

Saboteur



Avoider

Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.



Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation. Highly focused on external success, leading to unsustainable workaholic tendencies and loss of touch with deeper emotional and relationship needs.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as cold, distant, and intellectually arrogant.



Hyper-Vigilant

Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.



Stickler

Perfectionism and a need for order and organization taken too far.



Victim

Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.