

TRIADS

CENTERS

Body/Gut - 891

Anger-based, how do you assert yourself as a separate individual being that is different than others, “anger” is standing up to reality, ego boundaries

9: Blurred boundary between the self and others, external surroundings can fill up the 9 as they are malleable as a separate being

8: Overly asserting one’s existence, easy access to anger, pushing against any threat to their being

1: Finding a way to exist that’s “right,” adding the superego into the body space, strong boundary

Heart/Image - 234

Shame, who are you supposed to be to yourself and others, the shame of not measuring up to that image, emotional processing

3: Image of being the best of whatever it is you are, being marketable to others as a person

2: Image of being necessary and loved by others, being needed and indispensable as a warm and caring presence to others

4: Image of being separate from others and too unworthy to belong, making the negativity of being an alien something beautiful

Head - 567

Fear, how do you navigate through a dangerous world, processing using the mind, questions

6: Being vigilant and double-checking, not straying too far from “others” in terms of who you are

5: Withholding all your energy from others to avoid the messy emotions that can drain your highly-sensitive system

7: Distracting yourself from harsh realities with fun and movement

HARMONIC TRIADS

How each type handles conflict, how they handle situations where their needs are not met, coping mechanisms

Reactive - 468

Emotionally reactive under stress, hard time containing their feelings, need you to see the problem that they can see, pointing out the “bad” thing

4: Reacts in self-absorption and amplification of inner states, feelings of hatred fuelled by inadequacy, expressing negativity is “authenticity”

6: Reacts in outspoken combat, standing up for what they believe, drawing attention to anything that feels wrong or dangerous, emotionally moody, anxiety

8: Reacts in force, untethered anger and denial of vulnerability

Positive - 279

See the positives, find ways to bring light and avoid negativity, “everything will be okay”

2: Focus on the goodness in themselves and others, amplify their lovable aspects, keep people close by being a good person

7: Actively avoiding negativity by making life fun, creating some chaos for momentum and distraction

9: Seek harmony and peace, avoid big waves and disturbances

Competency - 135

Focus on objectivity and rationality, doing things correctly and competently, neutrality

1: Reigning in impulses and funnelling them into rigidity and correctness

3: Work ethic, focus on being able to do things well, repressing soft feelings in favour of productivity

5: Knowledge seeking, over focus on detached objectivity, ignoring emotions

TRIADS

HORNEVIAN GROUPS¹

How each type moves in relation to other people, stances, how they get what they need/want

Assertive - 378

Moving against others, focus on what the self needs/wants, “demand” needs

- 3: Goal-oriented, productive, action-based
- 7: Asserting their right to have fun, entitled to take what they want
- 8: Power and strong boundary, untethered anger

Compliant/Superego - 126

Moving with others, focus on what others’ need/want, society, “earn” needs

- 1: Justice, social standards, doing what’s right rather than what you want
- 2: Focus on the needs of others rather than self
- 6: Focus on building a secure environment for all, being “human,” tribes

Withdrawn - 459

Moving away from others, focus either self or others without moving towards others, “withdraw” to get needs

- 4: Image of inadequacy and separateness, broken alien
- 5: Detachment from people to preserve the self, nerdy alien
- 9: Introspection, withdrawing from self into a haze

¹ Karen Horney was the first to conceptualize the three coping strategies of moving toward, moving against, and moving away from people. Some later authors label them Stances.

OBJECT RELATIONS

How we affect or are affected by something/someone else, our ego in relation to other people/things

Attachment - 369

Sense of self is attached to things perceived as good, adapting themselves to be consistent with people or things

- 3: Hyper-aware of what is valued by important others, seek to become the ideal of those values
- 6: Doubt their own ability to cope in the world, so they adapt their belief systems to external authorities while questioning everything, subconscious attachment/loyalty to other person/group/system
- 9: Over-adapting to important others, attachment to peace

Frustration - 147

Knowing what could make you happy but rarely having it

- 1: Expecting high standards of perfection, seeing how everything could be improved
- 4: Addiction to the frustration of not having that which makes you happy
- 7: Present circumstances aren’t as fun as they could be, searching for distraction

Rejection - 258

The feeling that others have rejected your needs, so then you reject them too

- 2: Reject their own needs and negative thoughts, focus on others’ needs as a way to gain self worth
- 5: Reject their physical and emotional needs for fear that emotions will bring rejection from others, focus only on the “head” to become important enough to avoid further rejection
- 8: Reject their own softness and vulnerability, use their strength