

**Contact via FEELING;
Change via THINKING;
Trapped in BEHAVIOUR**

ACTIVE

**Contact via THINKING;
Change via FEELING;
Trapped in BEHAVIOUR**

Re-stabilise: "It's OK to take care of your own needs"

Overwhelmed by too many people to serve

Divided loyalties

* Not liked, belonging

Take on too many tasks to keep others happy

* Potential for anger

Concerned to please and be pleasing

Experienced as intrusive by others - fussy

* Possibility of conflict

Care, Warmth, Nurturing, Empathic, Prioritise Team, Contactful + Affirming

INVOLVING OTHERS

* Possibility of being taken seriously

Enthusiastic, Spontaneity, Humour, Creative, Active, Animated, 'Edgy', 'Free-Spirited'

Uses excess energy to create distraction

Avoids task completion

Feels 'caught-out' by circumstances

Self-sabotages

Re-stabilise: "It's OK to just do it!"

Procrastination -differing

**Contact via BEHAVIOUR;
Change via FEELING;
Trapped in THINKING**

PASSIVE

ALONE AND WITHDRAWN

Re-stabilise: "It's OK to establish a good enough solution"

Criticising of others (and self)

Driver Behaviour: Blaming/Persecuting

* Possibility of failure - mistakes; being wrong

Concerned to do the right thing

Keen Sense of Duty, Responsible, Eye for Detail + Outcome Focused, Pursuit of Excellence, Know What's Right, Robust-Organisation + Systems

Re-stabilise: "It's OK to ask for the help you need"

Easy-going,

Low maintenance, Reliable, Rich Interior Life, Deep/Intuitive Thinking, Sensitive to Others

Enthusiastic, Spontaneity, Humour, Creative, Active, Animated, 'Edgy', 'Free-Spirited'

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Procrastination -differing

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PASSIVE

Quietly 'disappears'

'escapes' doing distracting tasks

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PASSIVE

Concerned not to be a concern

* Possibility of people getting close

Driver Behaviour: Being strong (on the outside) but uncommunicative

Withdrawing physically and psychologically

Re-stabilise: "It's OK to ask for the help you need"

**Contact via (inactive) BEHAVIOUR;
Change via THINKING;
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PASSIVE

Driver Behaviour: Be perfect (preferably with me in control)

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