal types. They "share certain core values, among them the belief in a strong work ethic, the need for people and institutions to be responsible, the importance of following the rules and of serving one's community". Stabilizers value experience, and they seek a tangible return on their investments. Believing in common sense, they are not attracted to idle speculation. They are the glue of civilization, maintaining and nurturing institutions that have been established by the dint of hard work. They tend to be conventional and cooperative in their work, wanting to make sure everybody gets what they deserve, no more and no less. They follow the rules and conventions of their cohort or group and expect others to as well.

Interests: In their education and careers, Stabilizers' primary interest is business and commerce, with an eye toward practical applications in managing equipment and hardware. They are preoccupied with maintaining the morality of their group.

Orientation: Stabilizers have a strong sense of duty. They forgo the pleasures of the moment to prepare for unseen eventualities. They regard past events with a sense of resignation. They guard against the corruption of outside influences, and look to past experiences to guide their present choices.

Self-image: The Stabilizers' self-esteem is based on their dependability; their self-respect on their beneficence; and their self-confidence on their respectability.

Values: Stabilizers are concerned about the well-being of people and institutions that they hold dear. They trust authority and seek security. They strive for a sense of belonging and want to be appreciated for their contributions. They aspire to become executives, whether by managing their own households or by running a multinational corporation.

Social roles: In romantic relationships, Stabilizers regard themselves as *helpmates*, working together with their spouse to establish a secure home. As parents, they focus on raising their children to become productive and law-abiding citizens. In business and social situations, they are stabilizers, establishing procedures and ensuring that the material needs of the group are met.

Stress: Stabilizers often experience stress when rules, expectations, and structure are unclear, or when those around them do not act according to established norms. The extraverted (expressive) types—Providers and Supervisors—may respond by becoming critical of others. The introverted (attentive) types—Protectors and Inspectors—may take on the burden of trying to correct the perceived faults in the system themselves, resulting in overwork and burnout. Stabilizers also experience stress when the results of their hard work go unnoticed or unappreciated.

Traits in common with other temperaments

- Concrete in communicating (like Adapters)
Stabilizers focus on facts. They are concerned about practical needs like providing goods and services that help society function smoothly.
- Cooperative in pursuing their goals (like Energizers)
Stabilizers value teamwork. They are committed to preserving established social institutions. Cautious toward change, Stabilizers work within the system to ensure that all contingencies are considered.

The Adapter

Champion (ENFP), Counsellor (INFJ), Healer (INFP), and Teacher (ENFJ)

Adapters are abstract in speech and cooperative in pursuing their goals. Their greatest strength is diplomatic integration. Their best developed intelligence role is either *mentoring* (Counsellors and Teachers) or *advocacy* (Healers and Champions). As the *identity-seeking* temperament, Adapters long for meaningful communication and relationships. They search for profound truths hidden beneath the surface, often expressing themselves in metaphor. Focused on the future, they are enthusiastic about possibilities, and they continually strive for self-renewal.

Interests: Adapters tend to study the humanities. They seek careers facilitating the personal growth of others, whether through education, counselling, or other pursuits that promote the happiness and fulfilment of individuals and society.

Orientation: The lives of Adapters are guided by their devotion to their personal ethics. They are altruistic, taking satisfaction in the well-being of others. They believe in the basic goodness of the world and of the people in it. They take a holistic view toward suffering and misfortune, regarding them as part of a larger, unknowable truth, a mystical cause-and-effect. With an eye toward the future, they view life as a journey toward a deeper spiritual knowledge.

Self-image: The Adapters' self-esteem is rooted in empathetic action; their self-respect in their benevolence; and their self-confidence in their personal authenticity.

Values: The emotions of Adapters "are both easily aroused and quickly discharged." Their general demeanour is enthusiastic. They trust their intuition and yearn for romance. They seek deeper self-knowledge and want to be understood for who they are behind the social roles they are forced to play. They aspire to wisdom that transcends ego and the bounds of the material world.

Social roles: Adapters seek mutuality in their personal relationships. Romantically, they want a *soul-mate* with whom they can share a deep spiritual connection. As parents, they encourage their children to form harmonious relationships and engage in imaginative play. In their professional and social lives, Adapters strive to be catalysts of positive change.

Stress: Adapters experience stress when their desire for cooperation and harmony within their group conflicts with their desire for personal authenticity. Since Adapters often go to great lengths to try to ensure that everyone's needs are met, they can become frustrated when others fail to do the same, either by acting independently of the wishes of the group, or by trying to enforce the wishes of the group without regard to individual needs. This tension is especially evident in the two mentoring types (Counsellors and Teachers).

Adapters tend to come by their best ideas through a combination of intuition and feeling, so they may have difficulty explaining how they reached their conclusions. They may become frustrated, or even insulted, when others fail to share their enthusiasm and instead want an explanation of the reasoning behind the Adapter's insights. Since inspiration is not a conscious process, the Adapters may not have an immediate explanation, even though their reasoning is sound, and so may feel dismissed and undervalued.

Adapters have a strong drive to work for the betterment of a group or organization, and can feel as though they are losing their identity if stuck in an environment that requires conformity. This is especially evident in the two advocating types (Champions and Healers).

Traits in common with other temperaments

- **Abstract in communicating (like Validators)**
Adapters focus not on what is, but on what could be or what ought to be. They see the world as rich with possibilities for deeper understanding.
- **Cooperative in pursuing their goals (like Stabilizers)**
Adapters believe that conflict raises barriers between people, preventing society from reaching its full potential. Adapters seek harmony in personal and professional relationships, working toward solutions that respect the needs of all parties involved.

The Validator

Architect (INTP), Field marshal (ENTJ), Inventor (ENTP), and Mastermind (INTJ)

Validators are abstract in speech and utilitarian in pursuing their goals. Their greatest strength is strategy. Their most developed intelligence role is that of either the *Engineer* (Architects and Inventors) or the *Coordinator* (Masterminds and Field marshals). As the *knowledge-seeking* temperament, Validators trust reason implicitly. They rely on objective observations and factual analysis in any given situation. They seek a logical argument as a basis for action. As strategists, Validators strive to gain as much information as possible, applying what they learn to develop long-term plans and the steps for achieving them. They are characterized by a tough-minded personal style, tending to pursue either power or understanding. They are often strong-willed, ambitious, intelligent, and self-determined. Subjective thoughts and emotion have no place in the decision-making process of a Rational. Driven to excel, they work hard to achieve their goals, and they do well where they can take control or work independently on a task.

Interests: Validators are drawn to *science* and *technology*. They usually seek careers involving *systems*—whether mechanical or electrical (as in engineering), organic (as in biology), social (as in psychology or sociology), or organizational (as in business or economics)

Orientation: Validators are pragmatic about the world around them, having little use for social convention or sentiment except as a means to an end. They weigh logical outcomes before acting, looking for errors in reasoning—in themselves and others. Many often believe that ethical concepts like good and evil are relative, depending on one's particular point of view. They regard time as the duration of events rather than as a continuum. They view place as the intersection of two crossing lines (as in Cartesian coordinates, for example).

Self-image: The Validators self-esteem is rooted in their ingenuity; their self-respect in their autonomy; and their self-confidence in their resoluteness.

Values: Validators appear calm even in times of turmoil. They achieve this state through an intense concentration of effort rather than through cold-heartedness. They trust reason and strive for achievement. They are knowledge-seekers who aspire to technical wizardry, and so are pleased when others defer to their expertise.

Social roles: In romantic relationships, Validators want a *mind mate* with whom they can discuss the topics that interest them, which are often abstract or theoretical, such as philosophy. As parents, they encourage their children to become self-reliant individuals capable of thinking for themselves. In their professional and social lives, Validators are Validator leaders, developing and consolidating coherent long-term plans.

Stress: When under stress, Validators may intellectualize or repress their feelings. The informative Validators (Architects and Inventors) prefer theorizing, designing, and prototyping their ideas, which may cause them to feel overburdened when called upon to finalize their ideas into practical operation by themselves. This can result in feelings of inadequacy, which can lead to poor or no execution.

The directive Validators (Masterminds and Field marshals) experience stress when their long-range vision is resisted or derailed. They may respond by collecting more and more minute data or by becoming increasingly authoritarian, unaware of how their demands are perceived by others. When confronted with negative consequences in their endeavours, Validators may experience feelings of incompetence, especially if they are not emotionally intelligent. They are frustrated by inefficiency or the perceived illogic of others.

Traits in common with other temperaments

- Abstract in communicating (like Adapters)
Validators use concepts, possibilities, theories, and identified patterns as a means for communication. Although Validators are realistic, the abstract world serves as a tool for thinking independently and developing new ideas that can be used in more practical matters.
- Pragmatic in pursuing their goals (like Energizers)
Validators are unconventional thinkers when deciding on a task or solving a problem. Individualistic by nature, Validators observe their own interests as a response to action, free from societal conformity or traditional thinking. Validators are not necessarily uncooperative, but they will refuse to perform a certain action if it goes against their understanding or experience and is not based on sound logic or the facts (as they understand them) in a given context.

The Energizer

Composer (ISFP), Crafter (ISTP), Performer (ESFP), and Promoter (ESTP)

Energizers are concrete in speech and utilitarian in pursuing their goals. Their greatest strength is tactical variation. Their most developed intelligence role is that of either the *Operator* (Promoters and Crafters) or the *Entertainer* (Performers and Composers). As the *stimulation-seeking* temperament, Energizers prefer to live one day at a time. They may spontaneously pursue activities that offer fun or pleasure. Playful in their interpersonal relationships, Energizers tend to be more permissive as parents than the other temperaments, wanting their children to explore and enjoy the world.

Interests: In education, Energizers want to learn art crafts and techniques that they can use in their career. They tend to seek work involving operations and equipment which could range from a scalpel to a fighter jet.

Orientation: Energizers live in the here and now. They want to enjoy the present moment. They tend to be optimistic about the future and cynical about the past, believing that life is a series of risks or random events without any larger pattern or meaning.

Self-image: The Energizers' self-esteem is rooted in their grace and artistry; their self-respect in their boldness; and their self-confidence in their adaptability.

Values: Energizers enjoy excitement and perform well when in a state of restless energy. "They are excitable as children and they never seem to get less excitable as they grow up." They seek stimulation and trust their impulses. Prone to spontaneous acts of generosity, they want to make an impact on others. They aspire to virtuosity, taking great pleasure in practicing and mastering their technique in the pursuits that interest them.

Social roles: In romantic relationships, Energizers want a *playmate*, someone who can share in the pleasure and excitement they seek. As parents, Energizers are *liberators*, exposing their children to a wide variety of activities, encouraging them to push beyond their limits, and guiding them toward independence and self-sufficiency. In business and social situations, they are *negotiators*, making the most of the opportunities at hand.

Learning: Energizers want teachers who are interesting, active, and playful. They will avoid sedentary forms of learning and uninteresting learning assignments. They will also avoid reading assignments that are not succinct, practical and relevant. Energizers want to demonstrate their learning through actions.

Stress: As a defence mechanism, Energizers may respond with *denial*, insisting that a fact is untrue despite overwhelming evidence. Since Energizers feel a need to make an impact and to be spontaneous, they become stressed when their ability to do these things becomes constrained. Boredom is another source of stress for Energizers. When under stress, they can become reckless, and they may retaliate against the source of the stress. Providing Energizers with options, such as new ways to make an impact and new activities, can relieve the stress.

Traits in common with other temperaments

- Concrete in communication (like Stabilizers)
Energizers are realistic. They want to experience events in the moment. They enjoy manipulating concrete objects, whether for practical or artistic purposes.
- Pragmatic in pursuing their goals (like Validators)
Energizers take pride in bold and unconventional behaviour. They aren't interested in following a rule if they don't see how it serves a practical purpose.

Keirsey, David (1998). *Please Understand Me II: Temperament, Character, Intelligence*. Del Mar, CA: Prometheus Nemesis Book Company.

Rodionova, D.E. (2007). "Specifics of defensive-coping strategies in connection with typological characteristics of the personality". *Psychological Science and Education* (in Russian) (Moscow, Russia) (2007, N5): 259–266.

Unravelling and Repairing the Gordian Knot of Temperament

Perspectives	Stabilizer	Adapter	Validator	Energizer
Greek Gods	Epimethean - dutiful	Apollonian - soulful	Promethean - technological	Dionysian - artful
Fisher	Builders	Negotiators	Directors	Explorers
Gillette/Moore/Barry/Kantor	King	Lover	Magician	Warrior
Brain Chemical/Hormone	Serotonin	Oxytocin/Oestrogen	Testosterone	Dopamine/Norepinephrine
MBTI/Keirsey Types	SJ (Sensing Judging)	NF (Intuitive Feeling)	NT (Intuitive Thinking)	SP (Sensing Perceiving)
Jungs Psychological Types	Sensing	Feeling	Thinking	Intuiting
Galen's Humors	Melancholic	Phlegmatic	Sanguine	Choleric
HBDI - Herrmann	Left Limbic System	Right Limbic System	Left Cerebral Cortex	Right Cerebral Cortex
Elements/Directions	Earth: Stabilizer North	Water: Unifier West	Air: Clarifier East	Fire: Activator South
Keirsey's Temperaments	Guardian – seeks security 40-45% of population	Idealist – seeks identity 15-20% of population	Rational – seeks knowledge 5-10% of population	Artisan – seeks sensation 30-35% of population
Keirsey & Bates	Stabilizers	Catalysts	Theorists	Improvisers
Imago phases	4.Repair/Re-commit	3.Power struggle/rupture	2.Romance/connection	1.Passion/attraction
Greek love types	Pragma	Agape	Storge	Eros
Universal Family relationship	Parents & Child	Child & Mother	Mother & Father	Child & Father/World
Arrien	Show up, and choose to be present	Pay attention to what has heart and meaning	Tell the truth without blame or judgment	Be open to outcome, not attached to outcome
Alchemy	Retraction	Adaptation	Expansion	Production
Gardner's Intelligence Lines	Naturalistic	Intrapersonal/Musical/Kinaesthetic	Linguistic/Logical	Interpersonal/Visual-spatial
Buddhism	Solidity	Fluidity	Expansion	Energy
Wilber	collective interior-We	individual interior-I	individual exterior-It	collective exterior-Its
View	Inter subjective-Cultural	Subjective-Intentional	Objective-Behavioural	Inter objective-Social
Preferred perspective	3 rd person	2 nd Person	1 st Person	4 th Person
Plato	Sensible (Pistic)/Good	Intuitive (Noetic)	Reasoning (Dianoetic)/True	Artistic (Iconic) Beautiful
Aristotle's Sources of Happiness	Material (<i>Proprietary</i>)	Ethical (<i>Ethikos</i>)	Logical (<i>Dialogike</i>)	Sensual (<i>Hedone</i>)
Hippocrates' Humors	Somber (Black Bile) – Gall Bladder	Calm (Phlegm) - Lungs	Cheerful (Blood) - Liver	Enthusiasm (Yellow Bile)- Spleen
Body Part	Feet	Heart	Head	Pelvis/Hara
Astrology Sun/Moon/North node	Taurus, Virgo, Capricorn	Cancer, Scorpio, Pisces	Gemini, Libra, Aquarius	Aries, Leo, Sagittarius
Hindu Paths	Karma Yoga: Action	Bhakti Yoga: Devotion	Jnana Yoga: Knowledge	Raja Yoga: Meditation
Tarot/Cards	Pentacles-diamonds	Cups-hearts	Swords-spades	Wands-clubs
Rights	To be here, to have	To love and be loved	To understand	To desire
Johnson: Iridology	Stream	Flower	Jewel	Shaker
Maslow's Needs	Self-esteem/Belonging	Physiological/Safety	Self-esteem/Self-actualising	Self transcendence
Conflict Strategy	Appreciate conflict	Let go/Flow/Compromise	Creatively listen	Communicate/Confront
Traditional Chinese Medicine	Cold and Dry	Cold and Wet	Wet and Hot	Hot and Dry
Irenaeus' Temperaments	Historical	Spiritual	Scholarly	Spontaneous
Spränger's Value Attitudes	Economic	Religious	Theoretic	Artistic
Torah/Kabbalah	Isaac-Gevurah-Discipline	Abraham-Chesed-Kindness	Aaron-Hod-Humility	Moses-Nezach-Endurance
Torah Archangel	Uriel	Gabriel	Raphael	Michael
Zohar Sages	Ben Azai	Rabbi Avika	Ben Zoma	Elisha Acher
Gospel	Luke: People centred	John: Symbolic	Matthew: Orderly account	Mark: Fast paced
Ezekiel's Four Living Creatures	Ox: Sturdy	Man: Independent	Eagle: Alert	Lion: Bold
Old Testament	Ezekiel	Daniel	Jeremiah	Isaiah
Ayurveda	Kapha	Kapha/Pitta	Vata	Pitta
Body Type	Endomorph	Endo/Mesomorph	Ectomorph	Mesomorph
Wizard of Oz	Dorothy	Tinman	Scarecrow	Lion
Harry Potter	Hufflepuff: Hard working	Slytherin: Shadow	Ravenclaw: Intellectual	Gryffindor: Courageous
Narnia	Susan: The Practical	Lucy: The Carer	Edmund: The Just	Peter: The Leader
One Hundred Acre Wood	Eeyore	Pooh Bear	Rabbit/Roo	Tigger
5Rhythms Dance	Staccato	Flow	Lyrical	Chaotic

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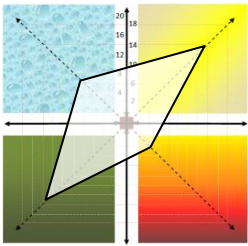
The Shadow Side

Perspectives	Stabilizer	Adapter	Validator	Energizer
Attraction: Fisher	To Builders-Stabilizers	To Directors-Validator	To Negotiators-Adapter	To Explorers-Energizers
Gottman's Horsemen	Stonewalling	Contempt	Critical	Defensiveness
Hendrix/Hunt You may feel... AM=Ambivalent or AV=Avoidant	Smothered- "I can't say no and be loved"- AV Neglected- "I can't count on anyone"- AM	Shamed, dominated- "I can't be me and be accepted and loved"- AV Used- "I'll never be seen, valued, accepted"- AM	Punished, Guilty- I have to be perfect – AV Achievements are devalued- "I can't be aggressive or express anger"-AM	Rejected, lonely, controlled- I'm not lovable or trusted- AV Disapproval- I have to do what's right - AM
Age of Trauma	Womb to 6 months	6 months to 3 years	18 months to 4 years	4 years – 10 years
Dreikurs' Mistaken Goals	Service	Retaliation	Power	Recognition
Kretschmer's Character Styles	Depressive	Oversensitive	Insensitive	Manic
Central Guiding Emotions	Fear & Grief	Grief & Shame	Shame & Anger	Anger & Fear
Key issue	Nourishment & recognition Disconnected via oppression	Safety & nourishment Finds self in other	Identity & safety Disconnected via persecution	Recognition & identity Avoids feeling real vulnerability
Kurtz Character Structure	Industrious/over-focused Burdened enduring Judging Self reliant	Sensitive emotional Dependent/endeoring/ Longing Charming/sexuctive/ Persuasive Broken hearted, Self reliant	Sensitive-analytic Tough/generous Judging	Expressive/clinging Charming/sexuctive Persuasive Tough/generous
Seeking	Freedom, Strong Will, Recognition, Acceptance, Nourishment, Creativity, Intimacy, Inclusion Competence & Approval	Self, Safety Nourishment, autonomy, Pride, Truth, Authenticity, Vulnerability, Express Need, Dependence, Support	Freedom, Safety Identity, belonging, existence, trust, strong Will, Initiative, Acceptance & Creativity	Self, Autonomy, Pride, Truth, Authenticity, Recognition Identity, Inclusion, Approval, Competence & Validation
Conflict	In Exchange V's Deprived	Connected V's Isolated	Spontaneous & free V's Controlled Real V's Not Real	Worthiness in Being V's Worthiness in Doing
Controls by:	Judgement-being right, Rigidity, Blame, Resistance, Sacrifice, Passive aggressive & Over-working	Manipulation, Clinging An Entitlement to Care Helplessness, Splitting Emotional Collapse, Listening too much, Drama & Desperation	Judgement-being right Withdrawing, denying of needs, Resisting, Blame, Disassociating, Aggression, Blocking feelings & Dominating	Drama Intimidation-Power over, Being active, Sexual acting out, Over-working, Talking too much, Aggression & Manipulation
DSM-V	OCD Major Depression Anxiety	Dependent Narcissistic BPD	Avoidant Schizotypal/schizoid Aspergers/Antisocial	Histrionic Mania
Psychoanalytic Psychiatry/ Wilber: Fulcrum of pathology	F3. triadic a. Borderline neuroses b. Psycho-neuroses F8. Subtle disorder	F2. diadic a. Narcissism b. Borderline PD F7. Psychic disorder	F1 monadic. a. Autistic b. symbiotic psychosis. c. Depressive psychoses & adult schizophrenia F6. Existential pathology	F4. Script pathology F5. Identity neurosis F9. Causal Disorder
Defences/Wilber	F3. Isolation, repression, reaction formation, F8. Fail to integrate	F2. Self/object fusion, projection & splitting F7. Fail to merge	F1. Distortion, delusional projection, hallucination, & wish fulfillment, F6. inauthenticity, aborted self actualisation	F4. Role over identification F5. Suppression, sublimation, F9. Fail to differentiate
Brain/Gland Reactivity	Amygdalae Red alert signals ➡	Hypothalamus 1. Ready the troops ➡	Pituitary and Adrenal Glands 2. Ready the troops ➡	Dorsal Motor (Dumb Vagus) All-out war
Addictions	Food, gambling, shopping, work, money	Alcohol, sex, heroin, love sugar, marijuana, tobacco	Amphetamines, cocaine, caffeine, work, anger, porn	Tobacco, sugar, love, marijuana, opiates, sex
Christian Traitors	Longinas	Judas	Caiaphas	Pilate

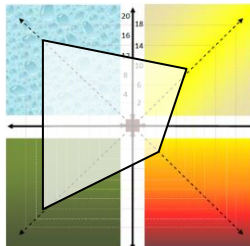
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FIND YOUR SHAPE: Myers Briggs Type Indicator & Character Structures

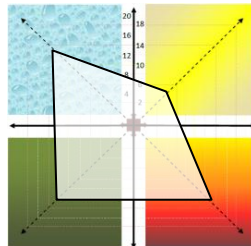
SJ-ISTJ-Inspector-SVAE



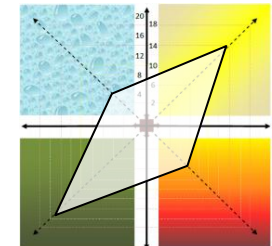
SJ-ISFJ-Protector-SAVE



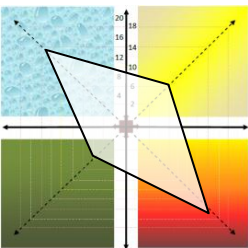
SJ-ESFJ-Provider-ASEV



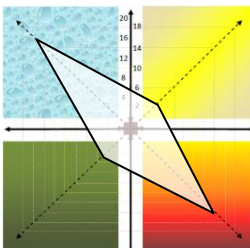
SJ-ESTJ-Supervisor-VSEA



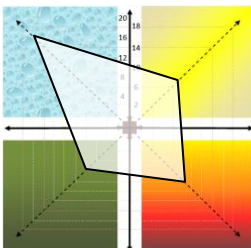
NF-ENFP-Champion-EAVS



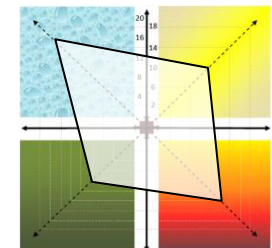
NF-INFJ-Counsellor-EAVS



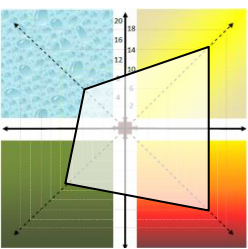
NF-INFP-Healer-AESV



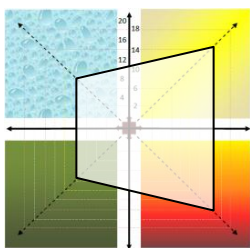
NF-ENFJ-Teacher-AESV



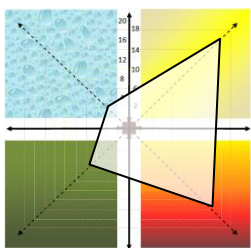
NT-INTP-Architect-VESA



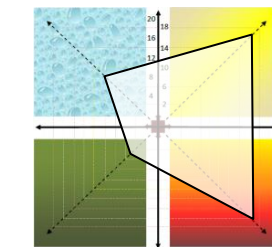
NT-ENTJ-Field Marshal-EVAS



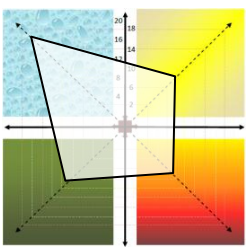
NT-ENTP-Inventor-VESA



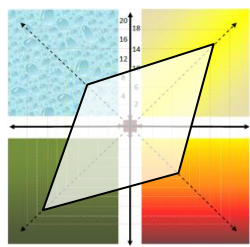
NT-INTJ-Mastermind-EVAS



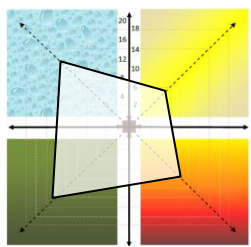
SP-ISFP-Composer-ASEV



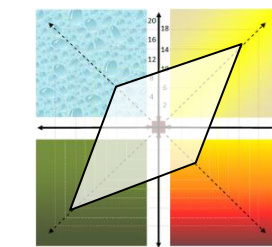
SP-ISTP-Crafter-VSEA



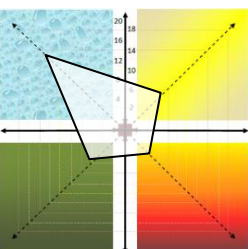
SP-ESFP-Performer-SAEV



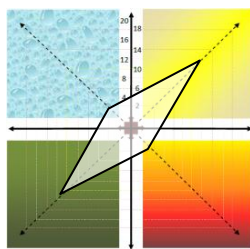
SP-ESTP-Promoter-SVAE



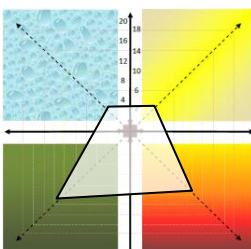
Longing-AVES



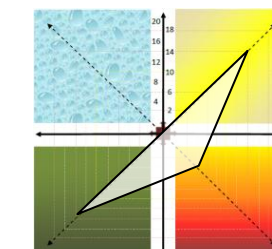
Judging-SVAE



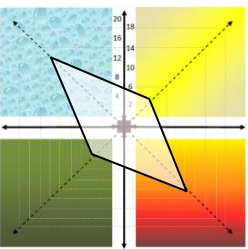
Industrious-SEVA



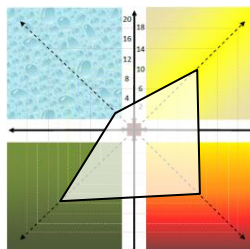
Self Reliant-VSEA



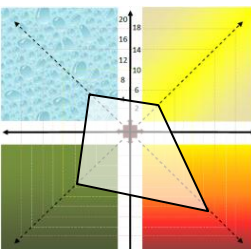
Persuasive-ESVA



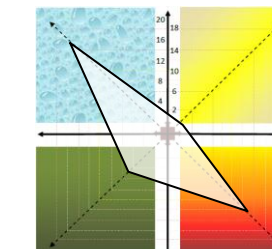
Tough-SEVA



Expressive-EASV

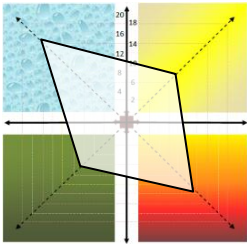


Broken-hearted-AESV

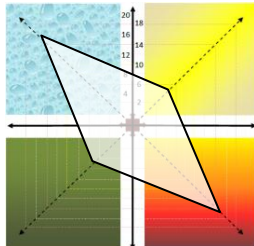


FIND YOUR SHAPE: The helping professions and disorders

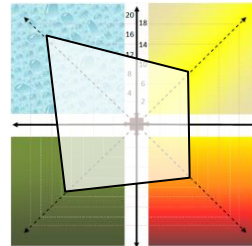
Psychologist



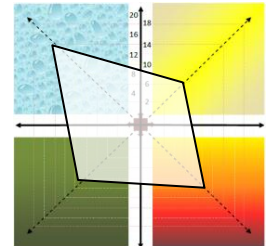
Counsellor



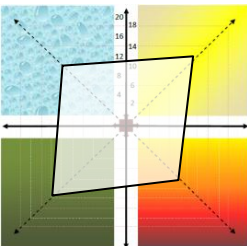
Nurse



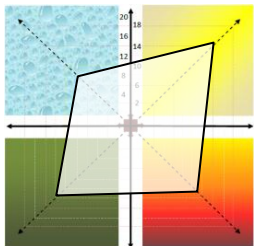
Social Worker



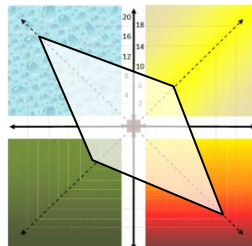
General Practitioner



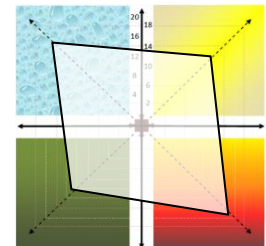
Psychiatrist



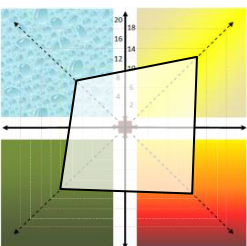
Art Therapist



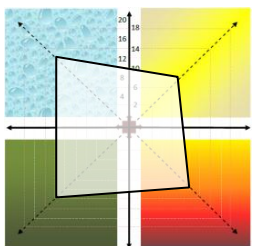
Human Resources



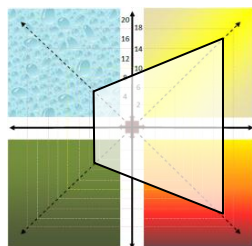
Male



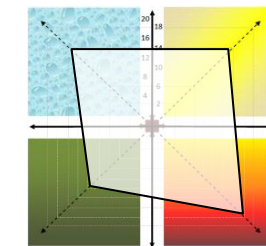
Female



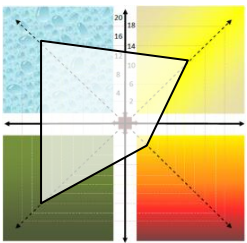
Consultant



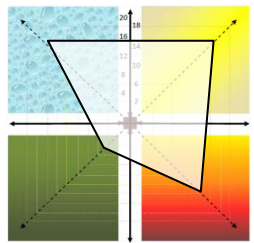
Manager/CEO



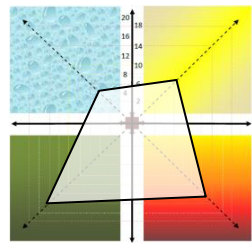
Depression



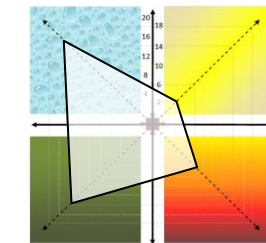
GAD



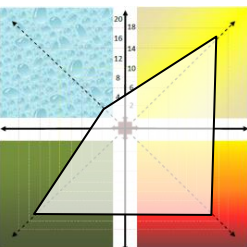
OCD



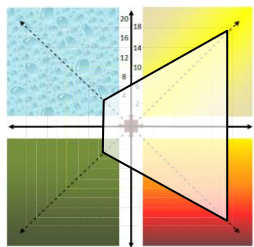
BPD



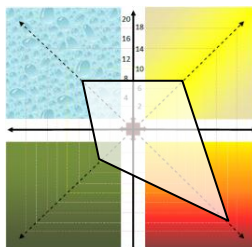
Aspergers



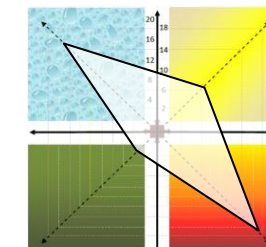
Psychosis



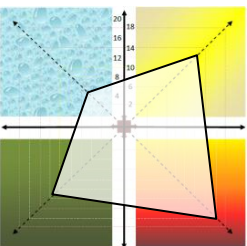
ADHD



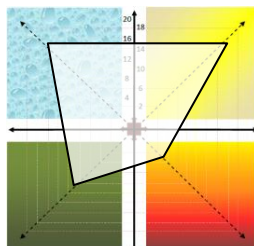
Bipolar



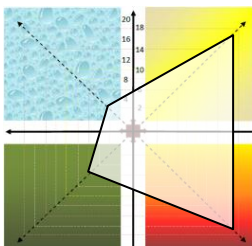
ODD



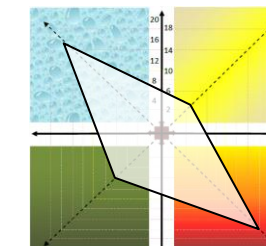
Agoraphobia



Narcissism



Neurosis



Notes: _____

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