

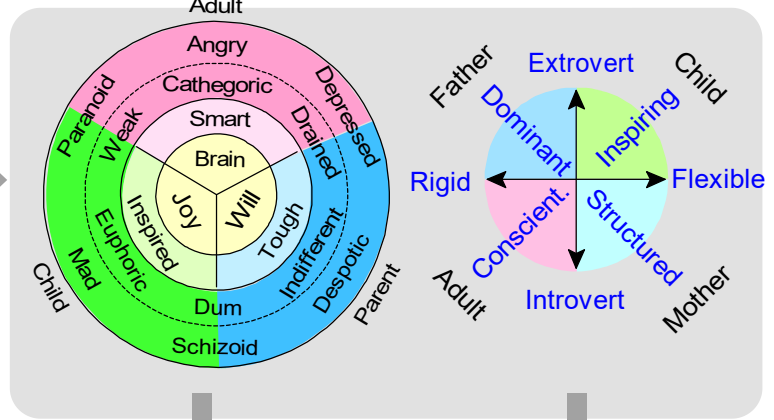
The P-A-C classification correlates with Sheldon's, Harris and DiSC methods:

PAC method	Parent	Adult	Child
Expression	Will	Brain	Feelings
Positive	Tough	Smart	Inspiring
Negative	Drained, Addict, Paranoid	Inconf, Sad, Depress	Confused, Mad, Schizoid
Sheldon's somatotypes	Muscular	Large head	Hedonic
Harris theory	I'm OK, you NOT	Both OK or NOT	I'm NOT, you OK
Intellect	Instincts	IQ	EQ
Enneagram	1, 8, 9	5, 6, 7	2, 3, 4
Manipulative role	Prosecutor	Rescuer	Victim
Segments in Classic Atlas	4, 10, 12, 13, 16, 17, 22, 23	1, 2, 7, 8, 11, 18, 19, 24	3, 5, 6, 9, 14, 15, 20, 21
DiSC profiles	Rigid Extrovert, Flexible Introvert	Rigid Introvert	Flexible Extrovert
Segments in Gender - Maturity Atlas	Man, Woman, Father, Mother	Elder	Child, Boy, Girl

How was it obtained?

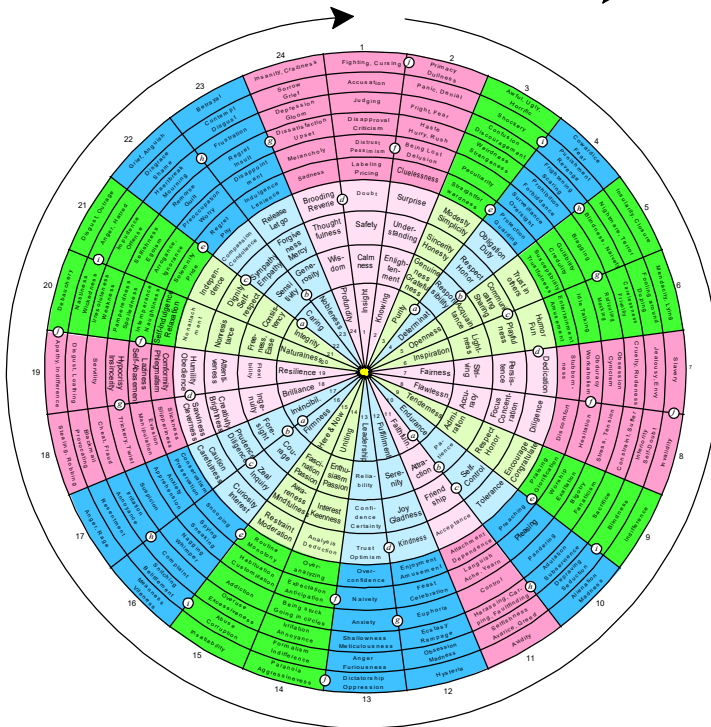
Dialectic algorithm (based on "under / over - developed compatibilities") yield 3-sided atlas

DiSC profiles extend P-A-C to the 4-sided scheme considered in work relations



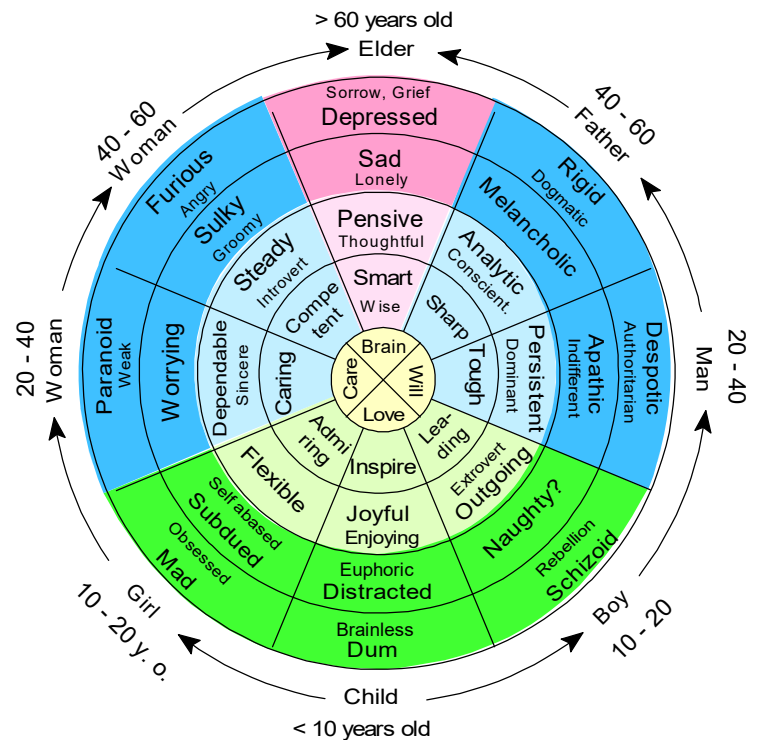
New Atlas of Characters suitable for analyzing family & business relations

Parent Child Adult
 Caring Obedient Friendly
 Punishing Naughty Vicious



"Classic" Atlas of feelings based on Plutchik's model

Differentiation by the role and positiveness, e.g., 20% Child (50% obedient), 30% Parent (70% caring), 50% Elder (30% wise)



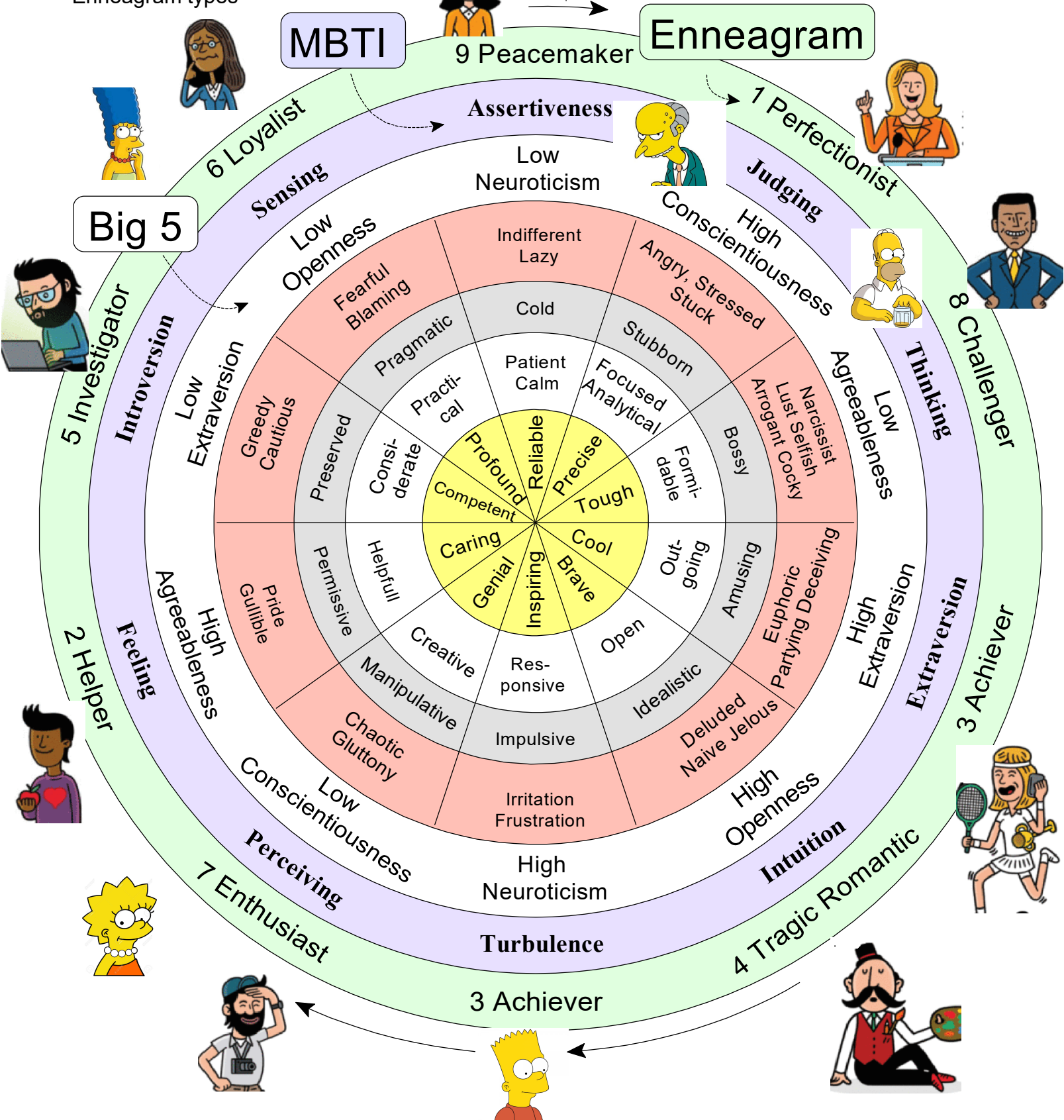
New Atlas of Characters suitable for family and business relations

Differentiation by age and gender, e.g., 20% Child under 10 y.o., 20% teenager (40% boy), 30% adult (40% man), 10% mature (50% man), 10% elder (50% wise)

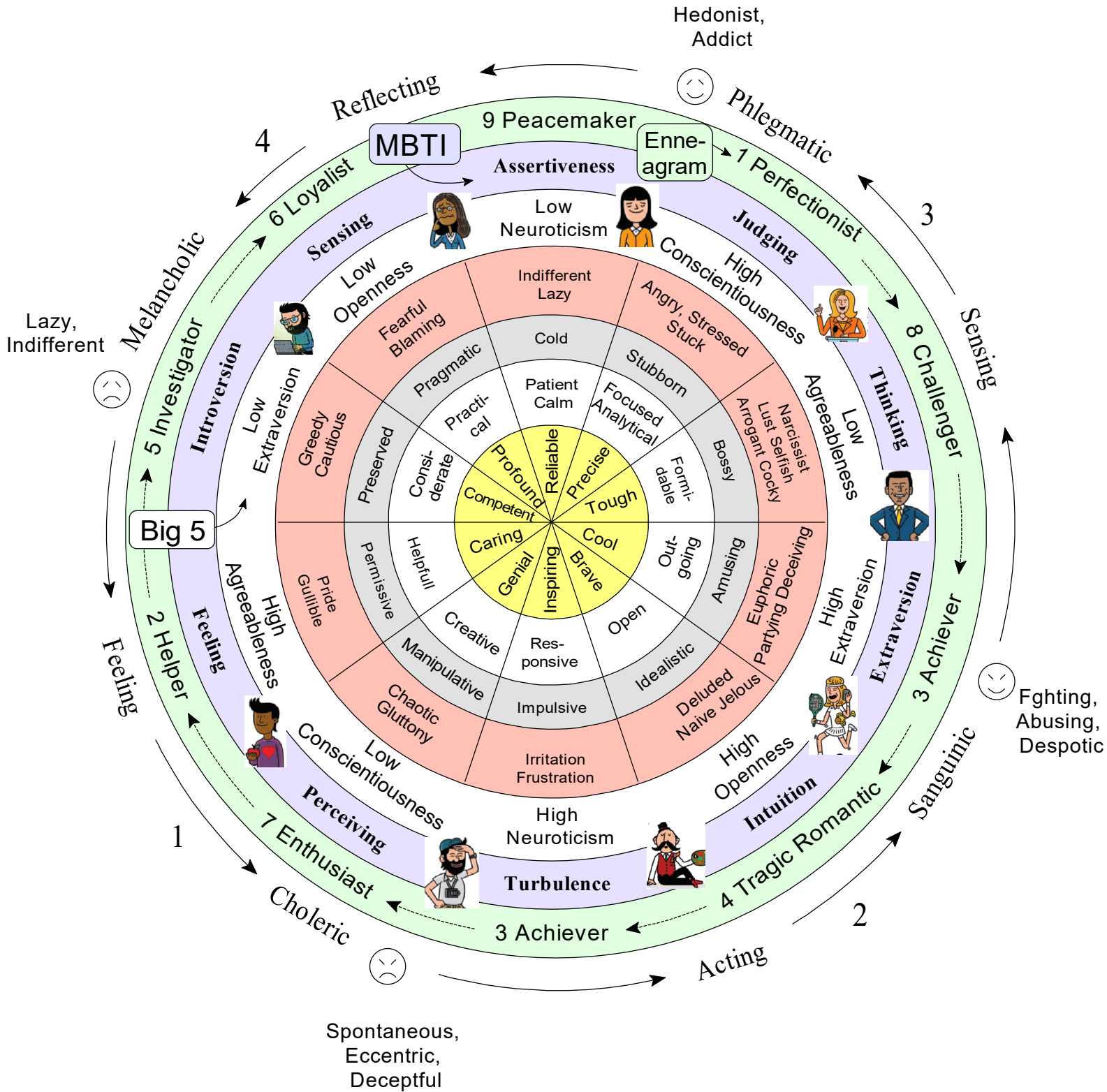
Dialectic scheme of the major character traits

Obtained by correlating BIG 5, Myers Briggs (MBTI) and Enneagram types

Clockwise movement brings us closer to the center, counterclockwise - to the edge



Opposite directions for Logics vs. Intuition driven changes



Rudolph's Multiple Natures

Enneagram

MBTI

Big 5

Doctors, massage therapists, counselors, psychologists,

Managers, diplomats, human resource managers, personal assistants, public relations

Police officers, lawyers, critics, journalists, social activists, politicians

Healing

9 Peacemaker

Administrative

1 Perfectionist

Business owners, sales, marketing, traders, investors

Teachers, corporate trainers, spiritual masters

Protective
6 Loyalist
Sensing
Low Neuroticism
Low Openness
Fearful Blaming
Introversion
5 Investigator
Low Extraversion
Greedy Cautious
Preserved
Conscientiousness
High

Entrepreneurial
8 Challenger
Thinking
Low Agreeableness
Narcissist
Lust Selfish
Arogant Cocky
Stubborn
Angry, Stressed
Stuck
Fomidable
Bossy

Indifferent Lazy
Cold
Patient Calm
Pragmatic
Practical
Focused Analytical

Profound
Reliable
Precise
Tough
Cool
Brave
Inspiring
Genial
Caring
Competent

Helpful
Creative
Manipulative
Chaotic Gluttony
Irritation Frustration
High Neuroticism
Turbulence
3 Achiever

Outgoing
Amusing
Euphoric
Partying Deceiving
Idealistic
Deluded Naive
Jealous
High Openness
Intuition
4 Tragic Romantic

Agreeableness
High Extraversion
3 Achiever

Extraversion
3 Achiever

Entertaining
Singers, musicians, dancers, actors, comedians, radio jockeys, magicians

Providing
2 Helper
Feeling
High Agreeableness
Pride Gullible
Permissive
Helpful
Creative
Manipulative
Chaotic Gluttony
Irritation Frustration
High Neuroticism
Turbulence
3 Achiever

Chefs, waiters, airline hostesses, real estate agents, social workers

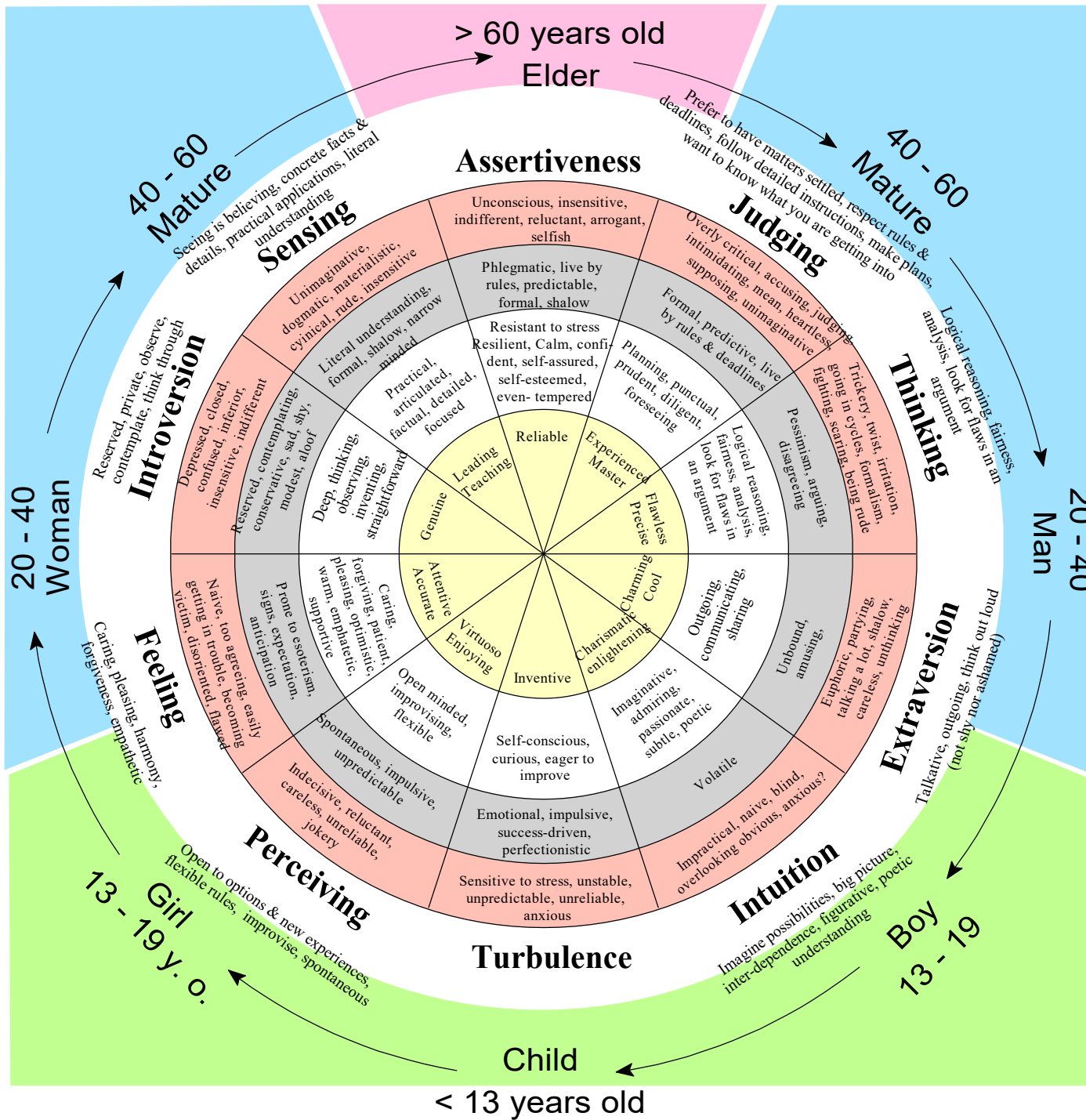
Adventurous
Athletes, astronauts, explorers, researchers

Adventurous

Creative
Artists, writers, fashion designers, R&D professionals, architects, advertising professionals

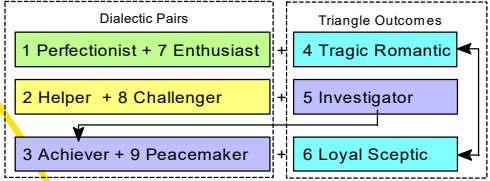
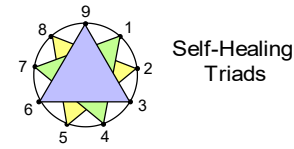
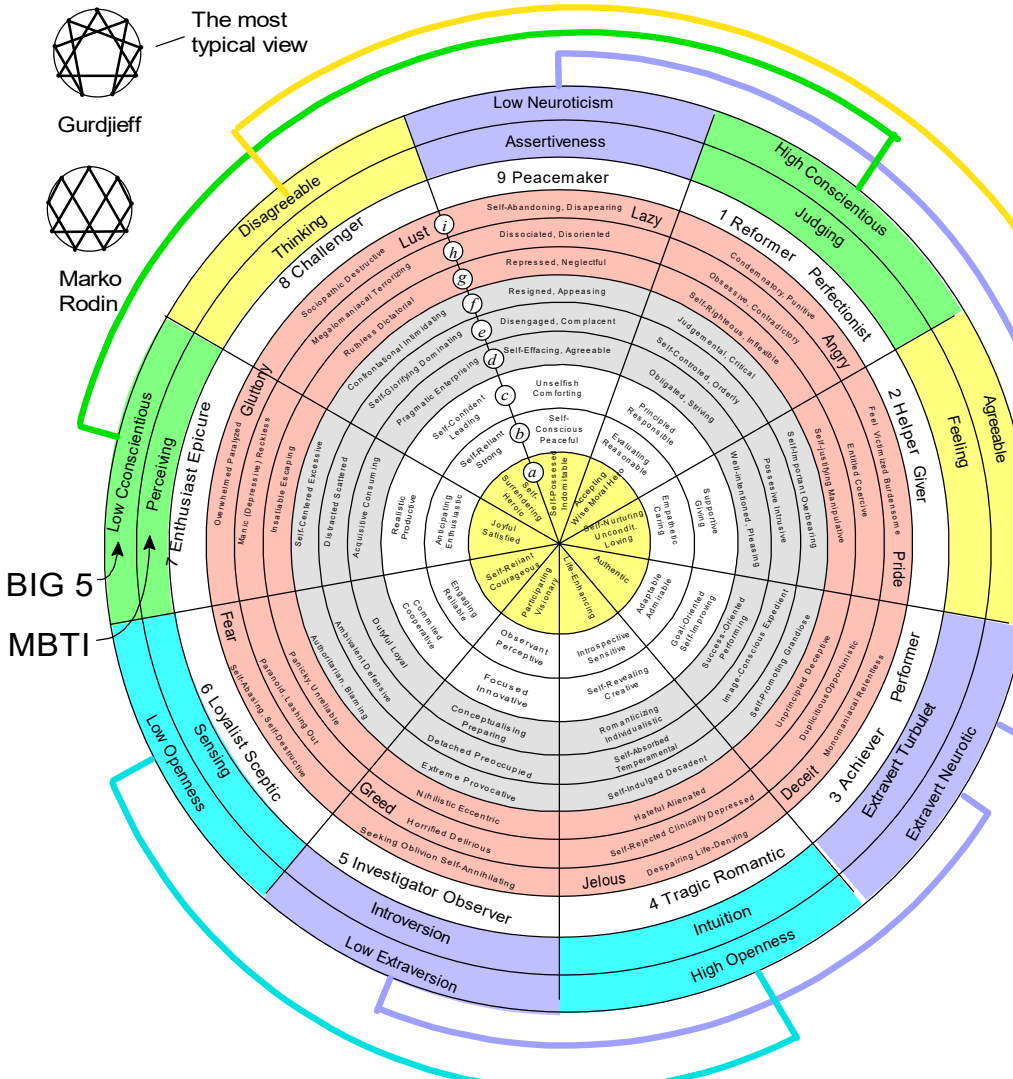
Creative

Agreement with Myers Briggs (MBTI) scheme



Assertiveness			Turbulence			
Unconscious, insensitive, indifferent, arrogant, selffish	Phlegmatic, live by rules, predictable, formal, shallow	Calm, confident, self-assured, self-esteemed, even-tempered, resistant to stress	Inventive, reliable, problem solver?	Self-conscious, curious, eager to improve	Sensitive to stress, emotional, impulsive, success-driven, perfectionistic	Unstable, unpredictable, unreliable, anxious
Thinking			Feeling			
Trickery, twist, evasion, going in cycles, formalism, fighting, scaring, being rude	Pessimism, arguing, disagreeing	Logical reasoning, fairness, deep analysis, look for flaws in an argument	Precise, flawless, always on top	Caring, forgiving, patient, pleasing, optimistic, warm, empathetic, supportive	Prono to esoterism, signs, expectation, anticipation	Naive, too agreeing, easily getting in trouble, becoming victim, disoriented, flawed
Judging			Perceiving			
Overly critical, accusing, judging, suppressing, intimidating, mean, heartless, suppressive, unimaginative	Formal, predictive, live by rules & deadlines	Planning, punctual, prudent, diligent, foreseeing	Virtuoso master	Open minded, improvising, flexible	Spontaneous, impulsive, unpredictable	Indecisive, reluctant, careless, unreliable, jokery
Introversion			Extraversion			
Depressed, closed, confused, inferior, insensitive, indifferent	Reserved, contemplating, conservative, sad, shy, modest	Deep, thinking, observing, inventing, straightforward	Genuine, cool, easy going, understandable	Outgoing, communicating, sharing, charming	Unbound, amusing	Euphoric, partying, talking a lot, shallow, careless, unthinking
Sensing			Intuition			
Unimaginative, dogmatic, materialistic, cynical, rude, insensitive	Literal, understanding, formal, shallow, narrow minded	Practical, articulated, factual, detailed, focused	Charismatic, leading, enlightening, discovering	Imaginative, admiring, passionate, subtle, poetic, seeing big picture, possibilities	Volatile	Impractical, naive, blind, overlooking, obvious, anxious?

Enneagram's Dialectic Reactions



Healing sequences:

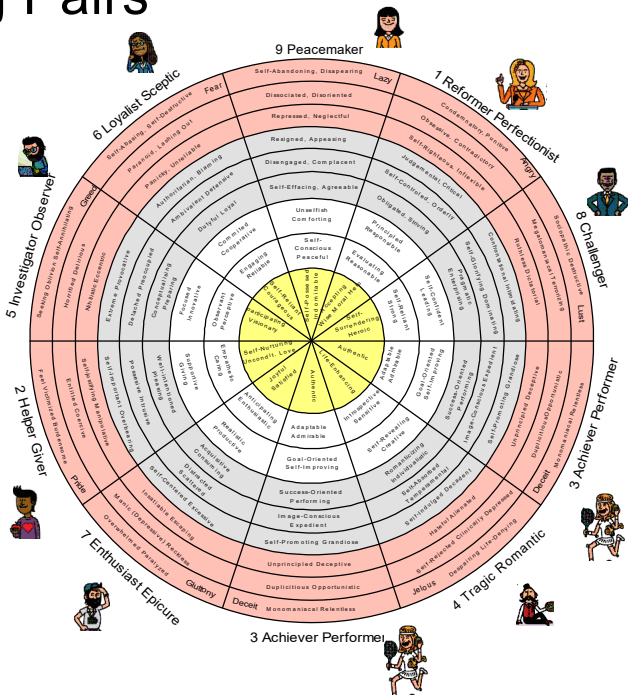
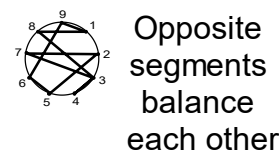
- 1 - 7 - 4 - 6 - 3, 9
- 2 - 8 - 5 - 3, 9 - 6 - 4 - 1, 7
- 3 - 9 - 6 - 4 - 1, 7
- 4 - (1, 7) - 6 - 3, 9
- 5 - (2, 8) - 3 - 9 - 6 - 4 - 1, 7
- 6 - (3, 9) - 4 - 1, 7
- 7 - 1 - 4 - 6 - 3, 9
- 8 - 2 - 5 - 3, 9 - 6 - 4 - 1, 7
- 9 - 3 - 6 - 4 - 1, 7

For example:

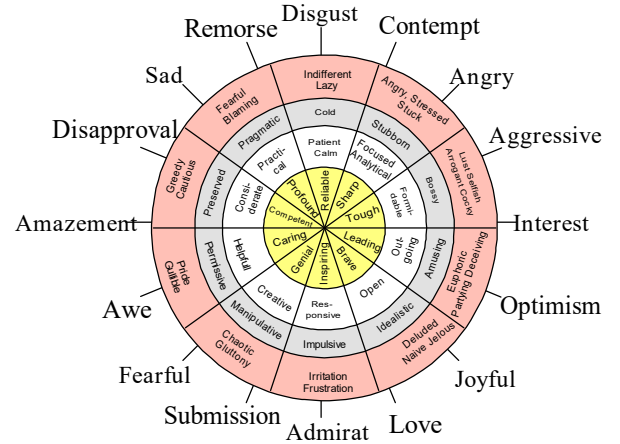
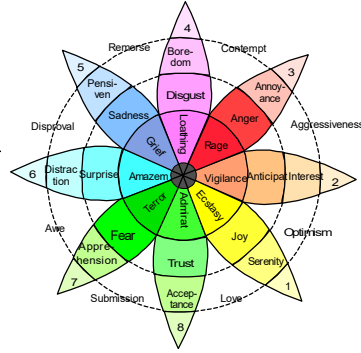
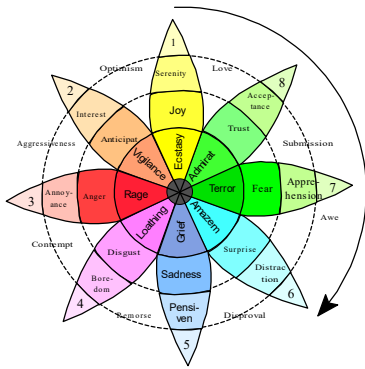
To heal type 1 (Perfectionist), raise types 7, 4, 6, (3 + 9) in a given order
 To heal type 4, raise (1 + 7), 6, (3 + 9)

Enneagram by Balancing Pairs

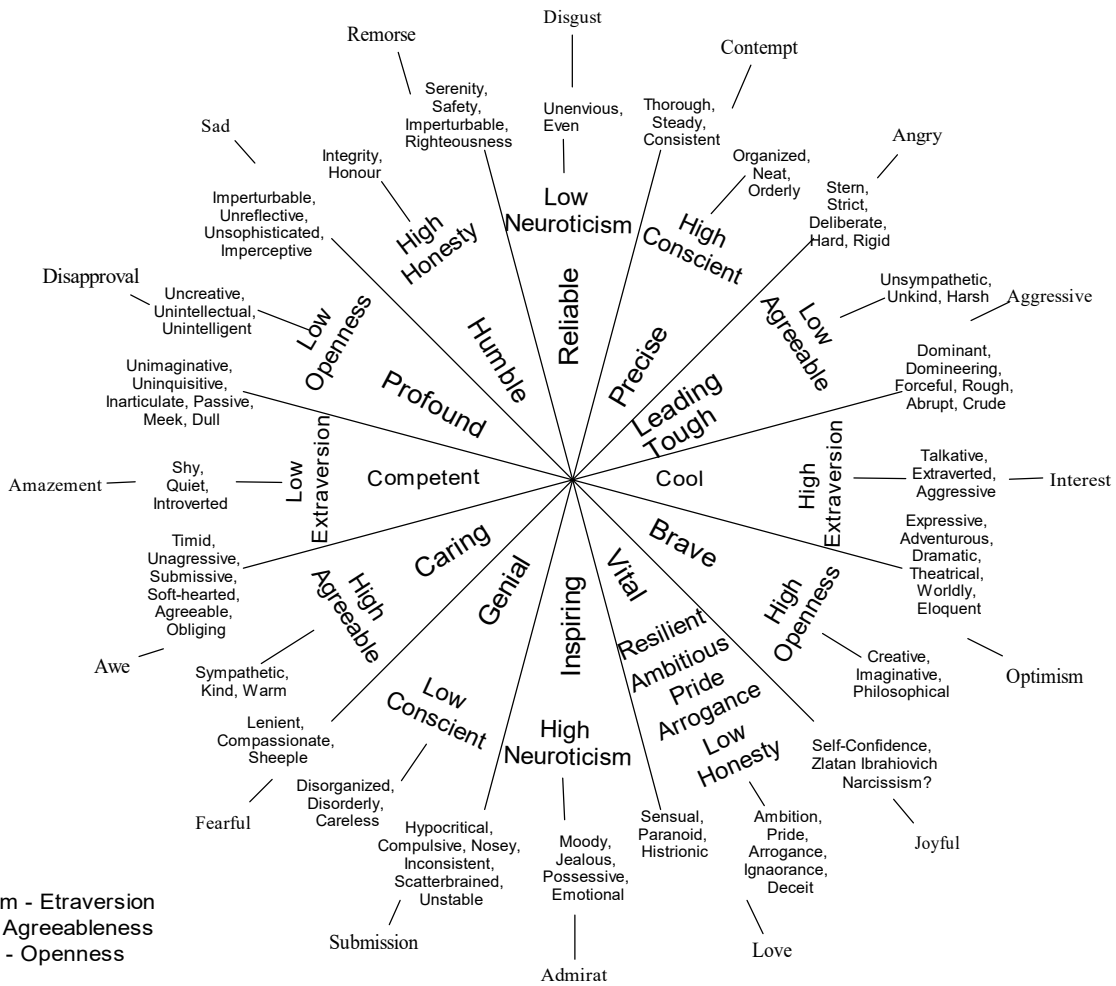
1 - 8 - 3 - 4 - 3 - 7 - 2 - 5 - 6 - 9



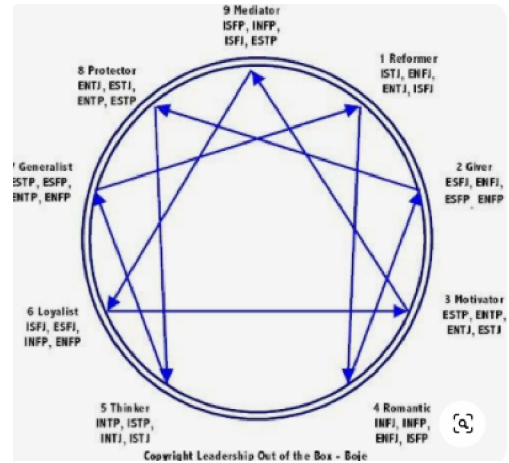
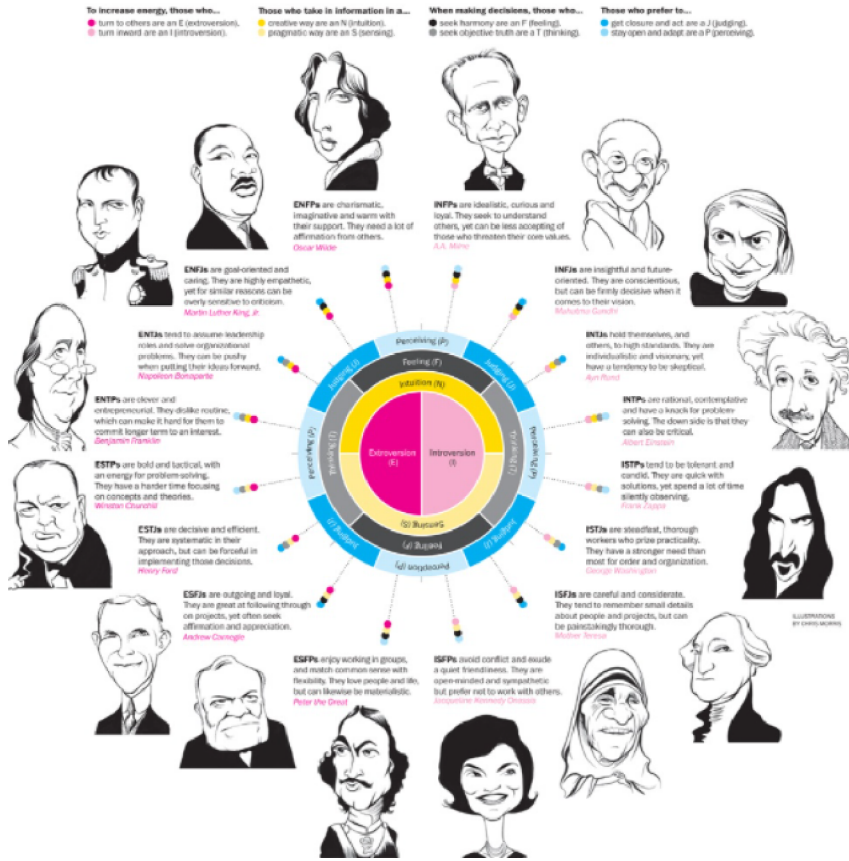
Plutchik Emotions



BIG 6 HEXACO



Neuroticism - Extraversion
 Honesty - Agreeableness
 Conscientiousness - Openness



	INFP	ENFP	INFJ	ENFJ	INTJ	ENTJ	INTP	ENTP	ISFP	ESFP	ISTP	ESTP	ISFJ	ESFJ	ISTJ	ESTJ
INFP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ENFP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
INFJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ENFJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
INTJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ENTJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
INTP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ENTP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ISFP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ESFP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ISTP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ESTP	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ISFJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ESFJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ISTJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
ESTJ	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

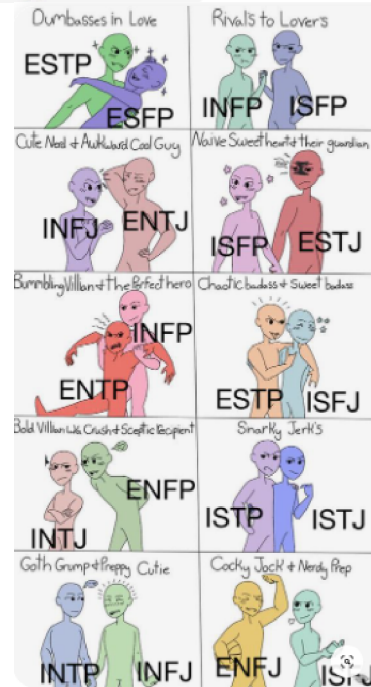
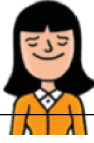

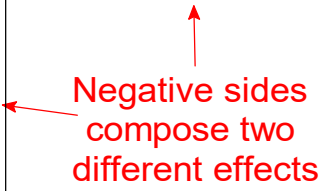






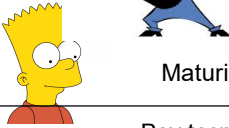
Chart Legend

- Uh-Oh, Think This One Through
- It Could Work, But Not Ideal
- One Sided Match
- It's Got a Good Chance
- Often Listed as an Ideal Match

Dialectic Scheme's Segment Descriptions

1	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity from Sheldon's somatotypes, DiSC, etc	Atlas of Feelings	
	Low Neuroticism	Assertiveness	 9 Peacemaker	100%	50%	 Elder	100%	50%
General						preference for privacy, introverted, inhibited, socially anxious, artistic, mentally intense, emotionally restrained, Wise, skilful, profound, quiet, fragile, restrained, non-assertive, sensitive		
Positive	Reliable, Patient, Calm	Reliable, Resistant to stress, Resilient, Calm, confident, self-assured, self-esteemed, even-tempered	Self-Possessed, Indomitable, Self-Conscious, Peaceful, Unselfish, Comforting			Wise, skilful, Self-conscious, profound, quiet, thoughtful, pensive		
Negative	Cold Indifferent Apathetic	Phlegmatic, live by rules, predictable, formal, shallow Unconscious, insensitive, indifferent, reluctant, arrogant, selfish	Self-Effacing, Agreeable Disengaged, Complacent, Resigned, Appeasing Repressed, Neglectful, Dissociated, Disoriented, Self-Abandoning, Disappearing Lazy			Sensitive, fragile, Sad, Depressed, Sorrow, Grief 		
2	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity	Atlas of Feelings	
	High Conscientious	Judging	 1 Reformer Perfectionist	100%	50%	Mature Man	100%	50%
General	Prefer to have matters settled, structure and firm decisions, respect rules & deadlines, follow detailed instructions, make plans, want to know what you are getting into			1-e				
Positive	Precise Focused Analytical	Experienced Master, Planning, punctual, prudent, diligent, foreseeing	Accepting Wise Moral Hero, Evaluating, Reasonable, Principled, Responsible, Obligated, Striving, Self-Controlled, Orderly	4-a-f 8-b,c 17-c,b 7-b-f 8-d 14-d 16-c 24-a-d		Conscientious, disciplined, punctual, analytical, reserved, precise, sharp, analytic, systematic, private		
Negative	Stubborn Angry, Stressed Stuck	Formal, predictive, live by rules & deadlines Overly critical, accusing, judging, intimidating, mean, heartless, supposing, unimaginative	Judgemental Critical, Self-Righteous Inflexible Obsessive, Contradictory, Condemnatory, Punitive Angry			Melancholic, Dogmatic, Rigid		

Dialectic Scheme's Segment Descriptions





3	Big 5 Low Agreeableness	MBTI Thinking	 Enneagram 8 Challenger	Atlas of Feelings 100% 50%		 Maturity Man	Atlas of Feelings 100% 50%	
General	Look for facts, objective data, consistent, logical, impersonal weighing a decision			Predator, dominant,				
Positive	Tough Formidable	Flawless Precise Logical reasoning, fairness, analysis, look for flaws in an argument	Self-Surrendering Heroic, Self-Reliant, Strong, Self-Confident, Leading, Pragmatic, Enterprising	Tough, results-oriented, forceful, strong-willed, bold, direct, active, assertive, vigorous, persistent, combative, firm, adventurous, zest for physical activity, competitive, courageous, love of risk and chance				
Negative	Bossy Selfish Arrogant Cocky	Pessimism, arguing, disagreeing Trickery, twist, irritation, going in cycles, formalism, fighting, scaring, being rude	Self-Glorifying Dominating Confrontational, Intimidating, Ruthless Dictatorial, Megalomaniacal, Terrorizing, Sociopathic, Destructive Lust	Predator, dominating, arrogant, indifferent to what others think or want Authoritarian, despotic				
4	Big 5 High Extraversion	MBTI Extraversion	 Enneagram 3 Achiever Performer	Atlas of Feelings 100% 50%		 Maturity Boy teen	Atlas of Feelings 100% 50%	
General	Talkative, outgoing, think out loud (not shy nor ashamed), action-oriented, enjoy socialization							
Positive	Leading Outgoing Amusing	Charming, Cool, Outgoing, communicating, sharing, unbound, amusing	Authentic, Adaptable, Admirable, Goal-Oriented, Self-Improving, Success-Oriented, Performing, Image-Conscious, Expedient	Leading Extrovert Outgoing				
Negative	Euphoric Partying	Euphoric, partying, talking a lot, shallow, careless, unthinking	Self-Promoting, Grandiose, Unprincipled, Deceptive, Duplicitious, Opportunistic, Monomaniacal, Relentless Deceiving	Naughty? Rebellion Schizoid				

Dialectic Scheme's Segment Descriptions




5	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity	Atlas of Feelings	
	High Openness	Intuition	4 Individualist Tragic Romantic	100%	50%	Teen Boy as above or Child < 13 y.o. as below	100%	50%
General	Imagine future, possibilities, look for big picture, abstract theories, impressions, patterns, correlations, inter-dependences, figurative, poetic understanding							
Positive	Brave Open	Charismatic enlightening Imaginative, admiring, passionate, subtle, poetic	Life-Embracing, Life-Enhancing, Introspective, Sensitive, Self-Revealing, Creative Romanticizing Individualistic					
Negative	Idealistic Deluded Naive	Volatile Impractical, naive, blind, overlooking obvious, anxious?	Self-Absorbed, Temperamental, Self-Indulged, Decadent Hateful, Alienated, Self-Rejected, Clinically Depressed, Despairing Life-Denying Jelous					
6	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity	Atlas of Feelings	
	High Neuroticism	Turbulence	3 Achiever Performer	100%	50%	Child < 13 y.o.	100%	50%
General								
Positive	Inspiring Responsive	Inventive Self-conscious, curious, eager to improve	Authentic, Adaptable, Admirable, Goal-Oriented, Self-Improving, Success-Oriented, Performing, Image-Conscious, Expedient			Inspiring, Joyful, enjoying, Influential, open, outgoing, enthusiastic, optimistic, high-spirited, lively, relaxed, evenness of emotion, tolerant, peaceful, sociable, good humored, agreeable,		
Negative	Impulsive Irritation Frustration	Emotional, impulsive, success-driven, perfectionistic Sensitive to stress, unstable, unpredictable, unreliable, anxious	Self-Promoting, Grandiose, Unprincipled, Deceptive, Duplicitious, Opportunistic, Monomaniacal, Relentless			hedonistic, comfort-loving, love of food, need for affection, addictive, Euphoric, Distracted Brainless, Dum		



Dialectic Scheme's Segment Descriptions

7	Big 5	MBTI	 Enneagram	Atlas of Feelings		 Maturity	Atlas of Feelings	
	Low Conscientiousness	Perceiving	7 Enthusiast Epicure	100%	50%	Girl teen	100%	50%
General	Open to options & new experiences, flexible rules, improvise, spontaneous							
Positive	Genial Creative	Virtuoso Enjoying Open minded, improvising, flexible, adaptable	Joyful, Satisfied, Anticipating Enthusiastic, Realistic Productive			Admiring Flexible		
Negative	Manipulative Chaotic Gluttony	Spontaneous, impulsive, unpredictable Indecisive, reluctant, careless, unreliable, jokery	Acquisitive, Consuming, Distracted, Scattered, Self-Centered, Excessive Insatiable, Escaping, Manic (Depressive), Reckless, Overwhelmed, Paralyzed			Subdued Mad Self abased Obsessed		
8	Big 5	MBTI	 Enneagram	Atlas of Feelings		 Maturity	Atlas of Feelings	
	High Agreeableness	Feeling	2 Helper Giver	100%	50%	Woman	100%	50%
General	consider people and emotions when arriving at a conclusion							
Positive	Caring Helpfull Permissive	Attentive Accurate Caring, pleasing, forgiving, patient, pleasing, optimistic, warm, emphatic, supportive	Self-Nurturing, Uncondit. Loving, Emphatic, Caring, Supportive, Giving, Well-intentioned, Pleasing			Caring, dependable sincere, humble, supporting		
Negative	Gullible Pride	Prone to esoterism, signs, expectation, anticipation Naive, too agreeing, easily getting in trouble, becoming victim, disoriented, flawed	Possessive, Intrusive, Self-Important, Overbearing, Self-justifying Manipulative, Entitled, Coercive Feel Victimized, Burdensome			Worrying Weak Paranoid		

Dialectic Scheme's Segment Descriptions

9	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity	Atlas of Feelings	
	Low Extraversion	Introversion	 5 Investigator Observer	100%	50%		100%	50%
General	thoughtful deep, meaningful interactions							
Positive	Competent Considerate Preserved	Genuine, Deep, thinking, think through, observing, inventing, straightforward	Participating, Visionary, Observant, Perceptive, Focused, Innovative, Conceptualising, Preparing					
Negative	Cautious Greedy	Reserved, private, contemplating, conservative, sad, shy, modest, aloof Depressed, closed, confused, inferior, insensitive, indifferent	Detached Preoccupied , Extreme Provocative Nihilistic Eccentric Horrified, Delirious, Seeking Oblivion, Self-Annihilating					
10	Big 5	MBTI	Enneagram	Atlas of Feelings		Maturity	Atlas of Feelings	
	Low Openness	Sensing	 6 Loyalist Devil's advocate	100%	50%	 Mature Woman / Mother	100%	50%
General	Seeing is believing, concrete facts & details, practical applications, literal understanding, attention to reality, hands-on experience							
Positive	Profound Practical Pragmatic	Leading Teaching Practical, articulated, factual, detailed, focused	Self-Reliant Courageous Engaging Reliable Committed Cooperative Dutiful Loyal			Competent, Steady, structured, even-tempered, accommodating, patient, humble, tactful		
Negative	Fearful Blaming	Literal understanding, formal, shallow, narrow minded Unimaginative, dogmatic, materialistic, cynical, rude, insensitive	Ambivalent Defensive Authoritarian Blaming Panicky Unreliable Paranoid, Lashing Out, Self-Abasing, Self-Destructive			Introvert Gloomy Sulky Angry Furious		

10 Personality Disorders by dr. Todd Grande

https://www.youtube.com/watch?v=JBG57zhaWaw&ab_channel=Dr.ToddGrande

Odd, Eccentric

Paranoid

- Suspicious
- Distrusting
- Misinterpreting
- Holding Grudges
- Worried about infidelity
- 6 Loyal Sceptic Sensing
- Low Openness

Schizoid / Loner

- No desire for relationships
- Solitary
- No interest in sex
- Little pleasure in activities
- Lacking close friends
- Indifference to praise or criticism
- Cold, detached, or flat affect (emotionless)
- 4 Tragic Romantic Intuition
- High Openness

Schizotypal

- Ideas of reference
- Odd beliefs
- Magical thinking
- Odd behavior / appearance
- Perceptual distortions
- Constricted affect
- Lacking close friends
- Social anxiety
- 5 Investigator Introvert
- 4 Tragic Romantic Me?
- Intuition
- High Openness

Dramatic, Erratic

Antisocial

- Violating social norms
 - Lying
 - Impulsivity
 - Irritability,
 - Aggressiveness
 - Irresponsible behavior
 - Disregard for safety
 - Lack of remorse
 - 1 Perfectionist
 - 3 Perfectionist
 - 4 Individualist
- Tend tyo disappear with age

Borderline

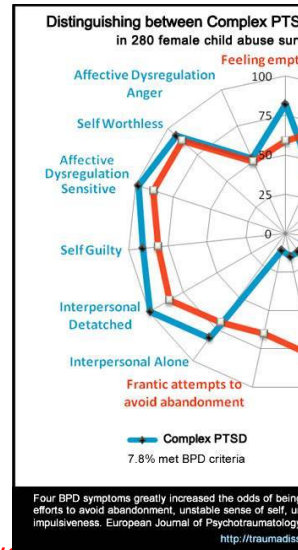
- Efforts to avoid abandonment
- Identity disturbance
- Unstable sense of self
- Unstable relationships
- Impulsivity
- Self harm or Suicidal behavior
- Feeling of emptiness
- Lots of Anger
- Vincas?

Histrionic

- Attention-seeking
- Sexually seductive / provocative
- Use appearance to attract attention
- Shallow expression of emotion
- Impressionistic style of speech
- Exaggerated emotions
- Suggestible
- 3 Achiever
- Aiste ? Extravert

Narcissistic

- Grandiosity
- Fantasies of power and success
- Feeling special
- Need for excessive admiration
- Sense of entitlement
- Lack of empathy
- Arrogance
- Juozas Z ?
- 8 Challenger Thinking
- Disagreeable
- 21(e) Pride, Self-Love
- 21(f) Arrogance



Avoidant

- Avoiding work with social aspect
- Caution with relationships
- Feeling inept / inferior
- Avoiding risks
- Fear of criticism
- Difficulties with intimacy
- Difficulties with new relationships
- 5 Investigator Me?
- Introvert

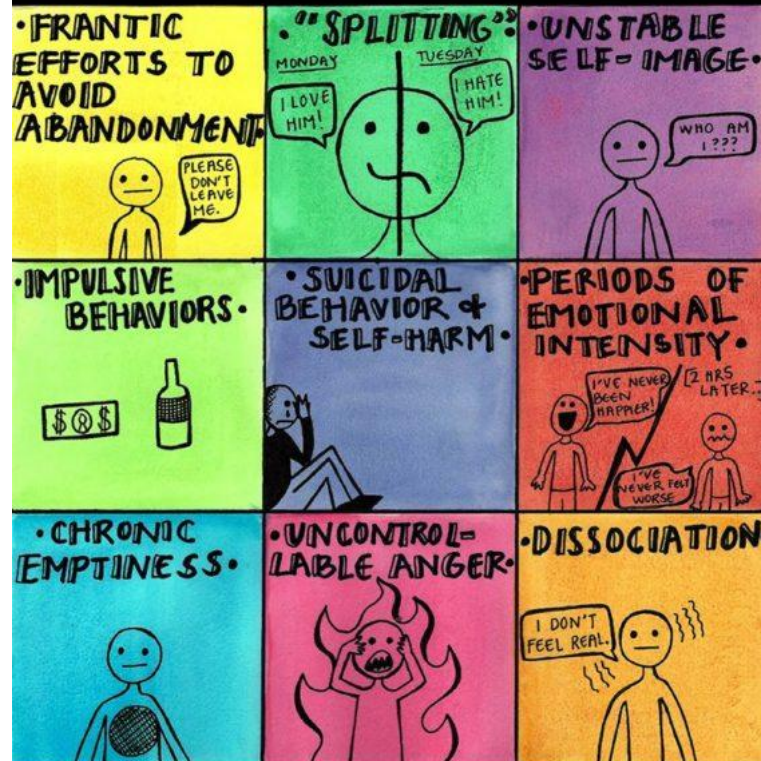
Anxious, Fearful Dependent

- Difficulty with everyday decisions
- Avoiding disagreement
- Effort to get and keep support
- Fear of taking care of oneself
- Fear of being left alone
- Me? 7 Ethusiast
- 4 Tragic Romantic
- 9 Peacemaker

Obsessive / Compulsive

- Perfectionism
- Preoccupation with lists, tasks, schedules, orders, rules
- Over-devoted to productivity
- Overconscientious
- Rigid and stubborn
- 1. Perfectionist Judging
- Conscientious
- All of Lithuania?

9 Classic Symptoms of Borderline Personality Disorder



Quick check of a "Local Mood" with Big 5 questions

Features of Extreme Personality Traits (Five Factor Model) - Dr. Todd Grande
<https://www.youtube.com/watch?v=fihTStryu50>

What is the Best Personality Profile? | Optimal Mental Health Personality on FFM
<https://www.youtube.com/watch?v=r-dsakNw6jo>

Openness

I have excellent ideas.
I am quick to understand things.
I use difficult words.
I am full of ideas.

Facets:

Imagination: have a vivid imagination/seldom daydream
Aesthetics: believe in the importance of art / do not like poetry
Emotionality: experience emotions intensely / seldom get emotional
Adventurousness: prefer variety to routine/dislike changes
Intellect: like complex problems/avoid philosophical discussions
Liberalism: tend to vote for liberals/believe in one true religion

Reversed:

I am not interested in abstractions
I do not have a good imagination
I have difficulty understanding abstract ideas

Conscientiousness

I always am prepared.
I pay attention to details.
I get chores done right away.
I like order.
I follow a schedule.
I am exacting in my work

Facets:

Self-efficacy: complete tasks successfully/misjudge situations
Orderliness: like order/leave a mess
Dutifulness: follow the rules/break rules
Achievement-striving: work hard/do just enough to get by
Self-discipline: get chores done right away/waste my time
Cautiousness: avoid mistakes/rush into things

Reversed:

I leave my belongings around.
I make a mess of things.
I often forget to put things back in their proper place.
I shirk my duties.

Neuroticism

I get irritated easily.
I get stressed out easily.
I get upset easily.
I have frequent mood swings.
I worry about things.
I am much more anxious than most people

Facets:

Anxiety: worry about things/relaxed most of the time
Anger: get angry easily/rarely get irritated
Depression: often feel blue/feel comfortable with myself
Self-consciousness: am easily intimidated/am not embarrassed easily
Impulsiveness: often eat too much/easily resist temptations
Vulnerability: panic easily/remain calm under pressure

Reversed:

I am relaxed most of the time.
I seldom feel blue.

Agreeableness

I am interested in people.
I sympathize with others' feelings.
I have a soft heart.
I take time out for others.
I feel others' emotions.
I make people feel at ease.

Facets:

Trust: trust others/distrust people
Morality: would never cheat on taxes/use flattery to get ahead
Altruism: make people feel welcome/look down on others
Cooperation: am easy to satisfy/have a sharp tongue
Modesty: dislike being center of attention/think highly of myself
Sympathy: sympathize with the homeless/believe in eye for eye

Reversed:

I am not really interested in others.
I insult people.
I am not interested in other people's problems.
I feel little concern for others.

Extraversion

I am the life of the party.
I don't mind being the center of attention.
I feel comfortable around people.
I start conversations.
I talk to a lot of different people at parties.

Facets:

Friendliness: make friends easily/am hard to get to know
Gregariousness: love large parties/prefer to be alone
Assertiveness: take charge/wait for others to lead the way
Activity: am always busy/like to take it easy
Cheerfulness: radiate joy/am seldom amused
Excitement-seeking: seeking excitement/dislike loud music

Reversed:

I don't talk a lot.
I think a lot before I speak or act.
I don't like to draw attention to myself.
I am quiet around strangers.
I have no intention of talking in large crowds.

Myers Briggs statements

S - Sensing:

Down to Earth, Seeing is believing, concrete facts & details, practical applications, literal understanding

J - Judging:

Prefer to have matters settled, respect rules & deadlines, follow detailed instructions, make plans, want to know what you are getting into

N - Intuition:

Imagine possibilities, big picture, inter-dependence, figurative, poetic understanding

P - Perceiving:

Prefer to leave options open, see rules & deadlines as flexible, improvise & make things up as you go, spontaneous, enjoy surprises & new situations

F - Feeling:

How you affect others, harmony, forgiveness, please others, point out the best sides, warm, empathetic

T - Thinking:

Logical reasoning, fairness, deep analysis, look for flaws in an argument

E - Extraversion:

Talkative, outgoing, think out loud (not shy nor ashamed)

I - Introversion:

Reserved, private, observe, contemplate, think through

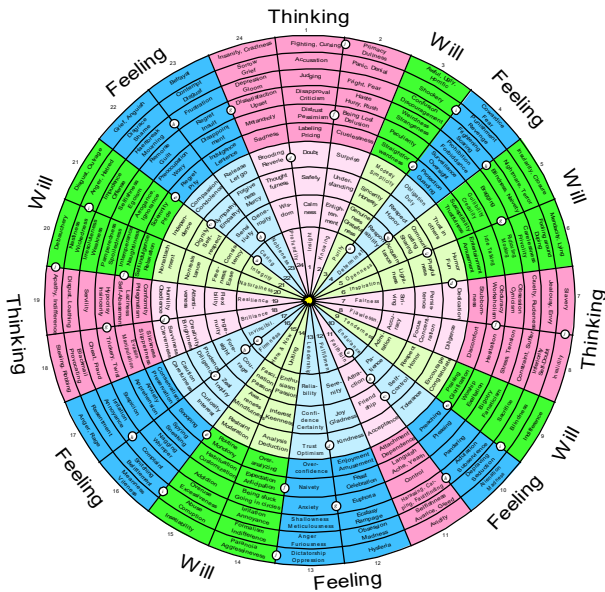
More statements from
TRUITY.COM personality tests

Correspondence to the Atlas of Feelings

Gender - Maturity	Atlas' segments			Big 5	Myers Briggs (MBTI)	Enneagram	
	100%	50%				Theory	Practice*
Elder > 60	1, 2, 24		10% 80% 10%	Low Neuroticism	Assertiven.	5, 6, 7	1, 9
Father 40 - 60	7, 8, 21	1(e-j), 16(a-c), 17(a,b), 23(a,b)	80% 20%	High Conscient.	Judging	1, 8, 9	1, 8
Man 20 - 40	4, 13	5(b,c), 9(g-j), 10(e), 14(d), 16(a-c)	60% 40% 30%	Low Agreeabl. High Extraversion	Thinking Extravers.	1, 8, 9	3, 5, 8 3, 7, 8
Teen Boy 12 - 20	5, 6, 16	13(d-g), 14 ?	70% 10%	High Openness	Intuition	2, 3, 4	4, 5
Child < 12	3, 12, 20	15(a,b)	80% 10%	High Neuroticism	Turbulence	2, 3, 4	3, 7
Teen Girl 12 - 20	14, 15, 18	9 (a-f)	70% 30%	Low Conscient.	Perceiving	2, 3, 4	7, 9
Woman 20 - 40	10, 11, 19, 22	14(e-j)	40% 60% 20%	High Agreeabl. Low Extravers.	Feeling Introvert		2, 4, 9 1, 8, 9 4, 5, 6, 9
Mother 40 - 60	10, 17, 21, 23	22 ?	80%	Low Openness	Sensing	1, 8, 9	6

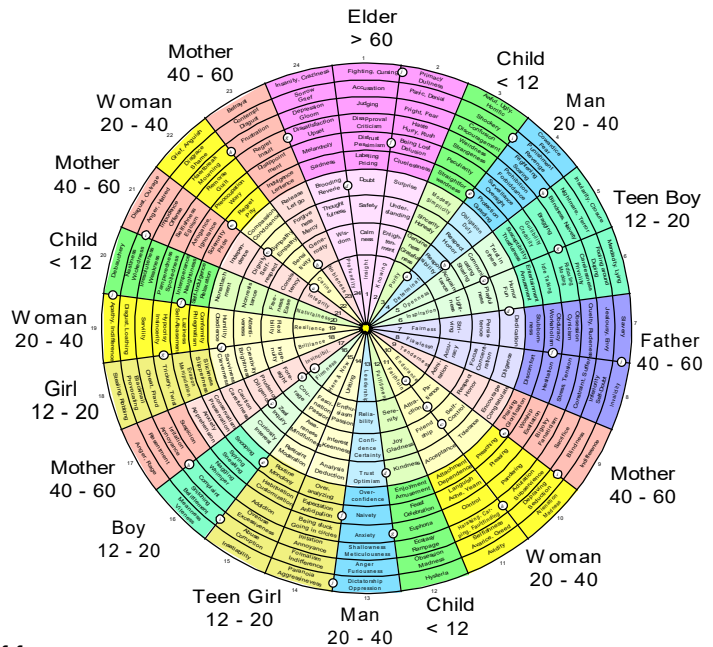
* From <https://personalityjunkie.com/07/myers-briggs-enneagram-mbti-types-correlations-relationship/>

3 Forces' model



6 or 7 personalities include all 3 types of forces ...

8 Personalities model



Other Ideas: Characters of Dungeons and Dragons

Other popular roles - Batman, Sherlock Holmes, etc.

Business Relations and Family Therapy

New atlas clearly discriminates between healthy and unhealthy characters of all age groups of both genders, thus showing potential for business relations and family therapy.

For example, it distinguishes between toughness and authoritarianism (that are easy to confuse), and advises on how to achieve the former without the latter.

According to the old atlas (based on Plutchik's scheme), Toughness is related to Firmness and Maturity (16-a), which result from Resoluteness (4-a), combined with Endurance (10-a) and Caring (22-a). But according to the new scheme, Toughness results from Caring (rotated by 180°) in combination with Smartness and Inspiration (rotated by 90°). Caring provides motivation, Smartness and Inspiration - the means. Both advices are complimentary, but the second seems to be more practical

Desired	Atlas*	180°	90°	Big 5 traits
Tough	Old New	Resolute Caring	Caring & Enduring Smart & Inspiring	Low Agreeabl + Opt. (Neurot & Openness)
Smart	Old New	Joyful Inspiring	Playful & Creative Tough & Caring	High Conscient + Opt. (Extravert & Openness)
Caring	Old New	Enduring Tough	Tough & Resolute Smart & Inspiring	High Agreeabl + Opt. (Neurot & Openness)
Inspiring	Old New	Brilliant Smart	Profound & Fulfilled Tough & Caring	High Neurotic + Opt. (Extravert & Agreeabl)
Leader	Old New	Insightful Competent	Fair & Resilient Sharp & Admiring	High Extravers + Opt. (Neurotic & Conscient)
... etc. ...				

* Old - classic atlas from Plutchik's wheel,
New - Gender-Maturity Atlas from P-A-C and DiSC profiles

Jeffery Young Early Maladaptive Schemas

<http://www.schematherapy.com/id73.htm>

1. **ABANDONMENT / INSTABILITY (AB)** - The perceived instability or unreliability of those available for support and connection. Involves the sense that significant others will not be able to continue providing emotional support, connection, strength, or practical protection because they are emotionally unstable and unpredictable (e.g., angry outbursts), unreliable, or erratically present; because they will die imminently; or because they will abandon the patient in favor of someone better
2. **MISTRUST / ABUSE (MA)**
The expectation that others will hurt, abuse, humiliate, cheat, lie, manipulate, or take advantage. Usually involves the perception that the harm is intentional or the result of unjustified and extreme negligence. May include the sense that one always ends up being cheated relative to others or "getting the short end of the stick."
3. **EMOTIONAL DEPRIVATION (ED)**
Expectation that one's desire for a normal degree of emotional support will not be adequately met by others. The three major forms of deprivation are:
 - A. Deprivation of Nurturance: Absence of attention, affection, warmth, or companionship.
 - B. Deprivation of Empathy: Absence of understanding, listening, self-disclosure, or mutual sharing of feelings from others.
 - C. Deprivation of Protection: Absence of strength, direction, or guidance from others.

23, 24 (also 1, 5, 11, 17, 21) Victim	24-f Loneliness 12-f Euphoria 6-f Carelessness 18-f Manipulation
--	--
4. **DEFECTIVENESS / SHAME (DS)**
The feeling that one is defective, bad, unwanted, inferior, or invalid in important respects; or that one would be unlovable to significant others if exposed. May involve hypersensitivity to criticism, rejection, and blame; self-consciousness, comparisons, and insecurity around others; or a sense of shame regarding one's perceived flaws. These flaws may be private (e.g., selfishness, angry impulses, unacceptable sexual desires) or public (e.g., undesirable physical appearance, social awkwardness).
5. **SOCIAL ISOLATION / ALIENATION (SI)**
The feeling that one is isolated from the rest of the world, different from other people, and/or not part of any group or community.
6. **DEPENDENCE / INCOMPETENCE (DI)**
Belief that one is unable to handle one's everyday responsibilities in a competent manner, without considerable help from others (e.g., take care of oneself, solve daily problems, exercise good judgment, tackle new tasks, make good decisions). Often presents as helplessness.
7. **VULNERABILITY TO HARM OR ILLNESS (VH)**
Exaggerated fear that imminent catastrophe will strike at any time and that one will be unable to prevent it. Fears focus on one or more of the following: (A) Medical Catastrophes: e.g., heart attacks, AIDS; (B) Emotional Catastrophes: e.g., going crazy; (C) External Catastrophes: e.g., elevators collapsing, victimized by criminals, airplane crashes, earthquakes.
8. **ENMESHMENT / UNDEVELOPED SELF (EM)**
Excessive emotional involvement and closeness with one or more significant others (often parents), at the expense of full individuation or normal social development. Often involves the belief that at least one of the enmeshed individuals cannot survive or be happy without the constant support of the other. May also include feelings of being smothered by, or fused with, others OR insufficient individual identity. Often experienced as a feeling of emptiness and floundering, having no direction, or in extreme cases questioning one's existence.
9. **FAILURE TO ACHIEVE (FA)**
The belief that one has failed, will inevitably fail, or is fundamentally inadequate relative to one's peers, in areas of achievement (school, career, sports, etc.). Often involves beliefs that one is stupid, inept, untalented, ignorant, lower in status, less successful than others, etc.
10. **ENTITLEMENT / GRANDIOSITY (ET)**
The belief that one is superior to other people; entitled to special rights and privileges; or not bound by the rules of reciprocity that guide normal social interaction. Often involves insistence that one should be able to do or have whatever one wants, regardless of what is realistic, what others consider reasonable, or the cost to others: OR an exaggerated focus on superiority (e.g., being among the most successful, famous, wealthy) – in order to achieve power or control (not primarily for attention or approval). Sometimes includes excessive competitiveness toward, or domination of, others: asserting one's power, forcing one's point of view, or controlling the behavior of others in line with one's own desires—without empathy or concern for others' needs or feelings.
11. **INSUFFICIENT SELF-CONTROL / SELF-DISCIPLINE (IS)**
Pervasive difficulty or refusal to exercise sufficient self-control and frustration tolerance to achieve one's personal goals, or to restrain the excessive expression of one's emotions and impulses. In its milder form, patient presents with an exaggerated emphasis on discomfort-avoidance: avoiding pain, conflict, confrontation, responsibility, or overexertion—at the expense of personal fulfillment, commitment, or integrity.
12. **SUBJUGATION (SB)**
Excessive surrendering of control to others because one feels coerced - - usually to avoid anger, retaliation, or abandonment. The two major forms of subjugation are:
 - A. Subjugation of Needs: Suppression of one's preferences, decisions, and desires.
 - B. Subjugation of Emotions: Suppression of emotional expression, especially anger.Usually involves the perception that one's own desires, opinions, and feelings are not valid or important to others. Frequently presents as excessive compliance, combined with hypersensitivity to feeling trapped. Generally leads to a build up of anger, manifested in maladaptive symptoms (e.g., passive-aggressive behavior, uncontrolled outbursts of temper, psychosomatic symptoms, withdrawal of affection, "acting out", substance abuse).
13. **SELF-SACRIFICE (SS)**
Excessive focus on voluntarily meeting the needs of others in daily situations, at the expense of one's own gratification. The most common reasons are: to prevent causing pain to others; to avoid guilt from feeling selfish; or to maintain the connection with others perceived as needy. Often results from an acute sensitivity to the pain of others. Sometimes leads to a sense that one's own needs are not being adequately met and to resentment of those who are taken care of. (Overlaps with concept of codependency.)
14. **APPROVAL-SEEKING / RECOGNITION-SEEKING (AS)**
Excessive emphasis on gaining approval, recognition, or attention from other people, or fitting in, at the expense of developing a secure and true sense of self. One's sense of esteem is dependent primarily on the reactions of others rather than on one's own natural inclinations. Sometimes includes an overemphasis on status, appearance, social acceptance, money, or achievement – as means of gaining approval, admiration, or attention (not primarily for power or control). Frequently results in major life decisions that are inauthentic or unsatisfying; or in hypersensitivity to rejection.
15. **NEGATIVITY / PESSIMISM (NP)**
A pervasive, lifelong focus on the negative aspects of life (pain, death, loss, disappointment, conflict, guilt, resentment, unsolved problems, potential mistakes, betrayal, things that could go wrong, etc.) while minimizing or neglecting the positive or optimistic aspects. Usually includes an exaggerated expectation-- in a wide range of work, financial, or interpersonal situations -- that things will eventually go seriously wrong, or that aspects of one's life that seem to be going well will ultimately fall apart. Usually involves an inordinate fear of making mistakes that might lead to: financial collapse, loss, humiliation, or being trapped in a bad situation. Because potential negative outcomes are exaggerated, these patients are frequently characterized by chronic worry, vigilance, complaining, or indecision.
16. **EMOTIONAL INHIBITION (EI)**
The excessive inhibition of spontaneous action, feeling, or communication -- usually to avoid disapproval by others, feelings of shame, or losing control of one's impulses. The most common areas of inhibition involve: (a) inhibition of anger & aggression; (b) inhibition of positive impulses (e.g., joy, affection, sexual excitement, play); (c) difficulty expressing vulnerability or communicating freely about one's feelings, needs, etc.; or (d) excessive emphasis on rationality while disregarding emotions.
17. **UNRELENTING STANDARDS / HYPERCRITICALNESS (US)**
The underlying belief that one must strive to meet very high internalized standards of behavior and performance, usually to avoid criticism. Typically results in feelings of pressure or difficulty slowing down; and in hypercriticalness toward oneself and others. Must involve significant impairment in: pleasure, relaxation, health, self-esteem, sense of accomplishment, or satisfying relationships. Unrelenting standards typically present as: (a) perfectionism, inordinate attention to detail, or an underestimate of how good one's own performance is relative to the norm; (b) rigid rules and "shoulds" in many areas of life, including unrealistically high moral, ethical, cultural, or religious precepts; or (c) preoccupation with time and efficiency, so that more can be accomplished.
18. **PUNITIVENESS (PU)**
The belief that people should be harshly punished for making mistakes. Involves the tendency to be angry, intolerant, punitive, and impatient with those people (including oneself) who do not meet one's expectations or standards. Usually includes difficulty forgiving mistakes in oneself or others, because of a reluctance to consider extenuating circumstances, allow for human imperfection, or empathize with feelings.

10 schema modes

<http://www.schematherapy.com/id72.htm>

MALADAPTIVE COPING

1. Vulnerable Child: feels lonely, isolated, sad, misunderstood, unsupported, defective, deprived, overwhelmed, incompetent, doubts self, needy, helpless, hopeless, frightened, anxious, worried, victimized, worthless, unloved, unlovable, lost, directionless, fragile, weak, defeated, oppressed, powerless, left out, excluded, pessimistic

Teen Girl

2(e-j), (14, 15, 18)
8(e-j), Sensing +
24(e-j) Introversion?

2. Angry Child: feels intensely angry, enraged, infuriated, frustrated, impatient because the core emotional (or physical) needs of the vulnerable child are not being met

7(e-j), 13(e-j), Teen Boy
17(e-j), 18(e-j), (5, 6, 16)
19(e-j), 22(e-j) Intuition +
Extraversion?

3. Impulsive/Undisciplined Child: acts on non-core desires or impulses in a selfish or uncontrolled manner to get his or her own way and often has difficulty delaying short-term gratification; often feels intensely angry, enraged, infuriated, frustrated, impatient when these non-core desires or impulses cannot be met.; may appear "spoiled"

20(e-j), Child (3,
21(e-j), 12, 20)
22(e-j) Turbulence

4. Contented Child: feels loved, contented, connected, satisfied, fulfilled, protected, accepted, praised, worthwhile, nurtured, guided, understood, validated, self-confident, competent, appropriately autonomous or self-reliant, safe, resilient, strong, in control, adaptable, included, optimistic, spontaneous

5. Compliant Surrenderer: acts in a passive, subservient, submissive, approval-seeking, or self-deprecating way around others out of fear of conflict or rejection; tolerates abuse and/or bad treatment; does not express healthy needs or desires to others; selects people or engages in other behavior that directly maintains the self-defeating schema-driven pattern

19(e-h) Woman
10, 11,
19, 20

6. Detached Protector: cuts off needs and feelings; detaches emotionally from people and rejects their help; feels withdrawn, spacey, distracted, disconnected, depersonalized, empty or bored; pursues distracting, self-soothing, or self-stimulating activities in a compulsive way or to excess; may adopt a cynical, aloof or pessimistic stance to avoid investing in people or activities

1(e-f), Father
3(e-j), (7, 8,
7(e-h) 21)

7. Overcompensator: feels and behaves in an inordinately grandiose, aggressive, dominant, competitive, arrogant, haughty, condescending, devaluing, overcontrolled, controlling, rebellious, manipulative, exploitative, attention-seeking, or status-seeking way. These feelings or behaviors must originally have developed to compensate for or gratify unmet core needs

11, 16, Woman
18, 21 (10, 11, Mother
19, 22) (10, 17,
21, 23)

MALADAPTIVE PARENT

8. Punitive Parent: feels that oneself or others deserves punishment or blame and often acts on these feelings by being blaming, punishing, or abusive towards self (e.g., self-mutilation) or others. This mode refers to the style with which rules are enforced rather than the nature of the rules.

4 Man
(4, 13)

9. Demanding or Critical Parent: feels that the "right" way to be is to be perfect or achieve at a very high level, to keep everything in order, to strive for high status, to be humble, to put others needs before one's own or to be efficient or avoid wasting time; or the person feels that it is wrong to express feelings or to act spontaneously. This mode refers to the nature of the internalized high standards and strict rules, rather than the style with which these rules are enforced; these rules are not compensatory in their function

13 Man
(4, 13)

HEALTHY ADULT

10. Healthy Adult: nurtures, validates and affirms the vulnerable child mode; sets limits for the angry and impulsive child modes; promotes and supports the healthy child mode; combats and eventually replaces the maladaptive coping modes; neutralizes or moderates the maladaptive parent modes. This mode also performs appropriate adult functions such as working, parenting, taking responsibility, and committing; pursues pleasurable adult activities such as sex; intellectual, esthetic, and cultural interests; health maintenance; and athletic activities

Angry Child - victimization, bit self-doubting, feels unsupported
Other symptoms: urges to yell,

Impulsive Child - anything goes
addiction, substance abuse, cur rage
Other symptoms: reckless drive resolution, tantrums perceived of circumstantial difficulties up

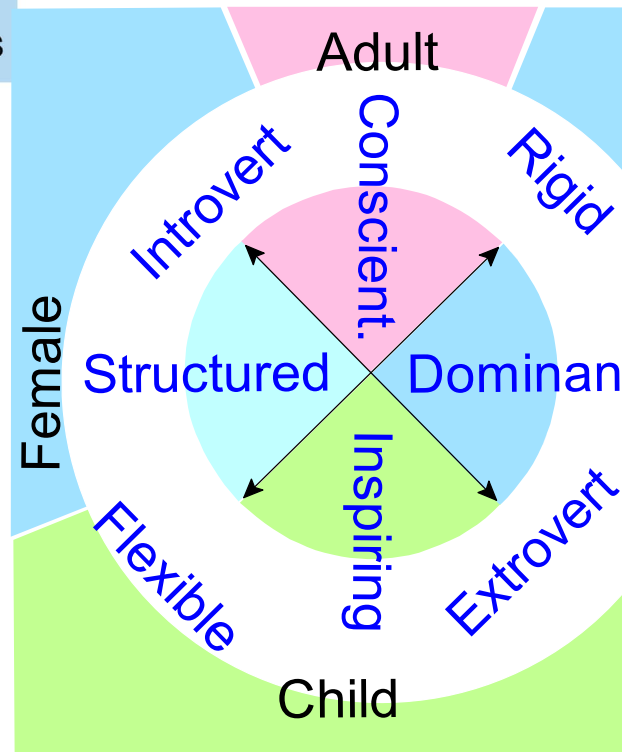
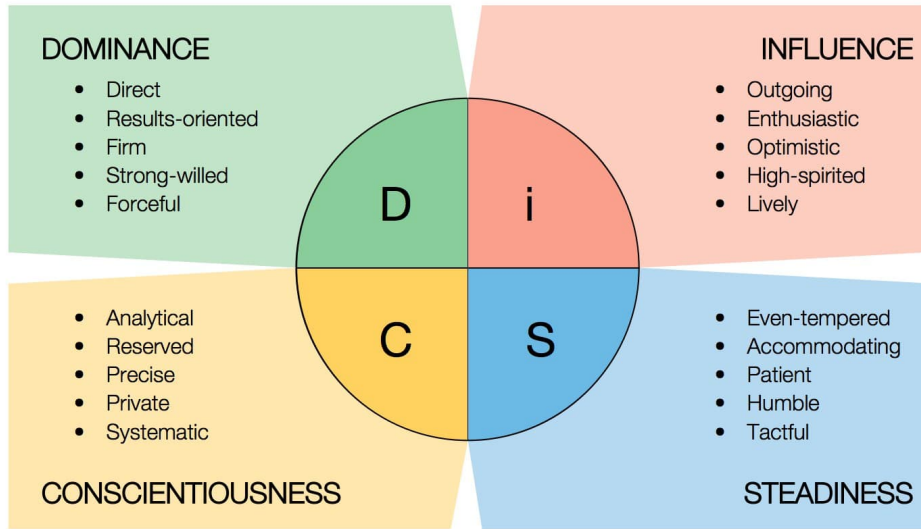
Detached Protector - become stressed, panic.
Triggered by excessive demand

Abandoned Child - feel insecure against the world" mindset. May appear as "egotistical", "attentional"
Other symptoms: May be repulsive

Punitive Parent - punishing, feeling judgment, smearing, unforgiving

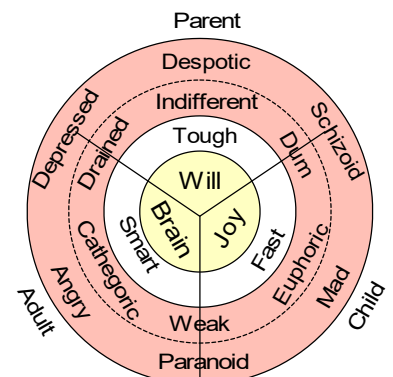
Healthy Adult - comfortable m ambitious, sets limits and bound all responsibility, sees things th with boundaries enforced, take present day with hope and strive themselves as a victim (but as a cause no harm

Agreement with DiSC dialectic scheme

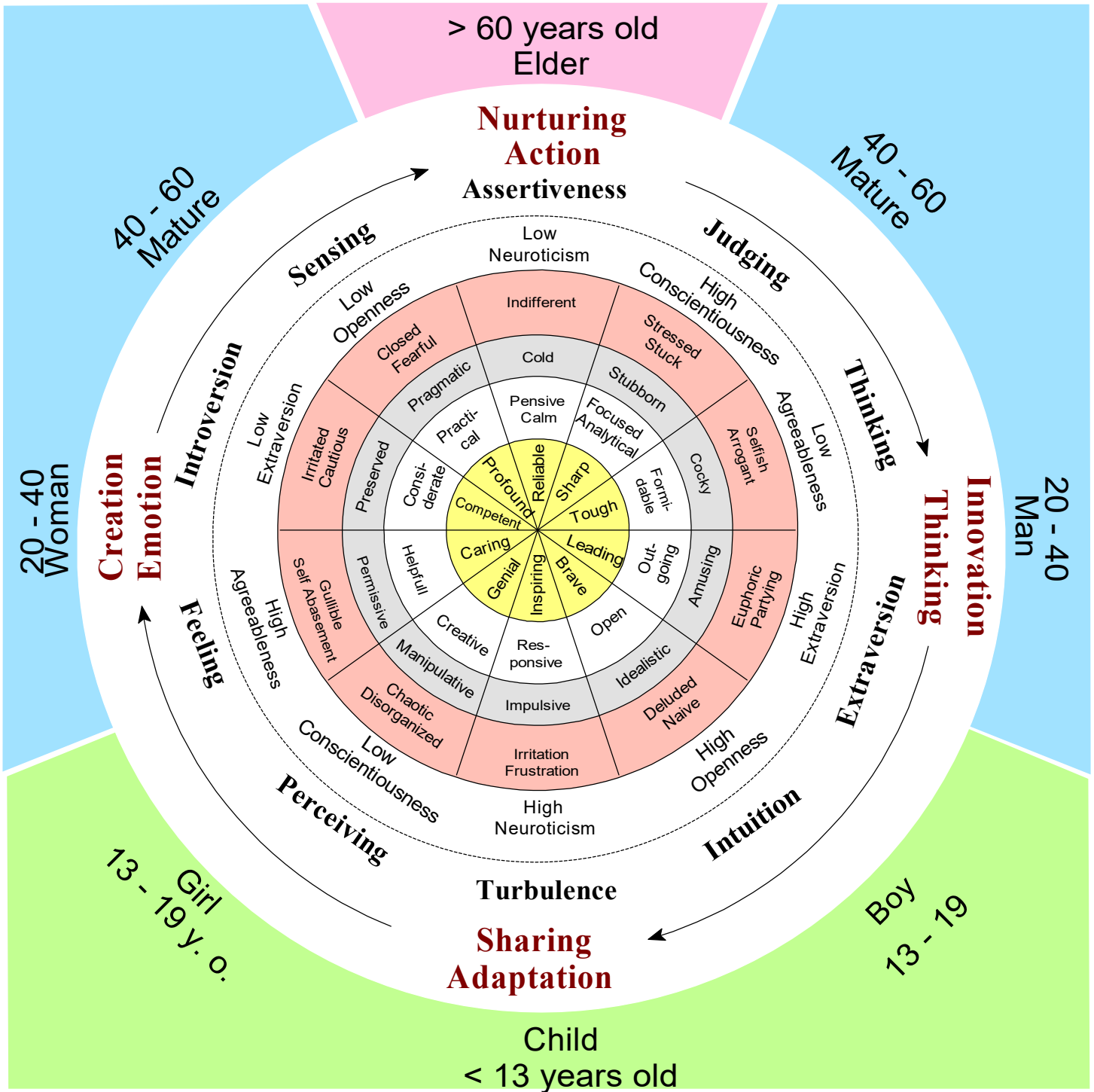


D: Dominance
i: Influence
S: Steadiness
C: Conscientiousness

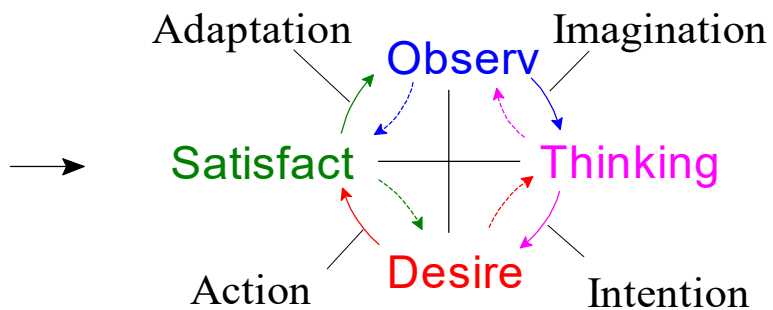
- Understand how your behavioral tendencies affect others
- Understand respect, appreciate and value individual differences
- Develop strategies for working together to increase productivity
- Enhance your effectiveness in completing tasks by improving relationships with others



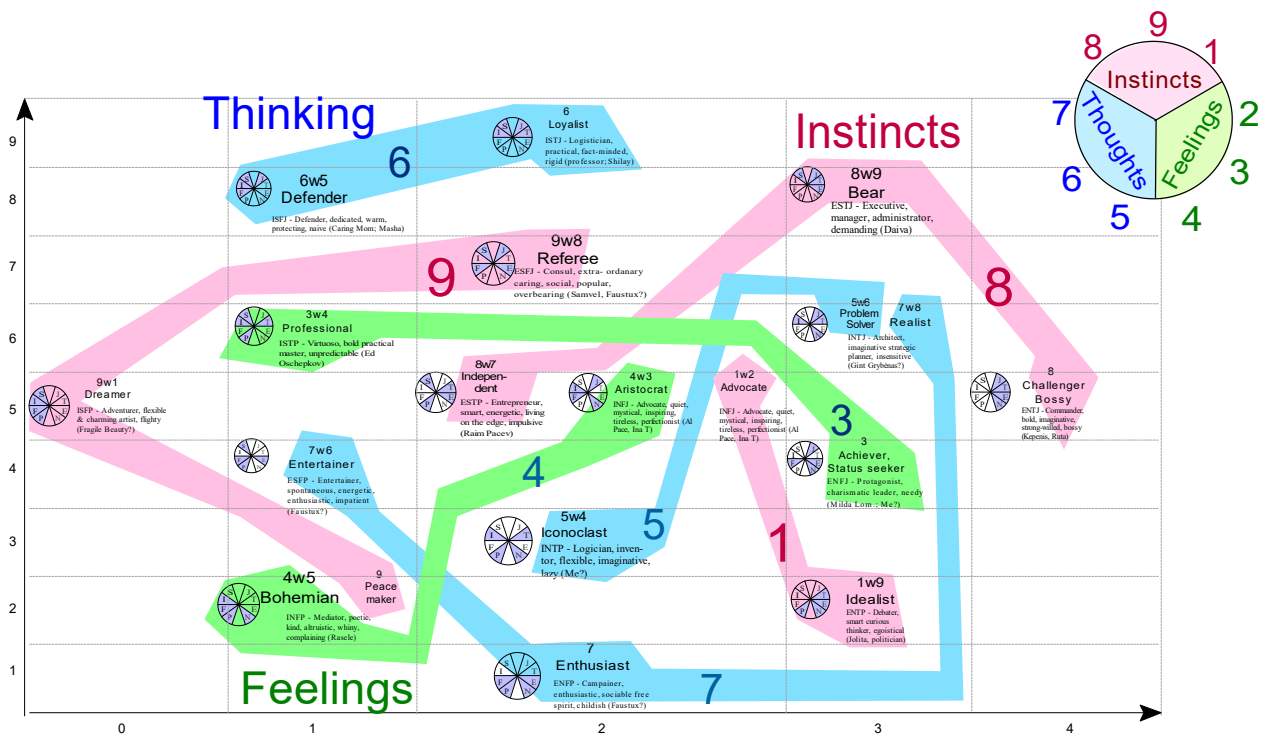
Big 5 vs. "Time Vortex"



How to relate to this?



A deeper look into MBTI - Enneagram correlations



Two types of character transformations:
 3 - 6 - 9 and 1 - 4 - 2 - 8 - 5 - 7 - 1

