

## CORE IDENTITIES

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