

Unraveling and Repairing the Gordian Knot of Temperament

Perspectives	Stabilizer	Unifier	Clarifier	Activator
Greek Gods	Epimethean - dutiful	Apollonian - soulful	Promethean - technological	Dionysian - artful
Intelligence attribute	Corporeal/Material	Emotional	Rational/Intellectual	Libidinal/Social-Sexual
Lao-Tzu	Master yourself-Power	Know yourself-Wisdom	Know others-Intelligence	Master others-Strength
Drive	For Structure	For Awareness	For Intelligence	For Interaction
Fisher	Builders	Negotiators	Directors	Explorers
Rubin	Upholders	Obligers	Questioners	Rebels
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)
Galen's Humors	Melancholic	Phlegmatic	Sanguine	Choleric
HBDI - Herrmann	Left Limbic System	Right Limbic System	Left Cerebral Cortex	Right Cerebral Cortex
Elements/Directions	Earth - North	Water - West	Air - East	Fire - 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
Alchemy	Retraction	Adaptation	Expansion	Production
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
Plato	Sensible (Pistic)/Good	Intuitive (Noetic)	Reasoning (Dianoetic)/True	Artistic (Iconic) Beautiful
Aristotle's Sources of Happiness	Material (<i>Proprietar</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
Tantra/Sexual Body Part	-Male chest/heart	-Yoni	+Penis	+Female breasts
Astrology Sun/Moon/North node	Taurus, Virgo, Capricorn Self-Transcendence	Cancer, Scorpio, Pisces Self-Development	Gemini, Libra, Aquarius Self-Expansion	Aries, Leo, Sagittarius Self-Expression
Hindu Paths	Raja Yoga: Meditation	Bhakti Yoga: Devotion	Jnana Yoga: Knowledge	Karma Yoga: Action
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
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 archetypes	Isaac-Discipline David-Sovereignty	Abraham-Kindness Understanding	Aaron-Humility Wisdom	Moses-Endurance Joseph-Foundation
Kabbalah	Gevurah/Malkuth	Chesed/Binah	Hod/Chokmah	Yesod/Netzach
Tetragrammaton	Hay	Hay	Vav	Yod
Zohar Sages	Ben Azai	Rabbi Avika	Ben Zoma	Elisha Acher
Christian Patron Archangels	Uriel	Gabriel	Raphael	Michael
McCarthy Sexual Style	Traditional	Soul Mate	Complementary	Expressive
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	Flow	Chaos	Lyrical	Staccato

The Shadow Side

Perspectives	Stabilizer	Unifier	Clarifier	Activator
Attractions: Fisher	To Builders-Stabilizers	To Directors-Clarifiers	To Negotiators-Unifiers	To Explorers-Activators
Voice	"there is something wrong"	"there is something wrong with me"	"I need to fix something"	"I need to confront something"
Hendrix/Hunt You may feel... AM=Ambivalent or AV=Avoidant	AV: Smothered- "I can't say no and be loved" AM: Neglected- "I can't count on anyone"	AV: Shamed, dominated- "I can't be me and be accepted and loved" AM: Used- "I'll never be seen, valued, accepted"	AV: Punished, Guilty- "I have to be perfect" AM: Achievements are devalued "I can't be aggressive or express anger"	AV: Rejected, lonely, controlled- "I'm not lovable or trusted" AM: Disapproval- "I have to do what's right"
Age & Stage of Trauma	Oral 0 to 1 year	Anal 1 to 2 years	Phallic 2 to 4 years	Oedipal 4 to 7 years
Object Inconsistency	Environmental	Emotional	Construct	Libidinal
Invasive over-compensations	EQ,IQ,LQ	PQ,IQ,LQ	PQ,EQ,LQ	PQ,EQ,IQ
Dreikurs' Mistaken Goals	Service	Retaliation	Power	Recognition
Kretschmer's Character Styles	Depressive	Oversensitive	Insensitive	Manic
Central Stuck Emotions	Fear & Grief	Grief & Shame	Shame & Anger	Anger & Fear
Key issue	Safety <i>Disconnected via oppression</i>	Nourishment <i>Finds self in other</i>	Recognition <i>Disconnected via persecution</i>	Identity <i>Avoids feeling real vulnerability</i>
Kurtz Character Structure	Industrious/over-focused Burdened enduring Judging	Sensitive emotional Dependent/endeared/ Longing/Brokenhearted	Sensitive-analytic Tough/generous Self-reliant	Expressive/clinging Charming/seductive Persuasive
Conflict	In Exchange V's Deprived	Worthiness in Being V's Worthiness in Doing	Connected V's Isolated Real V's Not Real	Spontaneous & free V's Controlled
Controls by:	Judgement-being right, Rigidity, Blame, Resistance, Sacrifice, Passive aggressive & Over-working Intimidation-Power over	Manipulation, Clinging An Entitlement to Care Helplessness, Splitting Emotional Collapse, Listening too much, Desperation	Withdrawing, denying of needs, Resisting, Blame, Disassociating, Aggression, Blocking feelings & Dominating	Drama, being active, Sexual acting out, Over-working, Talking too much, Aggression & Manipulation
DSM-V	Avoidant Schizotypal/schizoid Aspergers/Antisocial	Dependent Narcissistic BPD	OCD Major Depression Anxiety	Histrionic Mania
Psychoanalytic Psychiatry/ Wilber: Fulcrum of pathology	F1 monadic. a. Autistic b. symbiotic psychosis. c. Depressive psychoses & adult schizophrenia F6. Existential pathology	F2. dyadic a. Narcissism b. Borderline PD F7. Psychic disorder	F3. triadic a. Borderline neuroses b. Psycho-neuroses F8. Subtle disorder	F4. Script pathology F5. Identity neurosis F9. Causal Disorder
Defences/Wilber	F1. Distortion, delusional projection, hallucination, & wish fulfilment, F6. inauthenticity, aborted self- actualisation	F2. Self/object fusion, projection & splitting F7. Fail to merge	F3. Isolation, repression, reaction formation, F8. Fail to integrate	F4. Role over identification F5. Suppression, sublimation F9. Fail to differentiate
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
Transactional Analysis	Rescuer	Victim	Persecutor	Dramatist
Spiritual Bypassing	Inflators, Descenders, Separatists, Internalizers	Inflators, Onesies, Ascenders, Internalizers	Separatist, Ascenders, Externalizers	Onesies, Descenders, Externalizers
Schemas	Mistrust/Abuse Vulnerability to harm or illness Entitlement/Grandiosity Negativity/Pessimism Punitiveness	Abandonment/Instability Emotional Deprivation Dependence/Incompetence Emmeshment Failure	Defectiveness/Shame Social Isolation/Alienation Self-sacrifice Emotional inhibition Unrelenting Standards	Insufficient self-control Subjugation Approval seeking/ Recognition seeking
Shadow archetypes	Tyrant/Bully/Macho/Bitter Righteous/Corrupt/Hollow/ Workaholic/Insecure/Critical Obsessive/Stubborn/Cynical	Masochist/Victim/Martyr Coward/Dummy/Smothering Denyingly Innocent/Unlovable Tormented/Exhausted/Needy	Impotent/Weaking/Detach Trickster/Shameless/Lonely Cunning/Arrogant/Superior Irreverent/Self-reliant	Sadist/Addicted/Escapist Rebel/Scapegoat/Infantile Manipulator/Risktaker Irresponsible/Attention seeker