

## Russ Hudson's descriptions of Instincts and Types/Points

from his Instincts course, 2021

We all have *all* these instinctual energies available to us.

	<b>SP</b> is the voice of the inner critic's (which feels like a parent's voice): "you're a fraud, a child, so immature."
Sp8	Really gung-ho about SP issues of comfort and security; survivors, builders, practical; zone 1 of self-care is weak, and zone 3 of practicality is strong
Sp9	Sloth, inertia, settling instead of going for what I want – oh well, it's good enough; comfort seeker, keeps it simple and uncomplicated; likes nature, gardening, animals; introverted; goes by tone of voice rather than words; can't find the energy to break out; zone 3 is strongest
Sp1	Self-controlled; neat, organized; I line everything up and make no mistakes in taking care of myself and my surroundings
Sp2	"This is different than Chestnut or Naranjo's descriptions."; I project my needs onto others; I help others with what are actually my own SP needs, and I expect to be rewarded for my generosity; I suffer with others and then get rewarded with stuff that's not really good for me
Sp3	Passion of 3 is vainglory – the desperate desire to be worth loving, to be worthy of people, to be worthy of attention; time management and efficiency; not flashy or image directed; does well in business; I get things done; I get my value from SP stuff and work hard at it; my life is worthwhile because of SP stuff; I'm goal oriented and check things off my to-do list; I can be isolated and emotionally distance
Sp4	Need for emotional solace; sensualist; focused on zone 3; collects seashells; solitude; creative; I like nice, beautiful things for myself; I'm private and not reckless; nothing is never quite right, eg too hot, too cold; healthy SP4 finds beauty in everything, unhealthy SP4 wants coddling
Sp5	The stereotypical 5; solitary and private; very practical problem solver; seeks solitude; minimalist; I stockpile supplies so I don't have to go out; I don't need much (things or people), only space; I carefully pick friends who know that I need solitude
Sp6	6 is about inner guidance in both the inner and external world; worries about SP stuff; always scanning the horizon with 6 alertness; doesn't trust easily; most introverted; responsible; I need to do this because i'll be careful doing it, because i've been entrusted to do it, and I know it needs to be done
Sp7	Gluttony; the world is not going to treat me well so I'm going to have to take care of me and get all that I need; I can't have too many SP goodies; epicure is about getting what I need; I'm way more self-contained than I look; very practical; adaptable; grounded; I share my SP stuff but am actually terrified of scarcity

	<b>SX</b> energy seeks a target
Sx8	Lust and excess; challenger; addiction to intensity and competition because of loss of presence and life force; charismatic, big energy, "here I am!"; fear that I'm too much, and I hope to meet someone who can meet me without running away, so I can surrender and be at ease; intensity of an argument substitutes for intimacy; takes charge, and takes on energy
Sx9	Sloth, resignation, sadness; SP and SO 9s do <i>not</i> merge – "leave me alone"; SX9s create conflict because SX9s do want to merge, but then I get angry that i've given away too much energy; rich fantasy, artistic, creative; mistypes as 4s and 5s
Sx1	Reformer; I can be confusing to others; all 1s can be zealous but I am actually jealous; chivalrous; high standards which others and myself have to meet; I always find a fatal flaw in others
Sx2	Obsessed, I won't take <i>no</i> for an answer; craves intimacy and fusion; I seduce by giving the other person the sexual attention I want myself; healthier SX2 sees the real person; SX2 men understand women; I ae looking for the idealized object to <i>save</i> me, but not to understand me too – just save me! (4s want to be saved <i>and</i> understood, see below*)
Sx3	Vanity; virility/femininity – I am a catch!!; adaptable; externally focused confidence, magnetism, charisma; I become the screen onto which others can project – I become what you want me to be; my value is that I can attract; I know how to put myself together, but I get tired of it because no one really understands me; can be rebellious because it's really painful not being seen
Sx4	Lot of people mistype here – it's more than deep and intimate; it's envy and hypersensitivity – the intensity of connection; infatuation and looking for the idealized object to save me <i>and understand me</i> *; creative, uncensored, can be very dark; I subconsciously think the other person is going to rub off on me, and then I get disappointed when they don't; I need stabilization and beauty; not adventure

Sx5	All 5w4s think they are SX5; avarice in withholding sexual energy; SX5 has confidence to share secrets and move toward people who they are attracted to; Head Center+SX=imagination and freaky, weird, offbeat – not soothing thoughts or fluffy ‘new agey’ stuff; I can be despairing and self-destructive; SX5w4 is more dark
Sx6	Angst in sexual energy; often think they are 5s; edgy and adventurous; male’s seductive side is more fun; women can be tomboys; attracted to risk, danger, the edge; not cautious; jealous and paranoid; I can read the vibes between myself and others; 6s never do one thing or another thing – they never do uncomplicated roles
Sx7	Gluttony in sexual energy; life should be one big orgasm, one after the other, inner and outer adventures; I will try anything; I loves luxury hotels and people to share adventures with, but I don’t want to actually bond with others; I can be fooled by what glitters, eg latest guru or teacher; I can burn out when I have nothing to show and the charm wears thin; I can be depressed and not show it; when SX is the blind spot, people feel excessive responsibility in needing to keep the world together

	<b>SO</b> – social is <i>not</i> one-on-one!; all social types all have a warmth about them
So8	Intense, lustful, excessive about friendships and connections; gusto and camaraderie; ringleaders in their social sphere; I’m your friend, and I’ll die for you, will you do the same for me?; emotionally expressive; I wear my heart on my sleeve; not good at zone 1 and reading others – I can hurt others feelings without realizing it; most talkative of all 8s; I can test other’s loyalty and cut them off when betrayed; I can foster dependence of others onto me
So9	Inertia in the social sphere; adaptable, easygoing, good listeners; people like and trust them and consequently are successful; I can be <i>too</i> well adjusted and adaptive, and end up not knowing who I am, and then resentment builds up and I blow up; I can get lost in expectations to keep everyone happy; lot of US presidents (Eisenhauer, Colin Powell, Bush Jr)
So1	Stereotypical 1; fair, just, organized; lot of journalists and politicians (Gore, Dukakis, Hilary Clinton, Eliz Warren); I’m on a mission to create a better society, but it eclipses my personal life; I will point out everything that’s wrong; I can read people and zone 3 but I’m not good at taking care of my relationships; I can embody the ‘negative mother’ and get depressed, angry and ranting. Neither 1s nor 8s like vulnerability.
So2	I don’t need ‘xyz’; you do, and I can help you; matchmakers; coaches, mentors; I’m thorough and detail oriented in order to serve you well; I’m everybody’s friend because I’m genuinely interested in others; good administrators and admin assistants; successful in organizations and understanding of politics; power behind the throne; I have an unconscious ambition to be the star, which I feel shame about, so I instead become the friend of the star; I can be manipulative and possessive when I think I might be left behind
So3	Great at reading people and situations; gracious, welcoming; lightness; generous sweetness; I can become disconnected from my genuineness when I’m feeling competitive and wanting validation from someone; I believe there’s no way i’ll ever get to who I think I should be
So4	I feel misplaced and looking for my tribe; where are the ones I belong with and who understand me?; I’m good at reading people and situations; let’s all be different together!; I wear outfits to attract weirdness; I can quickly feel slighted and not included
So5	Fear of being taken over by others and my own needs not getting met so I stay at a distance; oh my gosh, what’s going to happen to me if I participate?!; I have an arrogant distaste for small talk but I do want to talk about and share about what interests me; no 5 thinks they are a So5 but communication for a 5 is sharing knowledge and insight – so share that; good at reading others and situations but can still be an introvert; I can use knowledge as power or revenge – the rules no longer apply to me, and I’m smarter than you anyway.
So6	Enrollers of others by setting good examples; custodians of traditions, responsibilities and being part of something bigger; I bond through doing activities together; I always worry about not fitting in so how can I reduce my fear and actually connect?; I can become suspicious and paranoid of others, ie ingroups and outgroups; eg Bush Jr and 911 – suspicious of others
So7	Sometimes mistypes as 1 or 2; ambitious in spite of possibly having many careers and jobs; wants to bring positivity into the world; altruistic – others need to be happy too; I want to contribute but I doubt how I am actually contributing; socially cooperative but not necessarily extroverted; FOMO – fear of missing out; I can be scattered and get depressed