

DEFENSIVE ASPECTS OF CHARACTER TYPES

ASPECTS	TYPE S	TYPE O	TYPE P	TYPE M	TYPE R
Main Issue	Existential terror	Nurturance	Betrayal	Invasion and theft	Authenticity; denial of real self
Fear	Living in human body as an individual	Not enough of anything	Letting go and trusting	Being controlled; loss of self	Imperfection
Experienced	Direct aggression	Lack of nurturance; abandonment	Was used and betrayed	Invaded; humiliated	Denial of psychological and spiritual reality
Defensive Action	Leaves body	Sucks life	Controls others	Demands and resists at same time	Acts appropriately rather than authentically
Results of defensive action	Weaker body	Inability to metabolize own energy	Aggression and betrayal drawn to self	Dependence; inability to differentiate between self and other	Inability to experience self; world is false
Relationship to core essence	Can experience unitive essence; is afraid of individuated essence	Experiences individuated essence as not enough	Is afraid that essence is bad or evil	Individuated essence is not differentiated from others	Does not experience individuated essence - it doesn't exist
Human need	To individuate; to surrender to being human	To nurture self; to know self is enough	To trust others; to make mistakes and still be safe	To be free to feel and express self	To put self into life; to feel real self
Spiritual need	To experience individuated essence	To experience individuated essence as infinite source within	To recognize and honor core essence and higher will of others	To recognize self's core essence as self's own and claim God within self	To experience unitive and individual core essence in self
Time distortion	Experiences universal time; is unable to experience linear time or be in the now in the physical world	Never has enough time	Rushes into the future	Experiences the unfoldment of time as stopped	Experiences the constant, rigid, mechanical movement of time forward