

8 ASSERTERS

present themselves as strong, self-confident and direct. Resourceful, decisive and protective, they want to be in charge. They express themselves powerfully and like to maintain control. Audacious and bold, they amass resources

and power to protect their autonomy and assert their importance. When threatened they can become combative and belligerent, confrontational and defiant. Antipathetic to weakness and vulnerability in themselves and others, they do not back down and are not easily led. At their best they become constructive leaders, courageous and magnanimous protectors.



2 HELPERS

constantly strive to be loving and supportive of others, and often epitomize caring service and nurturing hospitality. As a result, their attention tends to become focused on others'

needs and desires, and their own wants can become sublimated or expressed indirectly. Thus they often lack awareness of their own motivations and can become manipulative and self-importantly superior about their good deeds. Friendly and sincere, they can also be sentimental, flattering and intrusive. When their generosity is taken for granted they can become demanding and emotional. At their best they exemplify healthy altruism, warm-hearted sensitivity and kindness.

9 PEACEMAKERS

typically have a feeling of serenity and ease that they prefer not to have disturbed. Easy-going, trusting and emotionally stable, they often passively resist anything inharmonious or distressing by tuning it out.

Unpretentious, good-natured and sometimes overly accommodating, they are prone to wishful thinking when faced with the necessity of asserting themselves in potentially unpleasant circumstances. Creatures of habit, they can be stubborn and neglectful.

They often experience a deep feeling of connectedness that they want to share with others. At their best they create peace by working for inclusion, harmony and acceptance.



6 ACHIEVERS

work hard to embody the definition of high accomplishment that is held by their cultural milieu. Self-assured and charming, they are typically hard-working, strategic and successful. They are often preoccupied with looking good, feeling good and making things happen. They can become emotionally illusive, competitive, calculating, even devious, losing touch with their authentic inner selves. Pragmatic and adaptable, they seek the attention and admiration of others. At their best they are exceptional promoters and motivators, role-models who inspire others and manifest their true selves with ease.



1 REFORMERS

have a consistent internal picture or standard of perfection against which everything and everyone, including themselves, is measured. Conscientious and idealistic, they constantly strive to be without blame. They tend to suppress the anger and frustration that they feel, often becoming nit-picking, moralistic, impatient and constricted.

Fastidious and orderly, they sometimes feel as if they are the only ones who care enough to do things right. They are typically assiduous and principled, deeply committed to the achievement of their ideals. At their best they exemplify integrity and wisdom.



4 INDIVIDUALISTS

look deeply within their own vibrantly intense inner world searching for a means to express the emotional depth that they feel. Romantic, intuitive and introspective, they can also be moody and self-conscious. Feeling different and foreign, they internally amplify the feelings associated with their fantasies. This can lead to self-indulgent

melancholy, alienation and depression. Aesthetes, often artistic, they creatively express their desire to be recognized as unique. Self-aware and resilient, at their best the depth of their self-expression transcends the personal and inspires others by touching the universal human experience.



ENTHUSIASTS



want exciting, positive experiences, limitless options and stimulating future possibilities. Connoisseurs and gregarious raconteurs, they are often accomplished generalists, reflecting their upbeat, wide-ranging curiosity and enthusiasm. Their compulsive desire to

avoid being deprived, bored, or in pain at all costs can degenerate into frenetic escapism, self-centered impulsiveness and destructive insatiability. They worry about missing the main chance and have little patience for tedium. At their best they develop a deep joyous appreciation and sense of wonder for all life experience.

LOYALISTS

seek to create security by forming alliances. Partisan, and concerned about who and what can be trusted, they question even those in whom they have put their faith, at times coming across defensive, hostile or evasive. They sometimes respond counterphobically to their doubts and fears, courageously facing danger, often as a member of a professional team—such as emergency medical services, the armed forces or the police.

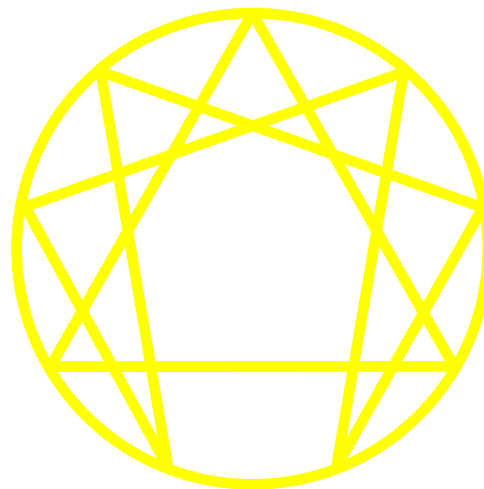


Highly competent and diligent, they nonetheless often struggle with decisions. Endearing and loyal to those they have included in their inner circle, at their best they are devoted team-builders and protective guardians.

INVESTIGATORS

observe phenomena with astute detached awareness, often making original and innovative associations. Alert, insightful and curious, they are acutely perceptive, possessing intellectual depth. They often retreat inward, becoming obsessively pre-occupied with their thoughts, seeking to accumulate knowledge in preparation for taking action. They can be high-

strung, intense and polemical, even devolving into isolated delusion. At their best they contribute insight, even genius, by objectively testing their keen powers of observation and original thinking in active engagement with others.



ASSERTERS

Winston Churchill
George Patton
The Klingleons
Golda Meir
Stalin
John Gotti
Roseanne

HELPERS

Albert Schweitzer
Mother Teresa
Mr Rogers
Jack Paar
Deanna Troi
Eleanor Roosevelt
Florence Nightingale

ENTHUSIASTS

Marlene Dietrich
Federico Fellini
Robin Williams
Howard Stern
Goldi Hawn
Ram Dass
John Kennedy

PEACEMAKERS

Norman Rockwell
Ronald Reagan
Edith Bunker
Santa Claus
Carl Rogers
Dalai Lama
Nelson Mandela

ACHIEVERS

Michael Jordan
Oprah Winfrey
Miss America
Mary Kay
Bill Clinton
OJ Simpson
Tony Robbins

LOYALISTS

Robert Kennedy
Rush Limbaugh
Richard Nixon
Lt Columbo
Malcom X
Annie Hall
Gilda Radner

REFORMERS

Dr Laura Schlesinger
Ayatollah Khomeini
Mahatma Ghandi
Martha Stewart
Martin Luther
Ralph Nader
Confucius

INDIVIDUALISTS

Michael Jackson
Edgar Allen Poe
Frederik Chopin
Rudolf Nureyev
Anais Nin
Janice Joplin
Leonard Cohen

INVESTIGATORS

Charles Darwin
Albert Einstein
John Coltrane
Ted Kazinsky
Bobby Fisher
Monty Python
Marie Curie

*All persons are puzzles until at last we find
in some word or act the key to the man, to the
woman; straightway all their past words
and actions lie in light before us.*

— Ralph Waldo Emerson

The names of the nine fixations used here are taken from the work
of Don Richard Riso and Russ Hudson

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