

## 8. Lust

### The Self-Preservation Instinctual Subtype: "Satisfaction"

An amused survivalist. They go for power instead of being liked and repress their tender side. Fracilact. Push themselves physically and ignore pain. No-nonsense. They don't let people in easily and start out with mistrust. Tough. Blunt. No time for what they see as weakness. Deny feeling. Undaunted by restrictions. Very intolerant of frustration. Believe that "it's a jungle out there", "Life owes you nothing". Make sure they stay in control of things. Workaholic and long hours. Unhealthy; Bullying, dishonest.

### The 1:1 (Sexual / SX) Instinctual Subtype: "Possession"

Intense, charismatic and more emotional, although still take a powerful hold and dominate. Stronger anti-social tendency. Can be provocative and rebellious, holding values that are different from the norm. Sometimes overtly anti-intellectual or alternatively aggressively invalidating of others' views. Sly humour. Enjoy being "bad". Enjoy thrill of competition. Demanding. Re-mold others to fit their needs. Unhealthy; see partner as a possession and can be vengeful and abusive.

### The Social Subtype. Countertype: "Complicity"

Gusto and camaraderie. Express their intensity in social bonds. Fiercely committed to friends and causes. Trust and honor are critical. Pro- someone, anti- someone / something else. "The Rock" - suppress their own needs and do anything for people they care about. More intellectual of the 8 subtypes. Loves a good debate. Takes a hard line. Hold grudges and exile people. Charming rogues. Unhealthy; become reckless, self-destructive loners/ addicts and destroy all the good in their lives.

### The Self-Preservation Instinctual Subtype: "Complicity"

Comfort-seeking. Pleasant and easygoing. The practical 9 subtype. A collector who likes having possessions. Like puttering and routine. Deep down they don't have the sense of being loved. No recollection of mother love. Spiritual sense of being here in life is eroded or negated. Underlying anxiety about neglected real needs. May have food issues and eat as a form of self-control. Unhealthy; zoned out, chronic couch potato.

### The 1:1 (Sexual / SX) Instinctual Subtype: "Union / Fusion"

"Our life" fusion. Gravitate to aggressive types and want to take on their energetic qualities. Display minor aggressive traits themselves. Seeking union and the urge to merge or fuse with someone. Not standing on own two feet. Very tender (suspicious level of tenderness). Unhealthy; "Nabodies"; not actively living their life in alignment with their own passion. Fade into the background of someone else's life.

### The Social Subtype. Countertype: "Participation"

"One happy family" Usually a workaholic community benefactor. A 9 leader is kind and unselfish. Diving need is to be a part of things. Self-sacrificial. Fun, light-hearted. Very mindful to the needs of others. A 9 leader is kind and unselfish. Doing what is necessary for being in the group. Fear of isolation. Displays of indignant anger. More tangible anger than other types expressed as stubbornness. Can experience depression and resignation about their lack of development.

## 1. Anger

### The Self-Preservation Instinctual Subtype "Perfectionism"

Self-control / Self-disciplined. Fear making mistakes. Concerned with material wellbeing, finances, health, time, efficiency, planning, Fastidious, picky. Physical stress and tension. Worry and need for foresight. Have everything under control. Insecurity about survival. Overcoming anxiety with hard work. Trouble expressing emotion and having fun. Inner conflict between desire & superego. Health obsessions, eating disorders, extreme asceticism.

### The 1:1 (Sexual / SX) Instinctual Subtype: "Vehemence" / "Zeal"

Want a flawless partner. High expectations. A sense of right to have things a certain way. Feelings of isolation and fears of abandonment. Sometimes overtly angry with an intensity of desire to change things. Can be forceful and pushy. Over-zealous reformers working on perfecting the behaviour of another. Very critical. Want partner to share values and ideals. Unhealthy; Extreme jealousy and self-comparison.

### The Social Subtype: "Non-adaptability"

Crusader. Believe they represent objective values. Rigidly, strict school-teacher mentality. Teach, moralize, speak out about injustice. Derive identity from strongly held views. Being the one who already knows, not having to learn from others. Has a technique of making others wrong to feel a sense of superiority. Can work patiently to bring about reforms. Unhealthy; Reactive and extreme black and white thinking and advocacy.

## 7. Gluttony

### Self-Presentation Subtype: "Strategy" / "Keeper of the Castle"

Canny and practical. Creates networks. Takes advantage of every opportunity. Earthy, Gutsy, "Getting mine". Connecting people and catalyzing projects and initiatives through connections. Materialistic in broad sense. Enjoy fun, food and family. "Activity-oriented" relationships. Sharing activity with others is a way to make contact without any uncomfortable personal intimacy. Direct, blunt, pushy. Unhealthy; relentless, reckless, excessive, selfish & thoughtless of others.

### The One: One Subtype: "Suggestibility" / "Mesmerisation"

Usually mesmerised with ideas, a pursuit, or a person. Often live in a fantasy world and embellish reality. A Neophile. Reject the mundane. Magnetised by people they find interesting. Become temporarily dazzled and elicit same in others. Often tricksters with charm and adaptability. Difficult to pin down. Dreamers. Extremely enthusiastic. Overly idealistic. Avid learners, open to adventure. Too much enthusiasm and when unhealthy, reckless, hardened , damaging and crazy in pursuit of their "fix".

### The Social Subtype. Countertype: "Sacrifice"

These are utopian visionaries making sacrifices for the cause. They are conscious of not exploiting others and define themselves as "anti-gluttony". They want recognition of and crave to be seen as very good and wise. Steady, practical and accountable to others. When extraverted, they can enjoy social celebrations, fine wine and good food, storytelling, jokes, and travel, all with an obvious gusto. Unhealthy; scatter energy, irresponsible, leaving an unsettling trail of loose ends and hurt people.

### Self-Preservation / Conserving

"Time, money and energy are our big 3 resources. SP is the engine of survival. It's the root of the other instincts. It requires the skill of discipline. It's about conserving energy. SP energy manifests in our body as the physical sensations of hunger, warmth, fatigue, etc. It's about stability, groundedness and softness. but can tilt into comfort, inertia, rigidity and sluggishness. When entering a room, SP notices resources." RH

- Zones:**
1. Self-care and well-being (not comfort)
  2. Maintenance of our foundation and resources
  3. Domesticity, home and security. Includes Physical Survival (Sleep, Food, Safety & Security, Warmth, Pragmatism, Embodiment, Nurturing, Stability, Structure, Resources, Organisation.

**Risks if Dominant:** Anxiety, eating disorders, Worry about scarcity, control issues, workaholic. Selfishness, Opportunism.

**Risks if Blind:** "We lack structure and regularity. We're ambivalent about them. Project friendliness and create bonds. Want to fit in & support others. Anxiety makes them avoid decisions & seek consensus. A social guardian - idealistic. Seek reassurance in contractual clarity & dislike ambiguity. Try to discern good guys from bad. Not connected to intuition and "aliveness". Seek a clear reference point. Unhealthy; a fanatical, unquestioning slave of an idea/ authority.

Self-neglect, self-abandonment, recklessness, financial recklessness, Risk-taking. Disorganized, distracted. Lack of connection to feelings of nurturing.

**Anecdotally Observed patterns:** Feminine/ nurturing wound, historical family suffering and deprivation/ violence.

### 1:1 / Sexual / Intimate/ transmitting

"SX is the engine of evolution; the desire to grow and go beyond ourselves so we can eventually connect; it's the recognition that no one is responsible for me but me. SX is about spending energy, the energy of creation, giving myself wholeheartedly...It activates, enlivens and charges our battery. SX energy feels like tingling and electricity in the body. When SP energy relaxes and SX energy activates and they meet, it's called sensuality. When entering a room, SX notices energy and intensity. SX is not "cutey, useless, false one-on-one nonsense." SX zones are the most difficult to understand because they are energy mostly in the subconscious."

- Zones:**
1. Attraction and attracting others
  2. Exploration and Edge
  3. Merging

Includes: Close relating, bonding, intimate communion, spirituality, shadow integration, sexuality, Eros, Intergal, Thanatos. Renewal, vitality, connection with unconscious, Spontaneity, Spiritual Alchemy, Transcendental Oneness.

**Risks if Dominant:** Attachment issues, boundary issues, reality distortion, aggressive drives. Fear of abandonment. Envy, Controlling. Dependency, Compulsive seduction, fetishes, impulsivity.

**Risks if Blind:** "It doesn't mean a lack of intensity. We feel powerful energies, but we procrastinate in taking action. We may feel a heightened sense of responsibility in order to keep things together and avoid taking risks. We tell ourselves, "I am hopelessly boring, I can't imagine anyone taking much interest in me, and if they do, it's probably just something wrong with them. Thank God I can be useful because few would be interested in me otherwise." Or, sometimes we think we are more adventurous than we really are."

**Anecdotally Observed patterns:** Feminine/ nurturing wound, historical lack of attunement in the early holding environment from either archetype (also depends on object relations triads and Homeyviars)



### Social Instinct/ Navigating

"The parent/child bond is the origin of SO. It's not about relating to a group. It's the drive to reach out, relate, know each other, and stay engaged. It's the link between the instinctual self and the emotional self. SX energy has excitement but it's not necessarily emotional. Emotions have to do with the social implications of where we're at with our sexuality. In SO, it's easier to recognize that we what we do and don't do than in SX. When entering a room, SO notices power and prestige."

- Zones:**
1. Reading People and Situations
  2. Connecting
  3. Participation
- Includes: Service to humanity and a greater good. Agape and Caritas love. Healthy identity, associating, belonging and cooperating. Organising and uniting people, sharing.

**Risks if Dominant:** Superiority, Preoccupation with public image, power and prestige, an ideology, fitting in, Subjugation, public disputes and betrayal. Politics, scheming, manipulation.

**Risks if Blind:** "SO dominants can be introverts. SO blinds think that being with people is going to be a drag and a drain...Resist connecting and associate connection with previous disappointments and humiliations." Sense of defectiveness, especially about feelings... "I am scared people will see my shortcomings." We justify ourselves by thinking others are boring, shallow and clueless. We have a difficult time seeing our offering and contribution. SO blind creates self-absorption, so do things you are really, truly interested in... Intensity. Alienation, not fitting in, bad manners, not being able to carry accountability, Aversion to groups and teams. Cynicism. Lack self-promotion ability.

**Anecdotally Observed patterns:** Feminine/ nurturing wound, historical lack of safety and connection in the broader holding environment. Lack of feeling of belonging and interpersonal safety. Masculine archetype - mediates relationship with broader world. Structure, Firmness.

## 2. Pride

### The Self-Preservation Subtype. Countertype: "Privileged" / "Entitlement"

Take pride in their sacrifices. Entitlement to needs being met. Child-like and cute, looking to be seen as special to get attention. "Love me for being who I am". Can act as a nurturer & feel privileged, earning approval through caretaking. Prone to feelings of martyrdom. Guilt-trips. Suppress aggression and emotional needs causes health problems. Unhealthy; Develop health obsessions, syndromes. Hypochondriasis in a way to elicit love.

### The 1:1 (Sexual / SX) Instinctual Subtype: Aggression

Crave intimacy. Expression of feeling to get your allegiance. Want to be your best friend. Focus on a few individuals. Like sharing secrets. Will learn about others' interests. Irresistible - needs to have a hold on you. Need for the desire of the other. A way to solve anything in life is to have a strong bond with anybody who can give me anything. Sometimes using seduction or aggression to gain attention. Give a lot of attention. Pursue. Unhealthy; Can't take "no". Possessive. Obsessive.

### The Social Subtype: "Ambition"

Ambassador - seeking recognition, social approval and influence. Intract ambition. Maneuvers to be indispensable. Everybody's friend. Busy calendar & like being hub and to impress people. Name drop. Passion to stand above and have superiority as a reward. Leader type. Seducer of groups. A more aloof intellectual and intimidating. Somewhat stuffy, less flexible, less voluptuous. Unhealthy can be classic enablers and highly patronizing, drawing attention to good deeds.

## 6. Cowardice

### The Self-Preservation Instinctual Subtype. "Warmth"

Family Loyalist - seeking safety through warmth, a safe home, and affection. Fear of not being protected. Teddy bears among the 6's. Friendship in the presence of a common enemy. More wishy-washy, a lot of ambiguity. Practical, Habil -bound. Very acquiescent and compliant. Worried concerned with safety of family and loved ones and of resources / important things. Unhealthy; "I won't hurt you so that you won't hurt me." - ingratiating. Workaholics to maintain safety.

### The 1:1 (Sexual / SX) Instinctual Subtype. Countertype: "Strength / Beauty"

Very self-doubting yet openly defiant. Use symbols of power (strength/ beauty/ sexuality) to feel safe. Can be coquettish, disarming, or fierce ("Counterphobic"). Can be 8-like in intimidation & reactivity: best defense is in attack. Explosive if exposed or connections threatened. Unhealthy; Obsessive, focused paranoia. Depressive, erratic, lashing out. Impulsive, irrational. Sabotage, rumor-monger and undermine the reputations of those who feel threatening to them.

### The Social Subtype: "Duty"

Generate social support by looking for friends, allies, authority figures, but ambivalent about them. Project friendliness and create bonds. Want to fit in & support others. Anxiety makes them avoid decisions & seek consensus. A social guardian - idealistic. Seek reassurance in contractual clarity & dislike ambiguity. Try to discern good guys from bad. Not connected to intuition and "aliveness". Seek a clear reference point. Unhealthy; a fanatical, unquestioning slave of an idea/ authority.

**Risks if Dominant:** Anxiety, eating disorders, Worry about scarcity, control issues, workaholic. Selfishness, Opportunism.

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## 3. Vanity (Following Naranjo and Hudson)

### The Self-Preservation Instinctual Subtype: Countertype "Security"

Workaholic. Constant work for money, stability, family. Maximize efficiency. Invert the vanity. Image of no vanity. The Model Person. Feels a need to be honest and good. "Company Man/ Woman" Shows autonomy and independence. Usually close to leaders and invests in being well regarded. A pleaser. Neglect health and relationships. Unrealistic schedules. Unhealthy; Can't handle downtime, Highly prone to burnout and breakdowns.

### The 1:1 (Sexual / SX) Instinctual Subtype: "Masculinity / Femininity"

Pursue desirability. Cultivate a "film star" look. Wants to be dazzling, "the catch", always looks good enough to be somewhere important. Want to attract a mate and long for intimacy but fear deep emotional connection as exposing and a risk to being seen as ideal. May use sex as substitute for intimacy. Work out, diet, may use stimulants, steroids, get cosmetic surgery. Unhealthy; Jealous, vindictive. Slights to narcissism evoke rage.

### The Social Subtype: "Prestige"

Pursue prestige, fame, money. Status-seeker. Want recognition and reassurance. Establish a brand and flaunt brands. Networkers and politicians. Constantly promoting themselves, often with inflated notions about themselves and their talents. Grandiose. Exhibitionistic and socially seductive. "Look at me!" Want high pedigree and credentials. Awards. Arrogance is a defense feeling jealous of others' success. Unhealthy; Avoid exposure of less-than-attractive/ good side with dishonesty.

## 5. Avarice

### The Self-Preservation Subtype: "Refuge" / "Castle" / Cave

Castle Defender - home as refuge. Attempt to gain independence by being walled in. Withhold to gain separation, independence, isolation and hoarding. Frugal, self-denying. Establish boundaries to protect their space and conserve their energy. Avoid needing others. True loners. Very private people. Problems with expressiveness. Emotionally detached. Eccentric. Easily overwhelmed socially. Unhealthy; Shut-in delusional, paranoid.

### The 1:1 (Sexual / SX) Instinctual Subtype. Countertype: "Confidence" (as in Confidante)

Wizard / Secret Agent. Mysterious and secretive. Intense imagination. "This is my world"- want to share with someone who will not reject strangeness. Quality of living alone "in the depths". Unique powers of perception. Passionate romantic merging alternates with emotional distance. Compartmentalised relationships. Search for ideal person and long for an absolute love. Unhealthy; Isolated self-destruction. Underbelly of society. Dark. Feltstitch.

### The Social Subtype: "Totem". Expert/ Professor Type

A specialist involved with complex systems of ideas. Find a social niche. Experts in one domain. Want to be indispensable. Ward off intimacy. Enjoy role "on the edge of the village" but social recognition. Interact by discussing weighty topics and theories. Look for meaning but become disinterested in life. Bypass compassion. Want to be elite, extraordinary. The common is meaningless. Use their knowledge for power, as bargaining chips. Unhealthy; Antisocial, derisive, contemptuous

