

TRIAD CHARTS

<u>Centers</u> →	<u>Body/Gut</u> Down to earth, fiery, intuitive, impatient, non- emotional; ethics/truth; the past; anger; <i>grounding</i>	<u>Heart</u> Flowing, feminine, warm, relational, expressive, imaginative; beauty/art; others' present; sad; <i>kindness & connection</i>	<u>Head/Mind</u> Airy, masculine, cool, intellectual, non-reactive, objective; science; the future; fear; <i>curiosity</i>
↓ Hornevian Social Styles <i>How each type tries to get what it wants</i>			
Assertive initiators – moving against; energetic; process out loud	8	3	7
Compliant cooperators – moving with; bounce things off others	1	2	6
Withdrawn soloists – moving away; reflective; process internally	9	4	5

↓ Harmonics <i>What each type does when it does not get what it wants</i>			
Reactive – needs reaction from others	8	4	6
Competency – puts aside personal feelings	1	3	5
Positive – puts aside disappointment	9	2	7

↓ Object Relations <i>Emotional state that sustains each type's sense of self</i>			
Rejection – rejected by others and self	8	2	5
Frustration – always disillusioned	1	4	7
Attachment – adapt so they can attach	9	3	6