

## Frozen as a Power Dynamic

The Performer on the power side, starts the process of a person moving from his urobolic state of bliss to becoming a person in his own right. The commonality among the power dynamics is their aggressive action on and need to control some element within the environment. All power dynamics strive for control, need to master and desire to dominate or assert themselves over the environment in an effort to help the person meet his needs. The prototype desire is to conquer death by overpowering life and becoming omnipotent, eternal and immortal.

Power dynamics are associated with the male dynamic, the male archetypes found in the unconscious (e.g., warrior), the yang and its masculine symbolism, the animus or the male sexual component in the female and any other form that is strong, aggressive, destructive and powerful. Any process that breaks away and forcefully separates itself from a greater whole is a power dynamic. Any form that drives toward self-hood, individuality and identity rather than merging with and loving is a coercive or powerful force.

All the dynamics have the following 8 concepts that begin the explanation:

<b>1- Name</b>	Name of Power Dynamic	<b>5- Paradox</b>	Driving Conflict
<b>2-Concept</b>	Manifestation	<b>6-Emotion</b>	Powerful, aggressive
<b>3- Stage</b>	Stage: 0 to 3	<b>7-Antithesis</b>	Bonding Dynamics
<b>4- Expression</b>	Primary Motivation	<b>8- Fear</b>	Disintegration, Identity loss

Given below are the five power dynamics as they become personality styles which are solidifications of a dynamic. A dynamic is a process or methodology one uses to approach one's environment but it can be over used, can hypertrophy and may become so well entrenched, that it defines most of the person's behavior. Hence, the process or primarily used dynamic(s) starts to subtly control the person's total behavioral repertoire rather than being available for use on an as needed basis. At that point, the person determines most events from a single or a few dynamic perspectives that color his ability to act in a broader fashion. Hence, his behavior moves toward a particular dynamic stereotype or personality style.

In looking at the first three power dynamics, many people favor an egoic (i.e., psychological) or social dynamic with the physiological drive seldom in the forefront. However the Performer often influences the manifestation of the other dynamic(s). The next most common influence is from the cultural dynamics which are often secondary in the same sense as the physiological dynamic (i.e., Performer). In addition, when a person primarily stresses power dynamics they usually prevail in most social settings blocking the manifestation of the bonding dynamics. Therefore, the power dynamics are usually more overt and often overshadow the bonding dynamics.

1- Name	<b>PERFORMER</b>	5- Paradox	Self - Uroborus
2-Concept	Energy Level	6-Emotion	Intensity to Compliant
3- Stage	Stage: Physiology	7-Antithesis	<b>Environment</b>
4- Expression	Activity	8- Fear	Merging back into the Void



**The PERFORMER Dynamic**

**9. Origin:** This is the first dynamic in all people and stems from the physiological need for all life to separate from its immediate environment. Hence, it is a power dynamic that is strongly influenced by physiology and is seen as an **Energy** level after birth. Some people are more relaxed, content, laid back and accepting. Others seem to be intense, self-assertive and very forceful in their interactions. Hence, this physiological "pre-wiring of a person" sets the stage for how a child will interact with his environment in general (e.g., nonchalant and imperturbable versus rambunctious and excitable) and what quality of relationship he will have with his parents.

If this becomes a major dynamic in latter life, the person is very intense, has boundless energy and may be difficult to please. If the dynamic is prevalent and it is energetic, this sets a difficult stage for any mother. She finds it almost impossible to

please her child and he actively seeks stimulation, becomes easily frustrated (since his mother cannot meet his need for stimulation), bored and develops a strong need to get and do things for himself. Hence, the expression is one of **Activity**. The child develops a fear of deprivation that his needs will not be met or he will not be stimulated unless he is active and highly involved. Hence, he must remain personally active and through his energy meet his own needs.

**10. Unconscious Conflict:** If the person is energetic he feels, "I must remain active to meet my needs. If I do not, I will die and merge back into the environment and lose myself. I equate activity with power and survival. If the person is passive, this dynamic has minimal influence.

**11. Neurotic Conflict:** I have an insatiable need to experience all that life offers. If I am mature, I can make significant contributions and become successful through activity and accomplishment. If I am stressed, I equate happiness with materialism, acquisition of life experiences (e.g., sexual partners) or just intensity (i.e., Need to be active and alive). Usually the intense activity is a fear of stopping, losing control and becoming depressed over what I don't have or cannot do.

## **12. Primary Motivations:**

**A) Mature:** I can use my energy to bring about positive change.

**B) Stressed:** If there is something wrong, I create action and expend energy since "doing" makes me feel alive and in control but in reality doesn't relieve my anxiety.

## **13. Sophistication of Dynamic:**

**A) Mature:** A love for the fullness of life. Very responsive, enthusiastic and involved. The ability to establish goals, overcome obstacles and get many things done. Very open to new areas, eclectic and interested in making contributions. Significant emotional and physical vitality.

**B) Normal:** Usually into keeping score for whatever is important to them (e.g., wealth). Highly competitive in the sense of wanting to win, more so from a need to convince themselves that they are actively involved rather than beating someone else. Inability to relax or do nothing so they have a fear of boredom (it could mean merging back).

**C) Diffuse:** Hyperactivity which results in a tremendous and usually draining expenditure of energy with very little real gain. A fear that what they are doing is wrong or doesn't work so they become arrogant and obnoxious if anyone asks why they are doing something or questions their drive. A flood of anxiety and fear when either they stop doing things or think they are making a mistake.

**14. Emotions:** The major emotions are **Intensity to Compliant** (in reality, primarily a measure of intensity that looks like emotion) which seems to originate from a person's physiology. Some people are very intense or passionate about most of what they do, while others are prone to apathy and find very little stimulating. These basic emotions set the emotional intensity and tempo for the other dynamics since the Performer underlies all other emotions and is the most dominate. That is, all emotions build from physiology to the egoic, to the social and finally to the cultural. Intense emotions from the later dynamics (i.e., cultural) always derive their energy from the earlier dynamics.

When enjoyment or activity lessens, one becomes anxious and insecure and looks for ways to increase their excitement. Activity is a defense against anxiety and depression. High energy people tend to habituate to any excitement level and need an ever increasing activity level to stave off depression.

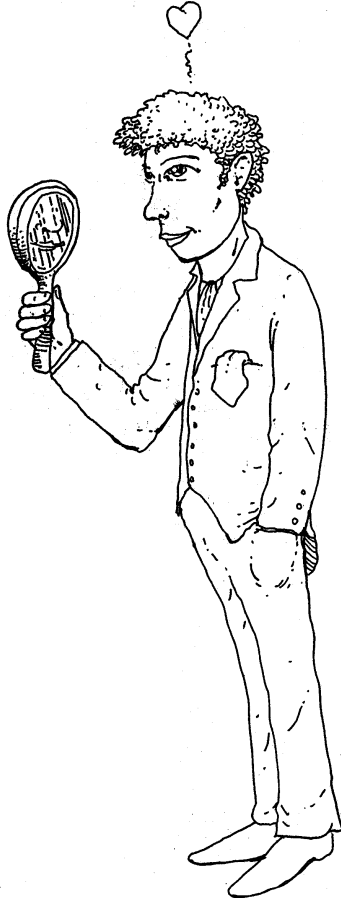
**15. Relationships:**

**A) Authority:** They generally dislike authority since they see it as limiting their behavior and not being appreciative of their gifted capability. Since they feel superior, not in an egotistical way but in an ability to do many things, they try to convince others that rules seldom apply to them and they strive to negotiate special deals. As authorities, they loose interest in projects and people, gravitating toward what is the most exciting current issue. They generally resent structure and feel it is beneath their dignity but can provide it for others.

**B) Spousal:** They can be very charming and have a love for life that can be Infectious and may make them charming and exciting. Hence, they can be romantic and stimulating, intense and provocative and exciting to be around. They run the risk of losing interest in people either because the other person becomes boring or they find new areas of stimulation. With time the spouse may feel that they lack depth and commitment, since they are seldom satisfied and always seem to be looking for the next thrill or experience.

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1- Name	<b>EGOIST</b>	5- Paradox	Egotistical - Inferior
2-Concept	Ego Power	6-Emotion	Self-inflation to Impotent
3- Stage	Stage: egoic or Psychology	7-Antithesis	<b>RELATING</b>
4- Expression	Self-love	8- Fear	Being Ineffectual/Unloved



The EGOIST Dynamic

**9. Origin:** This dynamic along with the Performer, forms the combination dynamic or the Competitor dynamic. The need to separate from the environment naturally leads to a person who is distinct from his environment and then must start to form his own personality. These first two power dynamics along with their single antithesis dynamic (i.e., Relating) become the basic core of the ego.

If the Performer is more neutral to passive and Egoist becomes the major dynamic, a good relationship may develop between the child and his mother. She is happy regarding the child's ability and desire to assert himself and she often makes the child the center of her attention. While this can help develop a very positive ego, it may create an egocentric feeling where the child feels that he is special and deserves all this lavish attention. The goal of this dynamic is to develop a mature form of **Self-love** which is balanced between a healthy self-concept but yet an awareness of one's limits. However, it is easy to fall on either side and develop either a negative (i.e., sense of inadequacy) or a grandiose (i.e., narcissistic) sense of self-love.

If the child is grandiose, he expects that the role of others is to meet his needs and provide him with unconditional attention. Admiration and worship from others becomes very critical and without this he feels empty and enraged since he is unable to take care of himself. This results in a primary narcissism that becomes a double edged sword. On one hand he can feel confident that he has the ability to overcome anything but confidence can grow into inflated forms of self-love. On the other hand, he develops little capacity to deal with failure, frustration and rejection; so a lack of self-love can grow into painful feelings of self-hate and inadequacy. Given either scenario, the child distorts his capacity to affect his environment and starts on a downward spiral of increasing difference between his self-concept and how others view him.

**10. Unconscious Conflict:** (Egotistical) I am special and god-like so others are here to meet my needs. If they do not meet my needs there is something wrong with them and they need to be taught a lesson since if they are not here for me, who am I? (Inferior) I am worthless and I am unable to meet my needs nor will anyone help me. Hence, I must die to eliminate the pain of inadequacy.

**11. Neurotic Conflict:** (Egotistical) I have an insatiable need to be loved and admired since external admiration creates my self-worth. If I lack power, I will change my style to get whatever it is that I need, since admiration from others is critical for my esteem. If I have power, I will force and exploit others to worship me. If I don't have power, I will be clever and manipulate others. The only purpose of others is to meet my needs, so they are objects to be controlled for my pleasure. (Inferior) I wish others would find something to love in me but that is impossible. I will try to live on the side-lines of life and get whatever crumbs may fall my way. In this way I can find my niche where I get what little I can but do not attract too much attention so others will not hurt me.

## 12. Primary Motivations:

**A) Mature:** I will use my ego-power (i.e., self-confidence) to bring about positive results in my life and the lives of others. Additionally, I will strive to grow personally, since I take delight in who I am.

**B) Stressed:** (Egotistical) If I am anxious, it is because others do not admire me enough so I will do whatever I must, to win their admiration and worship. They must admire me or they are no good because the worth of others is predicated on their ability to recognize my greatness.

**B) Stressed:** (Inferior) If I am anxious, it is because I am seeking attention and love but I know I will be rejected and hurt by others. I must become more passive and learn to accept what little I deserve.

## 13. Sophistication of Dynamic:

**A) Mature:** Inner directed in establishing personal goals for self development. External image is consistent with internal image so there is little need to "create personalities" to manipulate or control others. Self-assured, confident and

willing to use insight into self and others to help, rather than to manipulate others for personal gain.

**B) Normal:** Very competitive with others, primarily in a win/lose fashion where it is better to destroy the goal than to let someone else win. Career, prestige and status are directly related to one's self-esteem. Very confident externally, with nagging doubts internally. May be very calculating or emotionless beneath exterior of concern. Subject to ego-inflation and self-aggrandizement either as an unconscious defense [Egotistical] or as a conscious manipulation [Inferior].

**C) Diffuse:** [Egotistical] Can be very exploitive in the desire to "take what is rightfully theirs". Will stretch the truth, be devious and betray others to meet their needs. Must win at all costs even if it violates integrity and morals. Will be vindictive, malicious and revengeful toward others when they do not meet their needs. Will be arrogant, narcissistic and overtly pretentious toward those who offer nothing or choose not to flatter their ego. [Inferior] Lead a life of active avoidance and seldom come in contact with others unless they are convinced that they can overpower that person. This gives them the temporary rush that they are not as inferior as they think or worry that they are.

**14. Emotions:** The major emotions are **Self-inflation to Impotence** which are opposite sides of the coin. Self-inflation results from an inflated ego and creates unrealistic self emotions such as egoism, hubris and arrogance that split the world into positive affect (i.e., attached to me) and negative affect (i.e., attached to things which are "not-me"). These emotions set up future values in the social and cultural dynamics. Impotence results from a deflated and weak ego. Inadequacy, a negative self-worth and ineptness characterize the world split. Others are seen as powerful and great and your self-concept is negative, avoidant and passive.

Whether aggressive or passive, the egoist always directs their hostility toward those who are more successful or admired. One option is to build an identity around an inflated self-concept, aggressively move into the world but become anxious when one's self-concept is threatened. The discrepancy between the real and inflated self-concept is related to the level of anxiety. One then attacks the source of pain by discounting others but does not look into themselves and do a realistic self-appraisal. The more passive approach is to avoid interactions with the world, harbor one's weaknesses as being unfair and resent others who "have caused this shortfall and ineptness." The key in both styles is an active avoidance of taking personal responsibility for who you are.

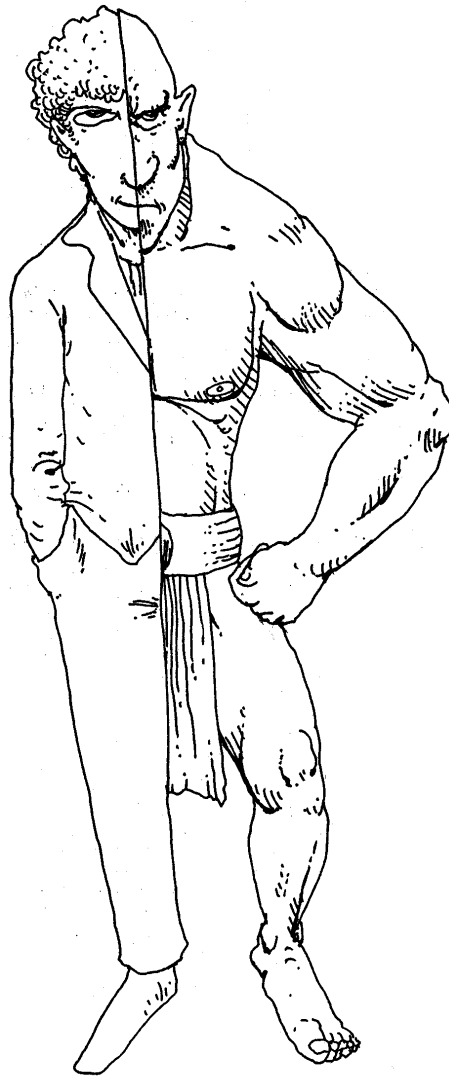
## **15. Relationships:**

**A) Authority:** The inflated ego strives to be in authority since those who are subservient will respect them. They rise to any competition and feel compelled to fill leadership roles because they feel gifted. They offer strong emotional backing, radiate optimism and compel others to follow.



1- Name	<b>COMPETITOR</b> (combination)	5- Paradox	None (Compulsory)
2-Concept	Aggressive Ego	6-Emotion	Deception to Connection
3- Stage	Stage: egoic or physiology	7-Antithesis	<b>RELATING</b>
4- Expression	Winning	8- Fear	Being Ineffectual/losing

**Note:** The first two dynamics are hard to separate and often present together in what can be called the **Competitor** dynamic. It is not a "real dynamic" but a manifestation of both the Performer and Egoist dynamic where the intensity from the Performer is directed outward, and focused through the Egoist as a need to Win at all cost. Losing is seen as a lack of effort (i.e., low Performer) or poor ego ability (i.e., low Egoist).



The **COMPETITOR**: a combination of the Performer and Egoist Dynamics

The competitor exhibits some combination of the Performer and Egoist and they may be in several forms with various degrees of balance between the two dynamics. For example there could be a continuum for both dynamics but looking at the extremes and midpoints the following schema is created:

Egoist Dynamic	Performer Dynamic		
	Intense	Normal	Compliant
Inflated	1*	2	3
Normal	4	5	6
Inadequate	7	8	9

\* **Form 1:** Intense Performer combined with an Inflated Egoist dynamic. Either of the two dynamics could be primary with the other being secondary.

Form 1 would create a very intense, overly confident individual who would be maximally competitive (with some modification from the social and cultural dynamics) and would have to win at all costs. Depending upon the "maturity" and the "degree of pathology" the person may be very successful and admired or he may be hated. What would be apparent is that he would be intense and have a need to win. His approach and style would be further modified by the social and cultural dynamics.

Form 9 would be very compliant and low in energy with an underlying concern about his ability to influence others or accomplish goals. This person would be fearful of failing but his energy would be so low that he would seldom try to do anything anyway. This is the person who "squirreled himself away" in the bowels of some organization and keeps a very low profile in the hopes that nothing ever happens to him. He is the most uncompetitive person and people might say that he is afraid of his own shadow.

In a similar fashion, the remaining seven "types" could be defined and similar profiles regarding their behavior and motivations could be developed. However, these are just potential combinations of the first two power dynamics.

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1- Name       **LEADER**  
2-Concept    Taking Ego  
3- Stage      Stage: Social  
4- Expression  Self-trust

5- Paradox    Tyrannical - Oppressed  
6-Emotion     Ferocity to Cowardness  
7-Antithesis  **LOYALIST**  
8- Fear        Subjugation



**The LEADER Dynamic**

**9. Origin:** This dynamic manifests itself in the social arena where power comes alive, Self-trust develops and the social arena gives feedback that a person can or cannot trust himself to take and socially control others (**Taking Ego**). The first two dynamics focus on the individual, but now there is a desire to dominate and control others as physical entities. This is truly an infatuation with power because one can start to see tangible results as you either can or cannot influence others. The process of exercising power and dominating others is for many an aphrodisiac.

When this dynamic is emphasized, the child learned that his parents would not respond to his needs unless he was more aggressive in demanding recognition and coerced his parents to do his bidding. This can lead to the development of a powerful social concept where the child feels that since he can control his parents, he can

control anyone. In reality, his parents may not have responded until his requests reached a certain threshold but the child's interpretation was that he could intimidate his parents, force them to do his social bidding and no retribution would occur.

The difference between this dynamic and the Egoist is that the inflated ego feels it should be worshiped because it is great but it does not actively compel others to do so. If they do not hold the person in high esteem, the Egoist just writes them off as fools. It is not active socially and just seems to expect that others will want to meet its needs. However, the Leader dynamic aggressively moves into the social arena, takes charge in a social setting and strives for power over others. Hence, one is socially passive and expects that others will follow, while the other is socially active and forces.

As a person matures, he feels that the social arena is where he can and should manifest his power. His efforts to exhibit power over others is often rewarded since many people are very willing to be lead or coerced into action. He now understands that social interaction is based on a struggle between wills and the more power he can socially manifest, the better he can meet his needs. Hence, even if his parents resisted but eventually gave into his wants (because they were tired of fighting with him), it confirmed that there is always a struggle of wills and the one with the most power will dominate and survive. It is not a competition where you win or loose and move on but the focus is on domination of others or subjugation of your will.

**10. Unconscious Conflict:** I am powerful over others and should take from the world what I want. If I do not display social power, others will dominate me, I will become weaker and be further dominated. That will lead either to hopelessness or death. My goal is to totally trust myself (not others) and my ability to meet my social needs by overpowering others.

**11. Neurotic Conflict:** I deserve to be powerful because that is the law of the jungle. I will take what I need and if you are weak, that is your problem. I have no guilt (recall that guilt is a cultural phenomena and has not yet developed) because you know that either I will dominate you or you will dominate me. The only way to meet your needs is to be powerful. Trust that implies a relationship or trust in others is a weakness so I will only trust myself. (Nietzsche's "will to power" or master/slave morality).

## **12. Primary Motivations:**

**A) Mature:** I will use my power to influence and control the actions of others for a greater good (This is ethnocentric since it is based upon a cultural definition of goodness and morality). Additionally, I will build others by improving their self-concept with my power. I will move to the social front in a time of anxiety or difficulty and through my presence calm people and provide direction.

**B) Stressed:** If I am anxious, it is because I am not in control and others may victimize me, abuse me or in some fashion injure me. I must take control at all costs and it is imperative to crush all opposition before they get you. Trust in others is dangerous and leads to vulnerability.

### 13. Sophistication of Dynamic:

- A) Mature:** Magnanimous, self-restrained and unusually courageous. A natural leader with an ability to inspire others to do more and push harder. Authoritative, quite decisive and willing to take appropriate risks. Willing to protect those who are weaker. Honorable, scrupulous and ethical in expressing power and influence.
- B) Normal:** Enterprising, rugged individualist. Wheeler dealer in relating to others. Forceful, aggressive and dynamic with a strong need to influence and control, tempered with an ability to compromise and negotiate. Can create adversarial relations if frustrated and is happy to fill a power vacuum by taking advantage of situations.
- C) Diffuse:** Can be dictatorial, tyrannical or even ruthless if exaggerated self-trust is the issue. May be paranoid, highly suspicious and cynical if you fear other-trust. Can develop grandiose ideas and megalomania when other dynamics effect the Leader. Feel compelled to crush or eliminate those who are weaker as a "demonstration of power over others". May be preoccupied with survival, only trust themselves, become paranoid and feel a need to kill, neutralize and/or eliminate any competition. May see their ability to destroy as being a measure of their power (eventually power over their own death).

**14. Emotions:** The major emotions are **Ferocity to Cowardness** and imply that social power is the end and the only choice is by either covert or overt means. Elevated self-trust creates an overt tyrant who feels that all others must be controlled for his pleasure. Low self-trust builds a covert tyrant, who realizes that he must be insidious, deceitful and conniving to control others to meet his needs (i.e., Machiavellian). Hence, one exhibits expansive and confident social emotions (subject to overt anger) while the other never shares his true feelings (hides his anger) unless he has total control.

Hence, Leaders are overtly or covertly aggressive, striving to impose their will upon others. When the Leader is emphasized, one may have an underdeveloped superego (which can moderate the Leader's force by using guilt and shame) since that is created by the Manager dynamic. Therefore, the Leader's social behavior is justified only by the ends since they must have social control and cultural sanctions are not emphasized. In addition they seldom have a mature ability to empathize, since that is a result of the bonding dynamics. Their motto is "social aggression is king" and it does not have to be balanced with compassion. Domination of others is a measure of social control and pleasure, while trusting others leads to one's worst fears of suppression and domination. It is all quite clean, amoral and devoid of balance.

### 15. Relationships:

- A) Authority:** This is seldom an issue since they strive for total control over others and view all submissive relationships as signs of confirmed social inadequacy. They are driven by social power and see any position of authority as a chance to exercise power. In normal expressions of the

dynamic, they trust their subordinates to feed them information because the battle is always above and seldom below. They evaluate every weakness of the opposition and attack. On the more positive side, they often expand their need for power to their identification group (e.g., company, family) and spend less effort dominating "like-type members".

**B) Spousal:** If you accept their social power, are loyal to their demands and don't compete with them; they generally give you space and support your efforts. On the mature side, they develop leader-loyalist relationships with their spouses where they express their power in certain areas (e.g., finances, sex) and then are more giving in areas that they see as less important. In less mature relations, it may deteriorate into tyrannical and masochistic relationships that escalate and become abusive. The tyrant senses he is losing power, either in or out of the marital arena and takes active and aggressive steps to compensate for the loss.

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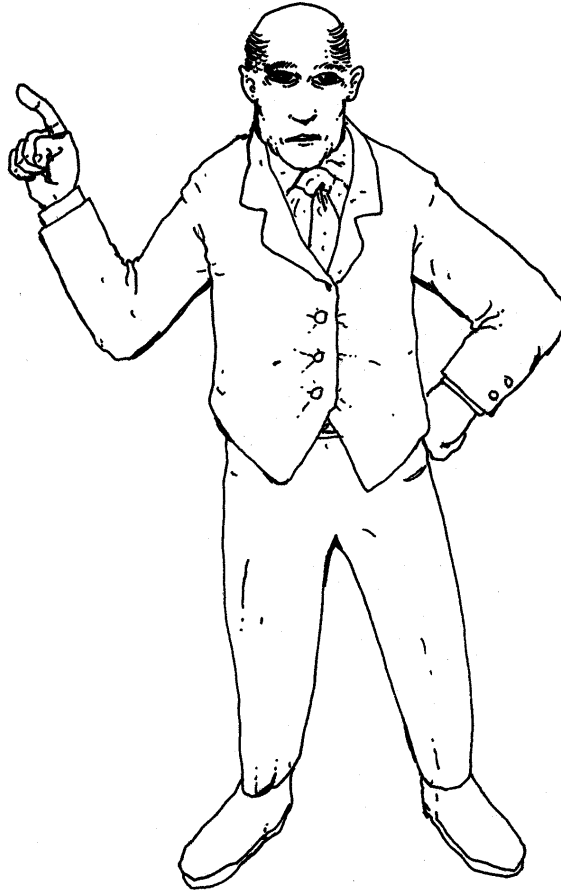
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1- Name	<b>MANAGER</b>	5- Paradox	Obedient - Defiant
2-Concept	Superego / Persona	6-Emotion	Restraint to Tension
3- Stage	Stage: Cultural - External	7-Antithesis	<b>MEDIATOR</b>
4- Expression	Control over	8- Fear	Guilt and Shame



The **MANAGER** Dynamic

**9. Origin:** This dynamic is strongly influenced by a person's culture, subculture, parental values and total parenting experience. This becomes the dynamic that directs and has control over the person's adjustment to his society. It takes the form of the **Superego** that gives a person a sense of personal right and wrong and the **Persona** that guides external social behavior. This dynamic, along with its antithesis is the prototype of how a person reacts to authority figures (i.e., parental relations are the basis of all future interactions) and is the start of the acculturation process.

The child learns that in order to have a pleasurable life in society, he must control his impulses and emotions. He develops an internal model or ideal as to how he should behave in order to be accepted by those who are important. This creates an **ego ideal** (i.e., a model of who a person must become) that resides in the superego and spurns the child toward perfect social behavior. When his behavior is good, according

to his incorporated moral structure, he is rewarded with social acceptance. When he transgresses the rules, acts impulsively, displays strong inappropriate emotions or exhibits "any culturally inappropriate behavior"; he is socially punished. Hence, natural spontaneity and feelings are suppressed unless they are consistent with his introjected value structure. As his superego and ego ideal grow, suppression of his discrepant behavior by his parents is gradually replaced with a **conscience** (i.e., social expectations attached to self-punishments) and unconscious repression by the child.

Often religion plays a major role since it becomes the basis of moral and ethical behavior. It gives the child clear indications of reward and punishment and helps to create a sense of shame and guilt. An important point is that the content of the code of behavior is not the source of power but how the child experiences acceptance [results in a "programming" of the child to accept these rules as the "only truth"] or rejection [results in strong contrary behavior] from his parents.

This dynamic becomes dominant when the child learns to enjoy controlling his own behavior and experiences strong acceptance from those he respects or fears. His goal is to move from parental control of his behavior to personal control where he feels a sense of cultural acceptance and accomplishment. Hence his parents, acting on behalf of their culture, accept or reject him as a person. This acceptance is based upon the child's ability to achieve a respectable persona and assimilate a moral code in the form of a mature superego. He soon equates personal control of his social behavior as being synonymous with pleasure (e.g., "Wasn't I good?"). Now he knows what behavior he must exhibit to be accepted and what behavior results in retribution or pain. At this point in his development, loss of social control of his behavior results in pain, since it leads to the cycle of guilt, shame and rejection.

The person who emphasizes this dynamic may become an embodiment of his inculcated rules. He may reach the point where he doesn't feel or act on impulse but evaluates all behavior, emotion and social expression so as to avoid shame, guilt and embarrassment. He may be "socially and morally perfect" where he feels he is totally in control of himself (and others are pleased with his behavior and thus label him mature, righteous and moral) but he can become a lifeless caricature of his culture.

**10. Unconscious Conflict:** I am not powerful in my own right but I can derive pleasure by exercising control over my behavior. There are omnipotent people who can accept or destroy me, so I must repress my feelings at all cost. If I act on my impulses and disappoint them, they will destroy or hurt me (source of guilt). If I experience guilt I am responsible for being weak (source of shame) and would like to hurt those in power to save myself but I am ashamed of those feelings. I live in a constant guilt/shame cycle.

**11. Neurotic Conflict:** I will use the rules to meet my needs. If I am passive, I will become perfect and be accepted by those in authority and will have no fear. If I'm aggressive, I will use the rules to control others and will eventually have enough personal power that I will no longer control myself because there will be no authority with greater power.

## 12. Primary Motivations: (There is an External and Internal Control)

External Control: The **Persona** or social facade and image.

Internal Control: The **Superego** composed of the ego ideal (personal goal of perfection) and moral code or "religious" ideals (conscience).

**A) Mature**: I will use my ability to control my behavior and understand the rules to help others achieve a greater sense of self-control. I will scrutinize my behavior in an effort to control myself, accommodate others and fit in. I will strive to achieve the demands of my ego ideal, as well as attempt to live up to my moral code or values.

**B) Stressed**: If I am anxious, it is because I am out of control, will disappoint others and that will lead to rejection and a sense of personal shame. Moreover, I will feel guilt since I resent the external control and I am angry that my behavior must be controlled for the good of others (i.e., Society). Externally, I will invoke harsh rules to control others, since they are not honest or fair and unlike me, will rebel if they have the chance or the power. Internally, I am angry because I resent being controlled by "authority" but cannot display this anger because of retribution. (This is often projected anger where one wishes they could act on their own impulses like others seem to be doing).

## 13. Sophistication of Dynamic:

**A) Mature**: Highly principled with an ability to live by his values. No hypocrisy (which is suggestive of an underlying conflict). Strives to be fair and honest, even at personal cost. Holds self more accountable than others. Constantly pushes toward self-improvement from a cultural perspective which is a better understanding of how to fit in and be accepted.

**B) Normal**: Orderly and efficient but tends to be impersonal and over-controlled in emotion and behavior. Has a need for structure and avoidance of ambiguity. Feels most at ease and performs well, when the rules and rewards are clear. Strives for perfection, strong attempts to please authority figures and is usually a workaholic.

**C) Diffuse**: Can be self-righteous, intolerant and dogmatic. Is usually very rigid in following rules, especially demanding of others and more lax on self (e.g., those rules don't apply to me). Severe and harsh in judgments of others and resents being proven wrong. Revengeful and constant keeping of score to see who gets what and why. In powerful positions is dictatorial, oppressive and rigid. Can detach any affect or emotion from rules (e.g., Don't take this personally, but I have to ...)

**14. Emotions**: The major emotions are **Restraint** in terms of hiding all spontaneous emotions and forcing oneself to comply; to **Tension** which is a conscious conflict

between doing what you want versus what you feel you should do, both socially (i.e., Persona) and morally (i.e., Superego). The assumption for the entire range of emotions is a strong superego and persona to no social and moral development. The actual manifestation of the emotions and what triggers them is highly dependent upon the culture, religion, socioeconomic status and upbringing.

**Restraint** is the result of a strong repressed fear that one will violate the rules or sin and hence experience intense and painful guilt. The person keeps himself on the straight and narrow, since he may have a punitive superego, expects perfect social behavior and is extremely fearful of any form of social sanction. As he drives himself down with self-flagellation he experiences shame at being inadequate. That leads to depression, isolation and avoidant behaviors that assure him he will not be exposed to "future sin". Finally his overwhelming feelings of self-punishment create a sense of rage at making such unrealistic demands upon himself; that he rebels, expresses intense emotions or unacceptable behavior (i.e., I am ashamed, it was so unlike me) and the cycle repeats itself.

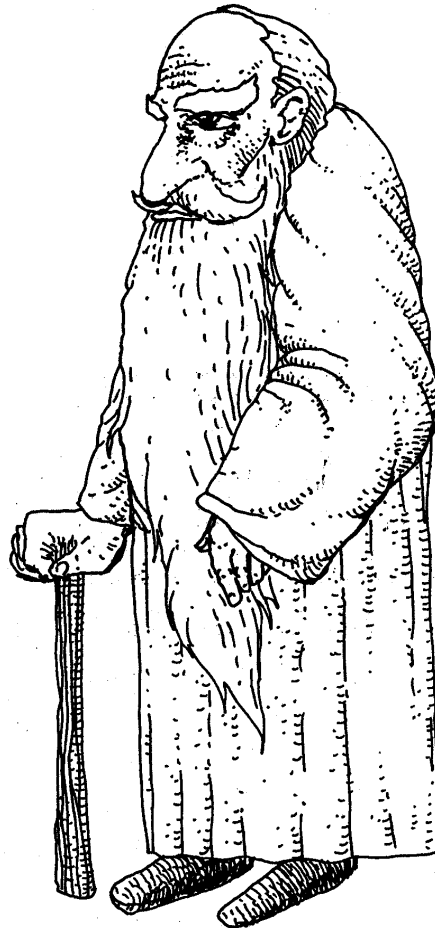
**Tension** usually has more of an external locus of control where the person would like to sin and would not feel guilty but he is afraid of retribution from others. That is, if he knew he could get away with it and there would be no social sanction; there would be very little shame but some guilt (i.e., I hope I don't get caught. God I'll never do it again). Hence, there is little internal dissonance but a need to maintain a positive persona (a real facade) or a consistent moral outlook (e.g., I didn't really steal, I just ...). The focus is a desire to "do what you really want" but appear to do it the "way society wants you to do it" so it was a misinterpretation.

These struggles are often projected into the external world where one can identify a group (e.g., slovenly and lazy people) who needs to be controlled. This is the external manifestation of your internal struggle. For example, I would like to be lazy but I must work hard to be accepted. Therefore, I can impart my value system on others and that is what they should do to be accepted. Most often, these are projections of the person's unconscious feelings that are acted out in a cultural setting. All stem from a desire to let oneself go, abandon the oppressive rules and act on impulse. In many cases this has a clear focus such as eliminating crime, pornography, saving heathens from the devil or some similar "moral" activity. A derivative phenomena is a fear that one may not have enough will power or energy to control himself and there is no telling what terrible impulses may break through. By controlling them in others, he has a vicarious assurance that he can control himself.

Generally there is a strong repression of all emotions as one pushes for perfection and sees affective displays as signs of weakness. These people are over-controlled and subject to periods of rage and intense anger that may be turned outward in cruel acts or inward as depression. They are very subject to guilt, which is a fear of "being caught" at having done something wrong or displeased authority, even if it is internal in the form of a conscience. In addition, they feel almost constant shame at falling short of their perfectionist ideals. Usually, structured and ritualistic behavior helps them control potential impulses or emotions that they feel are unacceptable and would result in the starting of the guilt-shame cycle.



1- Name	<b>THEORETICIAN</b>	5- Paradox	Omniscient - Ignorant
2-Concept	Mind	6-Emotion	Detached to Stubborn
3- Stage	Stage: Cultural - Internal	7-Antithesis	<b>AESTHETE</b>
4- Expression	Control of	8- Fear	Irrationality and Stupidity



The **THEORETICIAN** Dynamic

**9. Origin:** This dynamic is influenced by a person's culture, world view and education. The source of its motivation is a fear of the world in the sense of what I don't know will hurt me. Hence, the person struggles to develop a **Mind** which creates a sense of **Control of** where through understanding, fear diminishes. The refinement of the mind allows one to experience more of life, develop a greater understanding and ultimately reduce the fear of "not knowing". The development of this human dynamic can be viewed as parallel to that of society's development from its more primitive to its more refined understanding of the world. Lower forms of thinking and epistemology such as magical thinking are replaced by higher forms (e.g., analytical and conceptual).

The child resents the external control of his parents or society (e.g., authority figures) and rather than needing their acceptance or fearing their punishment he strives to become self-sufficient. Since this child dislikes any type of external control, he becomes vigilant and looks for ways to understand and control his environment before it controls him. The need to control, followed by the outcome leads to a spectrum of feelings ranging from positive to negative. Success creates positive feelings of control and omniscience while failure creates intellectual despair and feelings of stupidity.

The internal cultural dynamic is predicated on knowledge and its accumulation, while the external dynamic is based on rules, role playing, social skills and a myriad of other factors that are highly subjective and only exist relative to some form of human interpretation. The child bounces between the two dynamics, forming a sense of where he will be more successful. Given the massive subjectivity of the social world and the predictable control of his internal world, he may sense that his best option for control will be found in his mind and not in social interpretation. He minimizes social issues and concentrates on the internal cultural dynamic. This result drives the child deeper and deeper into his own mind in an effort to achieve his ideal of total control.

He sets up an intellectual dualism between his inner more private and sensitive world versus the outer world that holds great gifts, in the form of knowing and control. He equates knowing with control and that moves him closer to omniscience and reduces his fear. Not knowing is his greatest fear and that equates to stupidity or non-rational behavior (e.g., social and emotional behavior). Externally he may be devoid of strong affect but internally there may be tremendous affect. However, it is more in the world of his mind than in the world of relationships or external society.

**10. Unconscious Conflict:** I am vulnerable to all "world things" and will either get killed or not know how to experience pleasure. I must learn to control and master everything. I will become god-like, omniscience and supreme. Then I will be whole, need nothing (i.e., have no need for others) and have no fear. At the point of supremacy, I will only experience pleasure and divine bliss.

**11. Neurotic Conflict:** I will gain knowledge, use this to meet my needs, distinguish myself from others and be accepted. If I understand things completely, I will be able to live in the world with confidence and I will experience minimal fear or anxiety.

## **12. Primary Motivations:**

**A) Mature:** I will use my ability to understand and master a body of knowledge for the benefit of others or mankind. Through understanding, I will be able to control some aspect of my environment, I'll make a contribution to man's knowledge and everyone will benefit.

**B) Stressed:** If I am anxious, it is because I do not understand and that means I am out of control. I'll understand at all costs and strip out emotions and feelings since the mind cannot comprehend them. I will frame any issue in its cognitive frame, even if I have to create one. I will use this to "touch and relate" to the world. All forms of affect and emotions, especially if I

don't understand them, arouses fear since it is not "mind material" and can make me vulnerable to control by others.

### 13. Sophistication of Dynamic:

**A) Mature:** A visionary, interested in discovering the world and sharing it with others (i.e., I will not keep the power of "control of" from you but will share my discoveries and reduce collective fear). Extraordinary perceptiveness and insight into anything which can be analyzed. Mentally facile, capable and often brilliant. A real love of learning and discovery.

**B) Normal:** Analytic, specialized and enjoys making a "science" of whatever interests him. Detached and enjoys thinking and speculating about concepts and ideas. Strong tendency to relate to people in an intellectual fashion. Becomes anxious and withdrawn outside of his element.

**C) Diffuse:** Can be very reclusive, looking for pockets of the world where he feels less anxious and in control. Obsessed by ideas, becomes suspicious of others and avoids areas or people where his knowledge is limited. He finds a specialty where he is accepted and uses this as an emotional connection to the world. Is extremely cautious about emotional attachments, fearing a loss of control or manipulation by others.

**14. Emotions:** The major emotions are **Detachment** in terms of avoiding emotions to **Stubbornness** which is intense emotionality stripped from its source and a refusal to compromise or move from an "acquired knowledge" that gives one a sense of comfort. The issue is to avoid emotions since they are unknowable, paradoxical and illogical. Emotions are feelings and can never be known in an objective sense. They are sources of fear and pain so they bring one in contact with the limits of the mind. Detachment is avoidance, a minimizing that emotions are important. It is like Mr. Spock of Star Trek who analyzed everything. Stubbornness is where emotions are displayed with great intensity but are attached to an intellectual source (e.g., passion of his views). This may be positive, as in having an insatiable drive to find a cure for cancer or negative, as in obsessively attempting to prove that one sex is intellectually superior to another.

There is a natural fear of the environment because it lacks definition, is very unpredictable, can be threatening and is the source of all fear. Hence, one searches for personal security by understanding and controlling whatever may be frightening. The equating of not knowing with fear can lead to paranoia. This is similar to a lack of trust in others, since there is little emotion and almost no effort at establishing external bonds but it is not a direct threat to one's ego/self-esteem but to one's life. Furthermore, there is a fear that one will not understand others and what they want so others can also become sources of fear. Hence, any emotions (e.g. sharing, openness, giving of oneself) that lead to personal vulnerability may be actively avoided. The theoretician relates to others through their head and with their logic; not their heart.

## 15. Relationships:

**A) Authority:** Their major issue is control of their environment and authority stems from personal relationships, which they often avoid or certainly limit. Since they have little social energy or interest and are reluctant to share their understanding with others; they look for individual enterprises that broaden their comprehension and increase their personal sense of control. If they are in authority positions, they may remain detached until the subject is one of interest; at which point they take over. As subordinates, they look for freedom to "do their own thing" and if they are not over-controlled, they accommodate quite well. If they are micromanaged, they tend to say nothing and look for a chance to change settings where they experience greater control.

**B) Spousal:** They tend to develop quiet but strong emotional relationships where they come to "trust" (i.e., can better predict and understand the needs of the spouse) the other person and may become dependent upon them for all emotional expression. They show their greatest emotion in intellectual areas and are more avoidant of emotional displays otherwise. They may relate in a very intense fashion but it is more intellectual where they discuss the relationship from a point of logic (e.g., I care for you because ...). They are not very comfortable with "emotional words" since they lack definition and clarity which introduces fear. They feel as much as others, but since feelings lead to vulnerability and control by others, they keep them under control and very private.

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