

CENTERS THEMES, AWAKE, ASLEEP

Body – 8, 9, 1 – Instinctive

- They are concerned with maintaining resistance to reality – creating boundaries for the self that are based on physical tensions. These types tend to have problems with aggression and repression.
- Underneath their ego defenses they carry a great deal of *rage*.

Personality – asleep	Essence – awake
Boundaries	Connected with Life
Tension, numbness	Relaxed, open, sensing
Defending	Inner strength
Dissociating	Grounded
Irritation	Accepting
Going along/passive aggressive	
<i>Resistance to the present</i>	<i>Here & Now</i>

Heart – 2, 3, 4 – Feeling

- They are concerned with self-image – attachment to a false self or assumed self of personality. They believe that the stories they tell themselves about themselves and their assumed qualities are their actual identity.
- Underneath their ego defenses these types carry a great deal of *shame*.

Personality – asleep	Essence – awake
Self-image	Authenticity
Stories	Truthfulness
Emotionality	Compassion
Holding on to moods	Forgiveness and flow
Adapting to the affects of others	Inner-directed
Inferiority/superiority	
<i>Past oriented</i>	<i>Here & Now</i>

Head – 5, 6, 7 – Thinking

- They are concerned with anxiety – they experience a lack of support and guidance. They engage in behaviors that they believe will enhance their safety and security.
- Underneath their ego defenses these types carry a great deal of *fear*.

Personality – asleep	Essence – awake
Mental chatter	Quiet mind
Figuring it out	Inner guidance
Strategies, doubt	Knowing, clarity
Anxiety and fear	Support and steadiness
Anticipation	Open to the present moment
Fear/counterphobic	
<i>Future oriented</i>	<i>Here & Now</i>