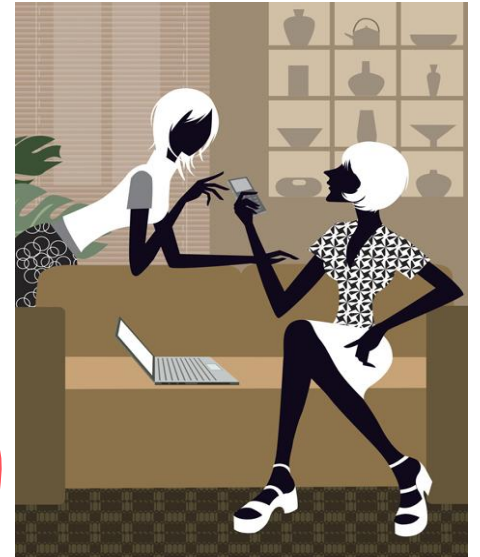




Personality Adaptations



Definitions Of Personality

- The sum total of all the behavioural and mental characteristics by means of which an individual is recognised as being unique.
- The distinctive character of the person that makes him/her socially attractive.
- *New Collins Concise Dictionary (1982)*

Personality Adaptations

CREATIVE DAYDREAMER

I am, or tend to be a bit of a daydreamer with a vivid imagination and rich fantasy world I can withdraw into. People sometimes find me a bit aloof or quiet especially in social situations. It's important to me to preserve my own space. I'm creative and sometimes thought of as a bit quirky. I do worry about sudden change and I sometimes get very angry or agitated about it. I have been described as difficult to get close to.

ENTHUSIASTIC OVER-REACTOR

I am or tend to be a bit excitable and my heart rules my head. I respond to my environment with passion and enthusiasm often leaping from one thing to another and then lose interest. I get bored very easily and crave the company of others to provide the stimulus I need. I'm often perceived as somewhat vain and dramatic and I can react to situations without thinking. While I'm often fun to be with my underlying fear of rejection can cause conflict in relationships.

RESPONSIBLE WORKAHOLIC

I am or tend to be a bit of a stickler for the rules. I usually need to clarify things before I can accept them. I have a well developed sense of duty and responsibility and rarely leave a task half done. I get uptight when people don't follow procedures properly and chaotic situations are extremely uncomfortable for me. I need to know someone really well before I relax and show my feelings and I sometimes struggle with spontaneous expression. I don't enjoy playing much.

CHARMING MANIPULATOR

I am or tend to be quick thinking and very good at finding ways round a problem.. I am not comfortable with the confines of regulations and often avoid filling in forms or conforming to procedures. I'm innovative and good at persuading people to come round to my way of thinking, though I can be impulsive and quick to anger if I'm thwarted. Sometimes I'm thought of as a bit selfish as I put what interests me before the needs or views of others.

PLAYFUL CRITIC

I am, or tend to be an independent thinker and do not take anything at face value. I often question what is being said and play 'devils advocate in discussions'. I rarely seek confrontation in a situation but I may use humour to distract or disrupt. While I am often hard working and warm hearted I can be very stubborn and sometimes obstructive because I deeply resent being told what to do. I often blow hot and cold in relationships which can lead to a bit of confusion or conflict and I need time to go away and have a think about things before I come round to someone else's point of view.

BRILLIANT SCEPTIC

I am, or tend to have high expectations of myself and others. I'm pretty competitive and can be critical of shortcomings in others. I am acutely observant and intuitive, with a good eye for detail. I am however very sensitive to even the slightest criticism which can leave me feeling deeply hurt. This makes me a bit defensive at times, especially if I think I'm in the wrong, so I sometimes blame others when things go wrong. I'm intensely loyal and will always be on the look out for any threat to myself or those close to me. I sometimes come across as being a bit possessive and this can lead to conflict in close relationships.

Pure Types

Creative Daydreamer

Enthusiastic over-reactor

Responsible Workaholic

Charming Manipulator

Playful Critic

Brilliant Sceptic

Schizoid

Histrionic

Obsessive/Compulsive

Antisocial

Passive/Aggressive

Paranoid

Combination Types

Passive/Aggressive and Antisocial
Playful Critic + Charming Manipulator

Borderline

Paranoid and Antisocial
Brilliant Sceptic + Charming Manipulator

Narcissistic

Schizoid and Paranoid
Creative Daydreamer + Brilliant Sceptic

Avoidant

Schizoid and Passive/Aggressive
Creative Daydreamer + Playful Critic

Dependent

Schizotypal

**Negatively functioning
Schizoid type
(extreme end of the spectrum)**

