

## Dynamic and Defenses – Typological Explanation

There are three major ways to view the Dynamics and Defenses. The first is the **Developmental** explanation and follows the chronological development of the Dynamics as each pair (i.e., power and support) rises from the previous stage and establishes the base for the development of the next stage (This is found in Why you are You). The second is a **Typological** explanation which recognizes that both the Dynamics and Defenses can be grouped in “classes” on two dimensions which are Focus and Content. The third or **Thematic** explanation is an attempt to group the Dynamics and Defenses into common themes of which there are four. This paper will focus on the Typological explanation.

**Note:** To make the paper less repetitive and easier to follow, I will use the following notation. When talking about both Dynamics and Defenses which are paired together, I will call them Dynamics which should be obvious from the context. For example the Leader dynamic is paired with the Anger defense and as such that is a “dynamic” where the “Leader dynamic” tries to control a social situation and when it is frustrated in that process it displays the corresponding defense of Anger. That is, the Leader dynamic and Anger defense are a “dynamic process” where all processes are made up of a particular dynamic (e.g., Leader) and its corresponding defense (e.g., Anger). When talking just about dynamics (not defenses), either the entire section will focus on dynamics alone or will refer to a particular dynamic.

The two dimensions of the Dynamics are **Focus** or what is the target of the dynamic and the **Content** or what is the “substance” of the dynamic. All dynamics are motivations to take care of oneself or have one’s needs met through interaction with one’s environment. All defenses are reactions to frustrated dynamics where the motivation was unsuccessful in meeting one’s needs so stress occurs. The defense “comes to the aid of a frustrated dynamic” in an attempt to mitigate the noxious environmental stimulus, thereby relieving the stressor anxiety. When looking at the dynamics alone you have the following:

### **DYNAMIC Focus:**

- **Self:** focusing on one’s self and what one is doing or feeling relative to one’s self.
- **Other:** focusing on other people as a means to meet one’s own needs.
- **Culture:** focusing on some aspect of one’s environment where one finds value/happiness.

### **DYNAMIC Content:**

- **Control:** exercising control over some particular environmental situation to achieve results.
- **Energy:** producing/investing energy in a particular object to feel invested.
- **Feeling:** generating affect or feelings for some object to feel emotionally connected.

All the Self Focus and all the Control Content dynamics must be **Power** dynamics which are a general desire to exercise control rather than relating or support. The Control content is obvious that they are power dynamics. The Self focus, by definition, has nothing to do with others or something outside of oneself so it is focused ONLY on what is good for the person (doing something positive for the Self) so it must be a power dynamic.

The **Focus** crossed with the **Content** produces the following Dynamic Typology or Matrix:

| Content →      | CONTROL     | ENERGY      | FEELING     |
|----------------|-------------|-------------|-------------|
| Focus          |             |             |             |
| <b>SELF</b>    | <b>DY-1</b> | <b>DY-4</b> | <b>DY-7</b> |
| <b>OTHER</b>   | <b>DY-2</b> | <b>DY-5</b> | <b>DY-8</b> |
| <b>CULTURE</b> | <b>DY-3</b> | <b>DY-6</b> | <b>DY-9</b> |

By adding the Dynamic names you get the following **Dynamic Typology**:

| Content → | CONTROL      | ENERGY    | FEELING  |
|-----------|--------------|-----------|----------|
| Focus     |              |           |          |
| SELF      | Manager      | Performer | Egoist   |
| OTHER     | Leader       | Loyalist  | Relating |
| CULTURE   | Theoretician | Mediator  | Aesthete |

Let's look at each Dynamic in turn, starting with the three **CONTROL** dynamics:

**1) Manager:**

**Focus: Self**                      **Content: CONTROL**                      **Type: Power**  
**Goal:** To control one's behavior relative to some standard so one feels good about oneself.  
**Statement:** I manage my own behavior and I am respected for displaying that behavior  
**Examples:** Professional of some kind, role (e.g., a "good" mother), good citizen, etc.  
**Normal Form:** Taking pride in managing one's behavior relative to an inculcated standard  
**Radical Form:** Can become one's total identity (e.g., I am the best engineer and not much else).

**2) Leader:**

**Focus: Other**                      **Content: CONTROL**                      **Type: Power**  
**Goal:** Control other's behavior so you can see you are powerful and hence worthy of respect.  
**Statement:** I can control others so I must have social ability, respect, power or whatever.  
**Examples:** Those who like to lead in any area for good or bad (Derive satisfaction from leading).  
**Normal Form:** Enjoying the challenge associated with leading/inspiring/directing others.  
**Radical Form:** Tyrannical, dictatorial, control freak, power monger.

**3) Theoretician:**

**Focus: Culture**                      **Content: CONTROL**                      **Type: Power**  
**Goal:** To control some aspect of one's culture (KNOW more than anyone else in that area).  
**Statement:** I know so much about "X" that I am the smartest/best or have total control over "X."  
**Examples:** Scientist, Inventor, professor, "expert."  
**Normal Form:** Seeking an understanding or a proficiency in some area of personal importance.  
**Radical Form:** Arrogance, condescending, demanding of respect, exaggerated self-importance.

The three **ENERGY** dynamics:

**4) Performer:**

**Focus: Self**                      **Content: ENERGY**                      **Type: Power**  
**Goal:** Prototype – to have the energy to separate from one's environment. This now becomes energy for mastery, energy focused in some personally valuable effort (e.g., motivating).  
**Statement:** I invest my energy in an activity and I see that I am successful at it (basic control).  
**Examples:** Energetic involvement in any content or focus. High or low energy temperament.  
**Normal Form:** Investing energy which can be commitment to an area of interest/satisfaction.  
**Radical Form:** Energy for the sake of energy (hypomanic). Lack of energy (despondent).

**5) Loyalist:**

**Focus: Other**                      **Content: ENERGY**                      **Type: Support**  
**Goal:** I give my energy/commitment to another (e.g., leader) in exchange for security.  
**Statement:** I will give and be loyal to "X" in exchange for a reciprocal and secure relationship.  
**Examples:** Patriotism, loyal employee, committed to some organization of others.  
**Normal Form:** Establishing mutually beneficial relations for security reasons (trust).  
**Radical Form:** Blind loyalty, fear of autonomy, gross insecurity leading to masochism.

6) Mediator:

**Focus: Culture**                      **Content: ENERGY**                      **Type: Support**  
**Goal:** To mediate between a desire to fit in (e.g., society) and not give up one's autonomy.  
**Statement:** As a peacemaker (basis of justice), I compromise between individual and society.  
**Examples:** Facilitator, negotiator, mediator – one who wants to “smooth over” (remove conflict).  
**Normal Form:** Concern about others fitting in/ being part of without compromising their identity.  
**Radical Form:** Cannot take a stand, always sees both sides, indecisive.

The three **FEELING** dynamics:

7) Egoist:

**Focus: Self**                              **Content: FEELING**                              **Type: Power**  
**Goal:** To find what brings me happiness and seek it for myself. Have others know I am the best.  
**Statement:** I want to be happy and seek what improves my esteem.  
**Examples:** Doing things (good or bad) not in and of themselves but because of what others think.  
**Normal Form:** Personal investment of one's feeling/self-esteem in some area, person or cause.  
**Radical Form:** Narcissistic attitudes, extreme egoism, radically self-centered.

8) Relating:

**Focus: Other**                              **Content: FEELING**                              **Type: Support**  
**Goal:** To seek happiness through relationships and have others care for and support me.  
**Statement:** I want to be happy and base my esteem on what significant others think about me.  
**Examples:** Establishing relationships because of the reciprocal feelings relationships produce.  
**Normal Form:** Finding/deepening mutually beneficial relations (concern about what others think).  
**Radical Form:** Self-deprecation, masochism, sycophant, social butterfly.

9) Aesthete:

**Focus: Culture**                              **Content: FEELING**                              **Type: Support**  
**Goal:** To seek an emotional or transcendent connection with part of one's culture.  
**Statement:** I want to connect with and feel part of the world at large.  
**Examples:** Artist, humanitarian philosopher, theologian, “heart-felt ideology.”  
**Normal Form:** Feeling emotionally connected and resonant with some aspect of culture.  
**Radical Form:** Despair, existential neurosis, lack of joy or connectedness, Nihilism.

The dimensions of the Defenses are the same as the dynamics. They are the **Focus** or the target of the defense and the **Content** or what is the “substance” of the defense. All defenses are reactions to frustrated motivations where the motivation was unsuccessful in meeting one's needs so stress occurs. The defense is a way to thwart the other person who is causing stress or “doing something” to a noxious environmental stimulus (either in reality or changing your perception) to relieve the stress. When looking at the defenses you have the following:

**DEFENSIVE Focus:**

- **Active Individual:** is a direct individual effort to change one's feeling about the setting.
- **Active Social:** is a direct effort in the social arena to change a “relationship issue.”
- **Inactive Avoidant:** in indirect method to relieve the stress by distorting the setting.

**DEFENSIVE Content:**

- **Aggression:** “attacking energy” to take control of the cause and modify it in some fashion.
- **Anxiety:** a general “signal” of discomfort (internal unfocused energy) to bring about change.
- **Hostility:** “hidden aggression” (angry/hostile feelings) that causes one to change a setting.

All the Active Individual Focus and all the Aggressive Content defenses must be Power which is a general desire to exercise control and if that is thwarted to use either aggressive or individual (self-focused) mechanisms to produce the desired change. The aggressive content is obviously power defenses. The Active Individual focus, by definition, has nothing to do with others or something outside of oneself so it is focused ONLY on what is good for the individual so it also must be a power defense.

The Focus crossed with the Content produces the following Defensive Typology or Matrix:

| Content →         | AGGRESSION | ANXIETY | HOSTILITY |
|-------------------|------------|---------|-----------|
| Focus             |            |         |           |
| Active Individual | DE-1       | DE-4    | DE-7      |
| Active Social     | DE-2       | DE-5    | DE-8      |
| Inactive Avoidant | DE-3       | DE-6    | DE-9      |

By adding the Defenses names you get the following Defensive Typology:

| Content →         | AGGRESSION | ANXIETY            | HOSTILITY   |
|-------------------|------------|--------------------|-------------|
| Focus             |            |                    |             |
| Active Individual | Compulsive | Impulsive          | Suspicious  |
| Active Social     | Anger      | Anxiety            | Suffocating |
| Inactive Avoidant | Obsessive  | Passive-Aggressive | Withdrawal  |

Let's look at each Defense in turn, starting with the three **AGGRESSIVE** defenses:

**1) Compulsive:**

**Focus:** Active Individual      **Content:** AGGRESSION      **Type:** Power  
**Goal:** To organize ("my way") my environment to reduce anxiety/ promote personal control.  
**Statement:** In areas of personal importance, I will dictate the structure.  
**Normal Form:** Organization and structure, rules and predictability.  
**Radical Form:** Severe compulsive behaviors, rigid control accepting no deviation.

**2) Anger:**

**Focus:** Active Social      **Content:** AGGRESSION      **Type:** Power  
**Goal:** To have others to conform to my expectations by becoming angry if they don't (fear me).  
**Statement:** In areas of importance, I will dictate the expected behaviors of others.  
**Normal Form:** Letting others know there has been a violation of expectations and fixing it.  
**Radical Form:** Inappropriate anger, intimidation, fury, rage, physical expressions.

**3) Obsessive:**

**Focus:** Inactive Avoidant      **Content:** AGGRESSION      **Type:** Power  
**Goal:** To ruminate on a problem and solve it "my way" so my personal anxiety is reduced.  
**Statement:** If a problem is important, I will "worry" about the solution until I feel comfortable.  
**Normal Form:** Rework of anxiety-provoking problems until one reaches an acceptable solution.  
**Radical Form:** Severe rumination with indecisiveness/excessive waiting (fear of mistakes).

The three **ANXIETY** defenses:

**4) Impulsive:**

**Focus:** Active Individual      **Content:** ANXIETY      **Type:** Power  
**Goal:** To eliminate an anxiety-provoking decision by impulsively doing something (not thinking).  
**Statement:** I can't make up my mind, it bothers me and I am anxious; so I just do something.  
**Normal Form:** Make a decision, put it behind you and move on.  
**Radical Form:** Impulsivity in major areas creating highly significant unintended consequences.

**5) Anxiety:**

**Focus: Active Social**                      **Content: ANXIETY**                      **Type: Support**  
**Goal:** I am afraid of losing my security (anxious about it) so I seek a more powerful person.  
**Statement:** I will give up my autonomy and personal control to another in exchange for security.  
**Normal Form:** Establishing reciprocal relations with a quid pro quo taking/giving.  
**Radical Form:** So afraid of losing one's security that you "prostitute yourself" to feel secure.

**6) Passive-Aggressive:**

**Focus: Inactive Avoidant**                      **Content: ANXIETY**                      **Type: Support**  
**Goal:** I'm afraid of being overtly aggressive so I'll do something passive and disavow intention.  
**Statement:** I would like to aggressively handle the situation but I am afraid so I'll be passive.  
**Normal Form:** Avoiding direct confrontation that could lead to increased difficulty and strife.  
**Radical Form:** An inability to effectively bring about overt change in one's environment.

**Note:** Anxiety has many meanings but all are related to a "negative sense of internal energy. The three defenses above are anxiety provoking defenses in the sense one feels "signal anxiety." In the first case one is anxious about a potential act or situation, impulsively grabs a solution, acts and the uncomfortable (i.e., anxious) feeling is removed. In the second case, the anxiety is related to insecurity or the prototype of anxiety (i.e., fear that something will happen to you) in that it is very clear what you are anxious about. In the last case, you would like to be aggressive but you are anxious of the potential consequences so you are more clever and manipulative in "passively acting out" your aggressive impulses.

The three **HOSTILE** defenses:

**7) Suspicious:**

**Focus: Active Individual**                      **Content: HOSTILITY**                      **Type: Power**  
**Goal:** To remove a threat to one's esteem, one is suspicious that another has ulterior motives.  
**Statement:** The intentions of another are to hurt me (make me look bad) so I'll shun them.  
**Normal Form:** Caution in reading the true motives of another person (i.e., don't trust them).  
**Radical Form:** Paranoid, read too much into normal situations, radical second-guessing.

**8) Suffocating:**

**Focus: Active Social**                      **Content: HOSTILITY**                      **Type: Support**  
**Goal:** To "hide one's true intentions" and butter up another so they still like/care for you.  
**Statement:** The person is important to me and I'm afraid they will not like me, so I will....  
**Normal Form:** Mending damaged relationships and being sensitive to the feelings of others.  
**Radical Form:** Serious "sucking up", sycophantic behaviors, brown-noser.

**9) Suspicious:**

**Focus: Inactive Avoidant**                      **Content: HOSTILITY**                      **Type: Support**  
**Goal:** To remove oneself from a painful/depressing situation where one is incapable of acting.  
**Statement:** I don't think I'll be successful, so to prevent getting hurt, I'll leave the setting.  
**Normal Form:** Realistic withdrawal/preservation of one's energy when the odds are against you.  
**Radical Form:** Depressive withdrawal, inability to affect change, sense of hopelessness.

**Putting the Dynamics and Defenses together.**

There are 9 dynamics and defenses and they are paired and they have the various Contents and Focuses described above. It makes sense that you can put the summary variables (each composed of three dynamics or defenses) of the two matrices together and you would have the following:

**CONTENT:**

|                 |                            |                   |
|-----------------|----------------------------|-------------------|
| <b>DYNAMICS</b> | <b>Dynamics when:</b>      | <b>DEFENSES</b>   |
| <b>CONTROL</b>  |                            | <b>AGGRESSION</b> |
| <b>ENERGY</b>   | <b>Frustrated lead to:</b> | <b>ANXIETY</b>    |
| <b>FEELING</b>  |                            | <b>HOSTILITY</b>  |

In general when your desire is **Control** and your motivation to control some entity is frustrated it leads to **Aggressive** behavior as a defense. The goal is to remove the impediment so you can reestablish control. When you experience the “positive” of **Energy** and that motivation or commitment is frustrated it leads to **Anxiety** as a defense. This is an “unpleasant signal” that your efforts are “not working” and you need to redirect your energy to a different entity. When you experience “positive” **Feelings** and that motivation or pleasure is frustrated or not reciprocated, it leads to **Hostility** (negative feelings directed toward the emotionally frustrating object) as a defense. These “unpleasant feelings” that your efforts are “not being reciprocated” or you are being abused causes you to redirect your feelings to a more productive entity.

**FOCUS:**

|                 |                            |                          |
|-----------------|----------------------------|--------------------------|
| <b>DYNAMICS</b> | <b>Dynamics when:</b>      | <b>DEFENSES</b>          |
| <b>SELF</b>     |                            | <b>Active Individual</b> |
| <b>OTHER</b>    | <b>Frustrated lead to:</b> | <b>Active Social</b>     |
| <b>CULTURE</b>  |                            | <b>Inactive Avoidant</b> |

In general when the focus is on your **Self** as the goal of your motivation and your efforts are frustrated it leads to **Active Individual** behaviors as a defense. The goal is to reorient yourself in relation to your environment by changing your perception of the setting or the environment itself. When the focus is on **Others** and your motivation or commitment is frustrated it leads to **Active Social** behaviors as a defense. This is an effort to re-establish a “social equilibrium that was working” in order to remove the stress. When your focus is on some aspect of your **Culture** and that motivation is frustrated or not producing a sense of pleasure, it leads to **Inactive Avoidant** behaviors as a defense. You probably cannot change that aspect of the culture that is important to you but you can readjust your alignment, change your own perception or redirect your effort into more productive channels.

Therefore besides having scores on each of the dynamics and the defenses you can have scores for the Content and the Focus as well. Putting it all together you can have the following Dynamics scores.

|                  |                     |                  |                 |
|------------------|---------------------|------------------|-----------------|
| <b>Content →</b> | <b>CONTROL</b>      | <b>ENERGY</b>    | <b>FEELING</b>  |
| <b>Focus</b>     |                     |                  |                 |
| <b>SELF</b>      | <b>Manager</b>      | <b>Performer</b> | <b>Egoist</b>   |
| <b>OTHER</b>     | <b>Leader</b>       | <b>Loyalist</b>  | <b>Relating</b> |
| <b>CULTURE</b>   | <b>Theoretician</b> | <b>Mediator</b>  | <b>Aesthete</b> |

The three dynamics in each direction “sum” to produce summary scores. However, it is not the actual sum or average but these summary scores are normalized with their own data. For example, you have an individual score on the Manager, Performer and Egoist dynamics and a summary score on the **SELF** (Focus). Likewise you have an individual score on the Manager, Leader and Theoretician and the summary score is the **CONTROL** (Content).

Likewise you can have scores for the Content and the Focus of the defenses as well. Putting it all together you can have the following Defensive scores.

|                          |                   |                           |                    |
|--------------------------|-------------------|---------------------------|--------------------|
| <b>Content →</b>         | <b>AGGRESSION</b> | <b>ANXIETY</b>            | <b>HOSTILITY</b>   |
| <b>Focus</b>             |                   |                           |                    |
| <b>Active Individual</b> | <b>Compulsive</b> | <b>Impulsive</b>          | <b>Suspicious</b>  |
| <b>Active Social</b>     | <b>Anger</b>      | <b>Anxiety</b>            | <b>Suffocating</b> |
| <b>Inactive Avoidant</b> | <b>Obsessive</b>  | <b>Passive-Aggressive</b> | <b>Withdrawal</b>  |

The three dynamics in each direction “sum” to produce summary scores. However, it is not the actual sum but these are also normalized scores with their own data. So for example you have an individual score on the Compulsive, Impulsive and Suspicious defenses and a summary score on the **Active Individual** (Focus). Likewise you have an individual score on the Compulsive, Anger and Obsessive and a summary score on the **Aggression** (Content).

The point of looking at these summary scores is it tells you the predominant **Focus** and **Content** on both the Dynamics and Defenses that any person is likely to use.