

Podcast 1
12 Traits of LVP and HVP
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#	Trait	LVP	HVP
1	Crosses Boundaries	LVP crosses your boundaries. EX. Disrespect, insults (outright or cloaked in a joke), criticisms that are meant to hurt instead of help, name calling, bullying behavior, yelling at you, embarrassing you in public	HVP Respects your Boundaries. EX. Treats you with respect, apologizes if they have over stepped or hurt your feelings, gives constructive feedback if requested with the intent to help you be or do better, doesn't result to name calling, cursing or yelling at you if you disagree on something, can discuss issues with the intent to either come to a resolution and will admit when he or she is wrong
2	May make you feel Physically ill	While in the person's presence, you may feel sick, such as stomach upset, nausea, etc. EX. Biz meeting – physically ill Junk Truck – Fearful, Presence of Evil	Feel good when with the person. EX. You feel safe. You're not thinking about the intent of the person bc you feel comfortable and nothing about their behavior or energy makes you uncomfortable.
3	Argumentative	Loves to argue. EX. Person who can and will turn any conversation into an argument. Emotional Vampires. They want to get you upset so they can feed off your energy. Starting a fight so they can leave and go be with the person they are cheating on you with.	Doesn't want to argue. Wants cooperation. EX. HVP like a peaceful environment. An advanced HVP will not argue with a LVP. They will exit the verbal interaction or they will remain calm while the LVP gets all their negativity out, then resume the exchange.
4	Enjoys Drama	Drama King/Queen Loves gossip. EX. The person who likes to talk about everyone else and seems to know every one's business. Do not trust this person and do not tell them your personal business.	Avoids drama and gossip. EX. HVP are interested in pursuing their goals, enjoying their creative pursuits, enjoying spending time with family and friends in meaningful interactions. They don't see gossip as productive or positive.
5	Oppressive	Seeks Control and Domination. EX. Tryant parent or tyrant relationship partner. Feel like they don't have control over their own life, so they try to control you and the relationship with you.	Loves Freedom. Wants Others to have Freedom. HVP has no desire to control you. If they don't like the way you act, they'll just stop being around you. They'll exit the relationship. But you can keep on doing you, just do it over there.
6	Untruthful	Lies and manipulates to get their way EX. This is the typical love bomber narcissist who pretends to care	Doesn't feel the need to hide the truth. EX. HVP are authentic. If there's something they don't want you to know, they'll tell you they aren't going to talk about it.

		about you, but they really want to use you for sex, money or clout. People with ulterior motives.	They won't lie to hide anything, they'll just let you know that they aren't going to tell you.
7	Upper hand	Must have the upper hand and be "one up" on you EX.	Wants good things for others.
8	Pits Others Against You	Talk behind your back. Attempt to turn others against you.	Supportive.
9	False Front	"Pretender". Not honest about their real circumstances. Acts like their life is better than it really is.	Authentic. Honest.
10	Suspicious Acts	Behavior that makes you suspicious when you are not usually a suspicious person.	You don't feel suspicious around or about the person.
11	User	Looks at people to see what they can use them for, not for their intrinsic value as a person	Sees other's intrinsic value
12	Encourages Negative Behavior	Pushes you to do things you don't want to do, crosses your boundaries concerning behavior you choose not to engage in.	Respects your decisions about your life and wants you to live a high vibrational life with positive, healthy habits, activities, etc.