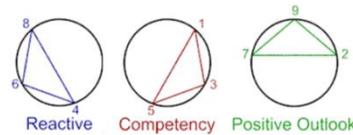


## HARMONICS TRIAD



### Conflict Styles

What each type does when it does not get what it wants.

- Positive** Outlook group (Types 2, 7, 9) – put aside disappointment; deny problems and difficulties; adopt a “positive attitude”; emphasize uplifting aspects of life. They are morale-builders who enjoy helping others feel good because they want to feel good themselves. (“I don’t have a problem.”) They have difficulty facing the dark side of life in themselves and others. They have trouble balancing their own needs with the needs of others.
- Competency** Group (Types 1, 3, 5) – put aside personal feelings and solve problems logically; strive to be objective, effective, and competent, putting their subjective needs and feelings on the back burner. They solve problems logically and expect others to do the same. They have issues evolving from their familial relationship related to working within the confines of a structure. (“How do I function within a system? Can I use it to my advantage? Will it hamper me from doing what I want to do?”) They are not sure how much they want to give themselves over to the values of the system, and how much they want to withhold themselves from it.
- Reactive** Group (Types 4, 6, 8) – needs reactions from others that matches their own concern; react emotionally to conflicts and knowing how much to trust other people. (“I need you to know how I feel about this. You need to be bothered as much by this as I am.”) In conflicts, they need to deal with their feelings first, and once they do, things blow over fairly quickly. They have difficulty balancing their need for independence with their need to be nurtured and supported by others. Their deep desire is to trust and accept affection from others, but to do so feels like losing control. They fear being betrayed and need feedback from people in order to “know where others stand” toward them. They are either looking for advice and direction (“parenting”) or defying it.

	Types & Motivations	Emphasizes	Avoids	Spiritual Practice	Path of Transformation	Ground my body	Open my heart	Quiet my mind	
1	Being good & doing right. “I am sure that we can solve this like sensible, mature adults.”	Being correct, organized, and sensible. 1s focus on standards, improving themselves, and knowing the rules.	By repression and denial. Feelings are channeled into activity, getting things done perfectly. Feelings also held as physical rigidity in the body.	In breath out breath, inflow outflow	Acceptance			<b>Competency - Process</b> frustration & resentment	1
2	Taking care of others. “You have the problem. I am here to help you...”	Positive self-image. “I am a caring, loving person.” 2s focus on their good intentions and the needs of others.	Their own neediness, disappointment, and anger.	Listening deeply	Self-nurturing			<b>Positive - Release</b> need & hostility	2
3	Achieving success & image. “There’s an efficient solution to this—we just need to get to work.”	Being efficient, capable, and outstanding. 3s focus on goals, being pragmatic, and knowing how to present self.	By repression and keeping attention on tasks, staying active. Achievement offsets painful feelings. Threes look to others for feeling cues.	Humble self-regard	Authenticity			<b>Competency - Process</b> inadequacy & shame	3

	Types & Motivations	Emphasizes	Avoids	Spiritual Practice	Path of Transformation	Ground my body	Open my heart	Quiet my mind	
4	Searching for idealized love. "I feel really hurt, and I need to express myself..."	A rescuer, someone to understand them and support their life and dreams; 4s want to be seen and parented.	Abandonment—that no one will care for them; that they will not have enough support to find and become themselves.	Living authentically	Forgiveness (others are special also)	<b>Reactive - Reframe thinking</b> of self & others			4
5	Conserving energy & resources. "There are a number of hidden issues here: let me think about this, by myself..."	Being the expert and having deep information. 5s focus on the process, objective facts, maintaining clarity and detachment, and operating outside of the rules.	By splitting off and abstracting feelings, Fives stay preoccupied and cerebral, as if their feelings were happening to someone else.	Cultivating curiosity	Understanding	<b>Competency - Process</b> rejection & futility			5
6	Planning & searching for certainty. "I feel really pressured, and I've got to let off some steam!"	Both independence and support. 6s want someone to rely on, but also needs to be "the strong one." Sometimes they want to be the parent and sometimes parented.	Being abandoned and without support, but also fears becoming too dependent on others.	Cultivating faith	Courage			<b>Reactive - Reframe thinking</b> caused by anxiety & projection	6
7	Optimizing & ensuring options. "There may be a problem, but I'm fine..."	Positive experiences, enjoyment, activity, options, excitement and fun. 7s focus on their own needs.	Their pain and emptiness: their role in creating suffering for self and others.	Participating in the unfolding	Gratitude (right now)		<b>Positive - Release</b> sadness & regret		7
8	Gaining power & reversing injustices. "I'm angry about this and you're going to hear about it!"	Independence and self-reliance. 8s want to need others as little as possible, to be their own person. They play the role of parent and provider.	Being controlled or dominated by others. Thus, they fear intimacy and becoming vulnerable by trusting or caring too much.	Doing Spirit's work	Self-surrender (restraint)		<b>Reactive - Reframe thinking</b> of denial of fear & vulnerability		8
9	Blending agendas & going along. "What problem? I don't think there is a problem..."	The positive qualities of others and of their environment. 9s idealize their world.	Problems with their loved ones or their environment as well as lack of their own development.	Active receptivity	Self-remembering	<b>Positive - Release</b> rage & fear			9