

CORE IDENTITIES

	Type identifies powerfully with..., and resists...:	In order to sustain the self-images of being...:
1	<ul style="list-style-type: none"> • The superego, with the capacity to evaluate, compare, measure and discern experiences or things. • Resists recognizing anger-based tension. 	<ul style="list-style-type: none"> • Reasonable, sensible, objective • Moderate, prudent, moral • Good, rational
2	<ul style="list-style-type: none"> • Feelings for and about others and feelings about others' responses to them. • Resists recognizing one's own feelings about self and needs. 	<ul style="list-style-type: none"> • Loving, caring, selfless • Thoughtful, warm-hearted, concerned • Kind, compassionate
3	<ul style="list-style-type: none"> • A self-image developed in response to what they perceive as admiration by others. • Resists recognizing feelings of emptiness and one's own self-rejection. 	<ul style="list-style-type: none"> • Admirable, desirable, attractive • Outstanding, well-adjusted, effective • Having unlimited potential
4	<ul style="list-style-type: none"> • Feelings of "otherness," of being flawed, and with emotional reactions. • Resists recognizing authentic positive qualities in self and being similar to others. 	<ul style="list-style-type: none"> • Sensitive, different, unique • Self-aware, gentle, intuitive • Quiet, deep, honest with self
5	<ul style="list-style-type: none"> • Sense of being a detached, outside observer of the world – not part of it. • Resists recognizing physical presence and state, feelings and needs 	<ul style="list-style-type: none"> • Perceptive, smart, curious • Self-contained, insightful, unusual • Alert, objective
6	<ul style="list-style-type: none"> • The need to respond and react to inner anxiety about perceived lack of support. • Resists recognizing support and own inner guidance 	<ul style="list-style-type: none"> • Reliable, dependable, trustworthy • Likeable, regular, careful • Having foresight, questioning
7	<ul style="list-style-type: none"> • Sense of excitement coming from anticipating future positive experiences. • Resists recognizing personal pain and anxiety 	<ul style="list-style-type: none"> • Enthusiastic, free-spirited, spontaneous • Cheerful, eager, outgoing • Energetic, positive
8	<ul style="list-style-type: none"> • Sense of intensity coming from resisting or challenging others and environment. • Resists recognizing own vulnerability and need for nurturing. 	<ul style="list-style-type: none"> • Strong, assertive, direct • Resourceful, action-oriented, tenacious • Robust, independent
9	<ul style="list-style-type: none"> • Sense of inner stability coming from disengagement from intense impulses and feelings. • Resists recognizing own strength and capacity. 	<ul style="list-style-type: none"> • Peaceful, relaxed, steady • Stable, gentle, natural • Easygoing, friendly