



Manual of
Personality
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MANUAL OF PERSONALITY STYLES

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Introduction

Most serious students of psychology have at one time or another looked into personality *styles* to complement their knowledge of *types*. Yet their efforts are often sapped because of the turgid messiness, apparent contradictions, and lack of guiding structure that govern the literature on styles.

To this end we have endeavored to present our own operationalization of the 15 personality styles. To make our presentation more accessible we are going to use the psychologist Theodore Millon's framework of *evolutionary polarities* to provide a quick overview of the similarities and differences that enliven the interactions between the different personality styles.

Before we proceed, it is important for us to acknowledge a debt to the work of Theodore Millon, Seth Grossman, Aaron T. Beck, Arthur Freeman, and Nancy McWilliams. What we present is a conglomerate of their work, appropriated, expanded, and appended to fit our own psychological understanding.

The Six Polarities

Before we introduce the personality styles, let's have a look at Theodore Millon's polarities. These polarities do not *exhaust* the workings of personality styles, the way that, say, the letters "ESTJ" (or "Te-Si-Ne-Fi") exhaust everything

about the ESTJ type. Millon's polarities are simply a heuristic - a handy device to quickly make sense of this vast and complex field.

According to Millon, every personality style is weakly, averagely, or strongly attuned to each of the following polarities.

Axis 1: Survival Strategy: Pleasure-expansivity vs. Pain-preservation

In ancient times, there were those who chased after greener pastures and those who sought to consolidate what they already had - those who risked their survival in seeking out the new and untried and those who *preserved* and optimized what they already had.

The people who haphazardly chase forth in the search of new opportunities and resources are the people whom Millon regards as attuned towards *Pleasure-expansivity*, while the people who carefully tend to what they already have in order to make the most of that are the people whom Millon identify as influenced by the *Pain-preservation* polarity.

In other words, someone who is expansive and pleasure-seeking will often be willing to take chances, risking what he already has in search of the new, and quite possibly subjecting himself to *pain* in the process. By contrast, a person who is attuned to the *Pain-preservation* polarity is

someone who is alertly intent on avoiding the dangers of risk and pain, seeking instead to optimize what he already possesses.

At their extremes, the person attuned to *Pleasure* is a person who is always on the outlook for new trends and opportunities, who frequently changes careers, and who is more concerned with making money than with spending it sensibly. The *Pain*-attuned personality, for his part, tends to stick with what he knows in order to achieve predictability and control within his chosen niche. He does not concern himself with external trends, but gives his trusted vocation his all. As a personality attuned to *preservation*, he is furthermore penny-pinching and prone to making sure that worn-out objects in his possession are *completely* worn out before parting with them.

It is important to stress that in spite of its relation to novelty, the *Pain-Pleasure* axis is *not* synonymous with the Sensation-Intuition dichotomy from Jung's typology. For one thing, it is questionable whether N types are really more innovative than S types (such as is otherwise commonly thought). For another, there are scores of people who are Ni types in Jung's typology but who, almost by definition, prefer to work on the *one* thing that their intuition holds dear instead of seeking to have a finger in every pot. Insofar as the Pain-Pleasure axis is connected with Jung's typology, traction towards the *Pleasure* polarity seems more correlated with E and P, while *Pain* awareness seems to follow on the heels of I and J.

Axis 2: Environmental Strategy: Active-modification vs. Passive-adaptation

In every society, there are those who deviate and those who adapt - those who struggle to remake society in their image, and those who climb the ladder that is already there. There are people whose values and wishes are truly deviant, and there are people who essentially accommodate society by doing well within the confines and opportunities already in place before their birth. There are those who seek to change *others*, and there are those who seek to change *themselves*. This is the difference between *Active-modification* and *Passive-adaptation*.

In spite of the words used, the Active/Passive axis says nothing about a person's vitality or activity level in life. Rather, when we say that a person is *Active* or *Passive* on the second polarity, we refer to the person's basic attitude towards his surroundings: Does he *actively* keep tabs on the outlook and motivations of others, pondering how other people could be *modified* to be more in accordance with his personal proclivities? Or does he *passively adapt* and make the most of the environment that is presented to him, with all its inherent norms, conventions, and expectations?

To be clear, a *Passive* personality can reach the top by "playing the game" and following the pre-existing rules of society, just as an *Active* personality can be struck down and censured as a deviant, without ever succeeding in *modifying* his environment in the slightest. It is the

person's *psychological attitude towards his environment* that we are concerned with when attempting to discern his position on this axis. His level of ambitiousness and his actual measure of success are irrelevant.

Axis 3: Social Strategy: Self-assertion vs. Other-nurturance

In all forms of social organization, there are subordinates and superiors, executives and workers, followers and leaders. By the conventional understanding of social dynamics, we all want to reach the highest rung of the societal ladder, and we all want to boss others around. Yet "with great power comes great responsibility," and as merely a modicum of psychological insight will tell us, not everyone is drawn to responsibility. According to evolutionary reasoning, placing the responsibility for one's own life under the onus of a strong leader may be just as valid a way to survive and reproduce as making a bid for the status of leader oneself.

An individual that is regarded as a leader will generally have an easier time securing material comforts for himself, have his choice of mate, and avoid undesirable types of work. However, these benefits will only be his if he succeeds in getting others to regard him as a leader. On the Self-Other axis, individuals with a strongly pronounced sense of self and the will to assert that self over the needs and wishes of others are the people whom we regard as being strong on the *Self-assertion* polarity. But the individual who is strong

on the Self polarity does not necessarily *become* a leader: His attempts to assert himself may also fail, leading him to be regarded as insufferable and obnoxious, thus leading others to shy away from interaction with him. In such a case, a more viable attitude for the individual might be that of adopting an *Other-nurturing* strategy, where the individual seeks to be genial, agreeable, and cooperative, "taking care of you, so that you will take care of me."

Legend

We now introduce the 15 personality styles and detail their positions on the six polarities. In our graphical presentation, the colors designate the personality style's adherence to a polarity as follows:

Black	=	Strong on this polarity
Grey	=	Average on this polarity
White	=	Weak on this polarity

There is an inverse relationship between the two polarities on each axis, though the relation is not perfect. Most commonly, one polarity will be strong and the other will be weak (or both will be average), but as will be seen, it is possible for a style to be either strong or weak on one polarity and yet merely average on the other.

Antisocial personality

Pleasure-expansivity

Active-modification

Self-assertion

Pain-preservation

Passive-adaptation

Other-nurturance

*(Strong on Pleasure, strong on Active, strong on Self
- weak on Pain, weak on Passive, weak on Other.)*

Antisocial personality characterized by: Extreme autonomy and self-reliance; deviance from societal norms. The antisocial has poor impulse control and is easily insulted. Hostility and vindictiveness come easily to him. He is impatient and restless, always in pursuit of more of "the good things in life," and never satisfied in having, only in taking. Seemingly undaunted by risk, pain, and punishment, the antisocial is truly unbound by the deterrents that normally condition people's lives, be they cultural or biological. The antisocial tends to perceive himself as hard-boiled, mercilessly realistic, and brutally honest. But beneath these apparently positive qualities, a mean-spirited and self-serving personality often lurks. The antisocial personality is also known as the sociopathic or psychopathic personality.

Seeks pleasure: The antisocial is not attuned to pain and self-preservation and is therefore capable of taking great risks, showing disregard for his own safety and the well-being of those around him. He exposes himself and others to pain without thinking twice.

Active-modification with Self-assertion: The antisocial does not trust others and therefore seeks maximal autonomy. Antisocial personalities typically have a strong disregard for authorities and may feel resentful and personally insulted for having to abide by the "proper procedures." The antisocial lives in a dog-eat-dog world where it is every man for himself. He is always hard at work, deciphering everyone's moves in order to make sure he is one step ahead of the curve. The antisocial personality also exploits others without guilt because he takes it for granted that others would exploit him right back if they had the chance. When others display altruistic qualities such as kindness and good faith, the antisocial is naturally suspicious of their sincerity and will try to figure out what lies behind their apparent good intentions. He is afraid of being suckered and not coming out on top. And so, while he generally maintains a cool composure and keeps his cards close to his chest, if the antisocial perceives that he has allowed himself to be fooled, he may lose control and betray a violent internal reaction. He is attuned to self-realization and he will feel humiliated and enraged if he feels that others are benefiting at his expense. By the combination of active-modification and self-assertion, the antisocial treats others as pawns in his game and detests the thought of being made to serve as a pawn in another person's game. Since people are not entitled to respect and basic dignity, the antisocial can easily sacrifice others to achieve his personal ends.

More pleasure in taking than in having: The antisocial is uncompromising in hunting down of the joys of life, but he

can never get enough. The result is a lupine personality who finds more joy in taking than in having, and who is always on the prowl because he feels that he is impoverished or missing out, no matter how much wealth or success he actually has.

Acting out / explosive rage: Being autonomous, the antisocial reacts to his anger by taking justice into his own hands. For this reason his preferred mode of defense is Acting Out (i.e. lashing out at others in explosive fits of rage). As the antisocial sees it, he is simply 'giving others what they had coming,' thereby restoring a sense of balance and enhancing the feeling of self-assertion by demonstrating that he is force to be reckoned with. Forbearance and patience are not the strong suits of the antisocial.

Severity spectrum: The antisocial spectrum stretches from non-conforming (normal) to deviant (abnormal) to antisocial (pathological).

Dependent personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Average on Pleasure, weak on Active, weak on Self
- average on Pain, strong on Passive, strong on Other.)*

Dependent personality characterized by: Overt need for social approval, reassurance, and affection. Dependents are willing to give up their own ambitions to serve others and fulfill their needs. Often referred to as "needy" personalities, even by people with little psychological knowledge, dependents are temperamentally docile, noncompetitive, and passive. They have a strong need to belong and be accepted and they have a hard time making demands of others or delivering bad news.

Passive-adaptation with Other-nurturance: The dependent personality is passive, takes few independent initiatives, and is mortally afraid of conflict. He happily submits to dominant individuals and relinquishes his own wishes to satisfy those around him. Others consider him a pushover who is 'too nice for his own good.' If male, he is the quintessential 'nice guy' who can't get the girl. If female, she is the prototypical abused girlfriend who is too 'good for her boyfriend,' but also 'too weak to leave him.'

Sensitivity to praise and blame: The dependent personality is very sensitive to praise and rejection and can experience

anxiety if others do not express their overt acceptance, appreciation, and approval of him.

Downplayed resourcefulness: The dependent is modest and comes across as innocent, naive, and even somewhat helpless. These qualities endear him to other people and prompt them to feel protective of him, as if they were his older sibling or parent. However, appearances can be deceiving, and not infrequently the dependent is much more competent and resourceful than he seems. Indeed, even a dependent who excels in his profession and is a benefactor to his community may downplay his resourcefulness in an effort to have others assume the ultimate responsibility for his actions. In response to admiring questions about his achievements, the dependent may become uncomfortable and purposefully push his modesty and feigned naivety to an extreme in an effort to deflect admiration (and by extension, responsibility).

Submission / introjection: Most people maintain opinions of their own as a matter of course, but with the dependent this is not so. The dependent looks to more dominant individuals in his life for cues on what to think and how to behave. In romantic relationships, he forfeits his individuality and seeks to align himself with the opinions and expectations of his partner. To avoid conflict and confrontation, the dependent internalizes the opinions of his partner and eventually comes to believe that these really *are* his own opinions. Outsiders therefore size up the

dependent as an extension of the partner - an empty shell with whom it is impossible to do independent business.

A string of abusive relationships: Dependent personalities are prime candidates for ending up in abusive relationships with antisocial, narcissistic, or sadistic partners. But even with a non-abusive partner, any latent derogatory tendencies in the partner's psyche will eventually be brought to the forefront of consciousness by the dependent's contempt-inspiring submissiveness. For this reason, it is often easy to sympathize with the dependent, placing all of the blame on the shoulders of the abusive partner. Yet the majority of people who do so never stop to consider the dependent's contribution to the state of affairs.

Severity spectrum: The dependent spectrum stretches from cooperative (normal) to clingy (abnormal) to dependent (pathological).

Narcissistic personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Average on Pleasure, weak on Active, strong on Self
- average on Pain, strong on Passive, weak on Other.)*

Narcissistic personality characterized by: The narcissistic personality is characterized by a grandiose over-valuation of self-worth and an extreme conviction in his own importance and uniqueness. Unlike dependents and histrionics, narcissists do not struggle to obtain admiration and affection in every encounter. Rather, the narcissist believes that he is simply entitled to such reverent attention by virtue of his intrinsic magnificence. Like the antisocial, the narcissist cares little for others and has little understanding of the concept of reciprocity. But unlike the antisocial, the narcissist is not vindictive, perceiving himself to be entirely "above the rules" and the petty give-and-takes that others engage in.

Passive-adaptation with Self-assertion: It will perhaps be surprising to some that the narcissist is characterized as passive, since a resourceful narcissist is commonly perceived as a "power personality." The passivity has its roots in the fact that the narcissist has a grandiose self-image and thinks that he is so superior that the joys of life will come to him without any effort on his part. The narcissist believes that the rules apply to other people, but not to him, and so he

confidently faces the world with the expectation that he will win favor and be granted special privileges by virtue of simply being himself. The narcissist's self-assurance can be dazzling, and so narcissists often enjoy 'virtuous cycles' where their confidence begets positive feedback which in turn generates more confidence and elicits even more admiration from the surroundings. Quite simply, it is human nature to assume that such unearthly confidence must be grounded in some reality, i.e. that the narcissist must have a record of flawless excellence in order to take such pride in himself. At any rate, that is what a normal person would have to have in order to be able to match the narcissist's haughty demeanor. However, narcissists may exude such confidence despite a track record of mediocre achievement or even outright failures.

Behavioral resemblance to the antisocial

personality: Like the antisocial personality, the narcissist is not above such unprincipled behavior as lying, cheating, stealing credit for the work of others, and shamelessly sucking up to superiors who can further their advancement in life. In all areas of life, narcissists aim to hold court and be admired. The narcissist who succeeds in this endeavor can be a cheerful and even benevolent individual – as long as his own needs are met, he finds it easy to be magnanimous with others and to let them share in his well-being.

Psychodynamic difference from the antisocial

personality: Where the antisocial and the narcissist are superficially different, prominent personality theorists (e.g.

Millon and Kernberg) have noted that the narcissist and the antisocial are similar only in the way that they look upon themselves (i.e. both are strong on the self-assertion polarity): When it comes to the approach to one's environment, the narcissist is not really concerned with the actions and motives of others the way the antisocial is. Where the antisocial personality is actively modifying and autonomous, the narcissist is passive in his stance towards the environment. He operates on the assumption that others will recognize his magnificence of their own accord and throw themselves at his feet in admiration. Another difference is that while the antisocial, owing to his extreme active-modifying stance, is hyperspecific with what he wants to achieve, the narcissist does not care which of his accomplishments he is admired for - as long as he actually *is* admired.

Hurting others benignantly: Another difference between the active and passive attitudes of the narcissist and the antisocial can be seen in the fact that where the antisocial is conscious of the hurt that he is inflicting on others (but just doesn't care about their well-being), the narcissist is frequently so preoccupied with his own needs and desires that he does not seem to realize that he is hurting others at all. Just as the narcissist finds it easy to let everyone share in his well-being once his own needs are met, so the narcissist has an easy time rationalizing how *everyone* stands to gain from putting the gratification of his needs before those of others.

Severity spectrum: The narcissistic spectrum stretches from confident (normal) to egotistic (abnormal) to narcissistic (pathological).

Sadistic personality



*(Average on Pleasure, strong on Active, average on Self
- strong on Pain, weak on Passive, weak on Other.)*

Sadistic personality characterized by: Internal contrasting perceptions of self-worth cannot be resolved by the individual himself, but must be taken out on the surroundings in order for the sadistic personality to gain a clearer perspective of his own self-worth. Internally troubled, the sadistic personality resolves his intra-psychic conflicts by acting abusively and explosively towards others. The sadistic personality is harshly punitive and abusive and always ready to 'impose pain' on the people who question the justification and legitimacy of his self-serving behavior.

A composite of Narcissistic and Antisocial traits: The sadistic personality combines traits from the antisocial and the narcissistic personalities. Like the antisocial, the sadist attacks people with a vicious vigor designed to disturb their psychic well-being and erode their faith in themselves. But unlike the antisocial who is keenly aware of the motives of others, the sadistic personality resembles the narcissist in that the sadist sees things only from his own perspective. However, in contrast to the narcissist who is benign in the sense that he only fights defensively in order to ward off

threats to his own self-image, the sadist is malignant and aggressively picks fights with others.

Pleasure not in winning, but in breaking: Unlike the narcissist or the antisocial, the sadistic personality is not content with simply coming out on top and achieving his desired aims. It is not enough for him to win, he must be certain that his victim has been broken and routed from the field. In his dog-eat-dog combativeness, the sadist resembles the antisocial, and for reasons of political correctness the sadistic personality has often been conflated with the antisocial one. However, where the antisocial mainly seeks to gain more of the good things in life, and can therefore refrain from fighting when he can 'catch more flies with honey,' the same is not true of the sadist: As shown in the chart above, the sadist has a disturbance on the pleasure-pain polarity and fights because he *needs* to fight: Inflicting *pain* on others is the only way for him to feel *pleasurable* about himself.

Inflicting pain reinforces sense of pleasure: Other people's *pain* is the sadist's source of *pleasure*. The sadist feels that he has *enhanced* himself and his standing in the world when he has broken down the will of others. However, in reality he has merely *preserved* his place in the social hierarchy. To give an example, this reversal of *pain* and *pleasure* is like a drill sergeant who is excessively harsh in punishing the privates in his regiment because he unconsciously fears that their potential is greater than his and that one of his privates will one day make it beyond the rank of sergeant. In reality, the sergeant has not furthered

his chances of earning a promotion by denigrating the self-worth of his privates, but he has decreased the likelihood that any of them will wish to continue to serve in the army. By breaking their will, and inflicting *pain* upon the privates, the sergeant has *preserved* his place in the hierarchy and now feels calmer and more *pleasurable* about himself.

Severity spectrum: The sadistic spectrum stretches from assertive (normal) to denigrating (abnormal) to sadistic (pathological).

Histrionic personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Strong on Pleasure, strong on Active, weak on Self
- average on Pain, weak on Passive, strong on Other.)*

Histrionic personality characterized by: The histrionic resembles the dependent in the way that he also has a strong need for attention and affection, but unlike the dependent, the histrionic is not passive and receptive, waiting for others to notice him of their own accord. On the contrary, the histrionic is actively manipulating and attention-seeking. To gain attention, the histrionic dramatizes matters pertaining to himself, ranging from clothing, appearance, manner of speaking, and sexuality. His behavior is seductive, witty, charming, and gregarious, while at the same time seeming childish and immature. The histrionic personality is also known as the hysterical personality.

Strong Pleasure-expansivity with Pain awareness: The histrionic is similar to the antisocial in the sense that the histrionic also desires to gain access to the best things in life – the fastest car, the finest wine, the most enviably beautiful partner, etc. However, while the antisocial thrives on risk and exhibits a haphazard disregard for his own safety, the histrionic is almost as afraid to lose what he has already as he is gluttonous of gaining more. Like the dependent, the

histrionic does not believe that his own efforts are enough to ensure him success and so he seeks to foster emotional interdependence between himself and another person who is perceived as 'stronger' than himself. However, where the dependent earnestly throws herself behind her partner, seeking to contribute her fair share of the toil to their mutual good, the histrionic essentially wishes to be endowed with a freebie from the other. So while the histrionic resembles the dependent in needing others to ensure his own success for him, the histrionic also resembles the antisocial in the sense that he *actively* manipulates others and uses his charm to attain emotional proximity to others from which he stands to gain.

Romantically adventurous: We have just said that the histrionic normally resembles the dependent personality in needing others to take his risks *for* him. However, one area where the histrionic is *not* like the dependent - where he *can* tolerate risk - is in relation to romantic endeavors and his own unfaithfulness. Here, in the court of romance, the prospect of obtaining a new partner can imbue the histrionic with that feeling of security and validation that he needs in order to act audaciously. Hence the histrionic is frequently just as volatile as the antisocial when it comes to courtship, relationships, and dating, while he is typically more risk-averse in other areas of life.

Needs validation and affirmation from others: Like the dependent, the histrionic has a strong need to elicit affirmation and approval from his surroundings. However,

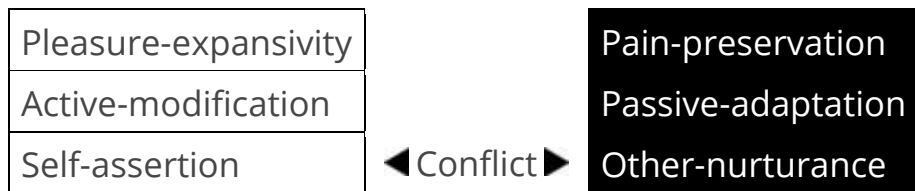
where the dependent's need for affirmation springs from the fear that he will "never make it on his own," the histrionic tends to have another motivation to boot: His manipulative and attention-seeking behavior also serves to reassure him that he really is special, wonderful and unique. In nursing such a glamorous self-image, the histrionic resembles neither the antisocial nor the dependent; instead he resembles the narcissist. (The histrionic is truly a jack of all trades as far as the adaptive strategies of personality styles go.) Like the narcissist, the histrionic's psychic well-being is contingent upon his belief that he is special and unique. But unlike the narcissist, the histrionic cannot rest assured in this belief; he must actively and constantly solicit affirmation and validation from others through his self-dramatizing behavior. Without such affirmation, uncomfortable and brooding thoughts about being unlovable and being "nothing special" tend to creep up on the histrionic. Such thoughts are not entertained for long, however, before they are met with renewed efforts to drown them in external validation from others. Hence the very process of critical introspection that could lead the histrionic to moderate his attention-seeking patterns never subsists in the consciousness of the histrionic, but results instead in new energy being channeled into yet more dramatized, attention-seeking behavior.

Strong Active-modification with strong Other-nurturance: The histrionic holds the fundamental belief that pleasure, safety, security, and "the good things in life" can come only to him through the efforts of other people. The histrionic therefore constantly seeks to inject an awareness

of his existence into the consciousness of others. He is often ingenious in his methods to monopolize the attention of others and eliciting compliments from his surroundings, just as he is good at getting others to lift the burdens of everyday life for him. His demeanor is that of an 'eternal child,' forever in search of an "enabler" to do his menial work. In this way the histrionic is again akin to the narcissist: To his mind it is only natural that others should work to make things easier for the histrionic. Like the narcissist, the histrionic can often be quite shameless in the way he egotistically uses others to make life sweeter for himself. But unlike the narcissist, who can become rageful when his desires are not met, the histrionic is rather inclined to self-pity. In fact, even his self-pitying episodes can become theatrical performances in their own right, again serving the function of making others notice and take responsibility for him. The histrionic thus actively manipulates others into fulfilling his wishes while paradoxically portraying himself as innocuous, weak, and unable to stand on his own two feet. The histrionic is truly "the enviably attractive nephew who sings an Irish ballad for the company and then winsomely disappears before the table clearing and dishwashing begin."

Severity spectrum: The histrionic spectrum stretches from sociable (normal) to attention-seeking (abnormal) to histrionic (pathological).

Compulsive personality



*(Weak on Pleasure, weak on Active, weak on Self
- strong on Pain, strong on Passive, strong on Other.)*

Compulsive personality characterized by: A preoccupation with matters of order and control. Not only does the compulsive tend to be supremely well organized and firmly settled into his usual routines; he also believes that others should live more orderly lives as well. This may lead the people around the compulsive to perceive him as moralistic and a stickler - as the busybody who is always pointing out the inefficiencies and mistakes of others, only to smugly hold up his own accomplishments as a model for others to imitate. The compulsive personality is also known as the obsessional personality or (more archaically) the anal-retentive personality.

Reaction formation: On the outside, compulsive personalities are predictable, prim and proper. However, one reason they take care to act this way is that they unconsciously tend to feel that they are "sitting on a powder keg" of indefensible urges and base desires. They feel that they must constantly fight off urges to "let loose" and abandon their responsibilities, and so in effect they overcompensate by becoming extraordinarily conscientious.

Examining their childhood, one will typically find that the compulsive had one or more "strict parents" who subjected them to harsh demands from an early age while at the same time showing only restrained affection towards the compulsive child. Hence from an early age, the connotation tends to have formed in the mind of the compulsive that in order to be worthy of love, one must rise to meet one's responsibilities with an exceptional diligence and strive to fulfil one's obligations to an exceptional degree.

Hidden aggression: As a result of the harsh emotional regimen they were subjected to as children, most compulsives have deep-seated feelings of anger and defiance within them. Unlike the antisocial, however, the compulsive does not act upon these feelings and is rarely capable of consciously acknowledging them. The reason their aggression remains unacknowledged, even to themselves, is that the compulsive has in some sense internalized the expectations and demands of the strict parent. Thus their legitimate anger is unconsciously associated with feelings of shame and guilt as they partially see themselves through the eyes of the strict parent who would not have welcomed such defiance.

Little sense of pleasure: The compulsive feels little joy in life. He comes across as uptight and constricted, has difficulty letting go, and feels that he ought to "remain within the lines" of established habits and routines in order to guard against catastrophe and reproach. He therefore resists new

experiences as he *preserves* his way through life by relying on fixed routines.

Self/Other conflict expressed as submissiveness to others: The compulsive personality experiences a conflict on his polarities of *self* and *other*. One symptom of this conflict is that the compulsive tends to have a hard time turning down requests for aid and assistance from others, even if he would like to. In helping others, the compulsive expends more of his *self* than he would ideally like to, because he has a hard time saying no. For the compulsive, requests from the outside (be they from a friend, acquaintance, or colleague) tend to tap into the severe expectations and demands that were placed upon them from an early age. Then as now, the compulsive feels that he must relinquish his own desires (*self*) in order to placate the demands of the *other*. Only then will he be worthy of the love and approval of others.

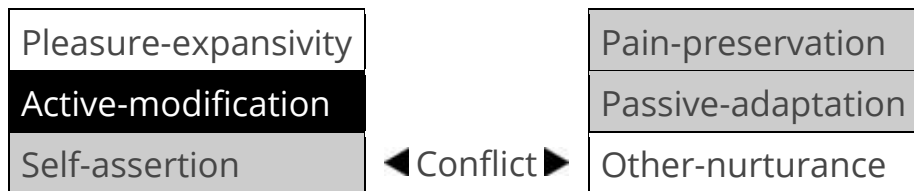
Self/Other conflict and obfuscated self-interest: Because the compulsive has learned that he must mothball his own needs until the desires of others have been satiated, the thought of asserting his needs directly makes the compulsive anxious. Instead, he tends to express his personal wishes as if they were really a form of help to the other (or an attempt to help some third party), pretending that he himself is disinterested except insofar as he deems it important to provide this help. In this way, compulsives can often be seen "taking care of their community," while in reality, this concern tends to be mixed up with more than a tinge of self-interest.

Oftentimes the other has never wanted the kind of help or "solution" that the compulsive has forced upon him at all!

Self/Other conflict and hidden grandiosity (narcissistic subtype only): If the compulsive has an auxiliary narcissistic style, there is also often a deep wish to assert his grandiosity hidden beneath the facade of community feeling. However, since the compulsive bases his self-worth on the observance of propriety and respect, he cannot, like the narcissist, assert his own magnificence directly. Instead, the desire for narcissistic superiority tends to find indirect outlets, such as contempt for people who cannot control their weight or their finances, meet their work obligations on time, or stay on top of other such routine-based aspects of life where the compulsive will typically have an easy time making his obsessive tendencies work in his favor. For this reason, the compulsive can come across as smug and overbearing when others do not live up to the same standards that he himself upholds.

Severity spectrum: The compulsive spectrum stretches from reliable (normal) to constricted (abnormal) to compulsive (pathological).

Negativistic personality



*(Weak on Pleasure, strong on Active, average on Self
- average on Pain, average on Passive, weak on Other.)*

Negativistic personality characterized by: An internal discontentment and chronic irritability that springs from deeply rooted feelings of ambivalence about one's own self-worth when compared to that of others. Negativistics often cope with this ambivalence by acting passive-aggressively towards others, denigrating their contributions through skepticism, and by oozing discontent at others as a way of making their inner ambivalence known. Since they are perennially uncertain about their own abilities and self-worth, negativistic personalities often have a habit of alternating between submitting to the wishes of others and rebelliously asserting themselves as free individuals who are entitled to independence and who should not be bossed around (even though they were the ones who initially sought to submit themselves to the wishes of others). Because of their inability to decide whether to turn to themselves or to others for security and direction, the negativistic's strategy for coping with internal conflict tends to resemble that of a testy adolescent who must constantly test the parental boundaries of their world in order to find their own footing in life. In this way, negativistics often find fault with the advice

and recommendations of others, while at the same time they are also actively soliciting it, since they tend to get anxious at the prospect of having to fend for themselves. The negativistic personality is also known as the passive-aggressive personality.

Passive and covert aggression: As the passive-aggressive moniker suggests, negativistics are the masters of passive aggression. This adaptation allows them to discharge their resentment at others and to place demands on them without having to own up to what they are doing. In this way, the schemes of negativistic personalities can often be characterized as 'psychic black ops,' where the negativistic excels at finding ways of aggressing against others that 'fly under the radar' and which are difficult for their surroundings to properly identify and call out.

A recurring pattern in the family history of many negativistics is that the negativistic grew up in a home where it was unsafe for them to express their anger and aggression directly. As a response, the negativistic learned to hide his aggression behind other, less overtly aggressive behaviors, such as skepticism, fault-finding, lethargy, and a general lack of appreciation. Hence we say that while the negativistic is aggressive, his style is really that of a *passive* aggression - expressing hostility and anger, but in ways that are hard to pin down.

Average on self, but low on pleasure: The negativistic craves independence and yearns to assert himself, but unlike truly autonomous personalities (such as the antisocial), the

negativistic finds little pleasure in making things come together of his own accord. Instead, negativistics may be said to be engaged in an elaborate dance with their surroundings: They are interested in developing a strong sense of self, but lack the independence and expansivity to do so. As a consequence, the negativistic's attempts at appearing strong and independent will eventually fall flat and (like the borderline personality) the negativistic inevitably comes crawling back to his "overlord," seeking to submit himself to the guidance of the other again. The result is a lethargic and stagnant personality that is reminiscent of a less dramatic version of the borderline and a more self-aware version of the schizoid.

Self-Other conflict: Negativistics have typically experienced feelings of inadequacy and low self-esteem early in life. Unloved by their parents, or perhaps unwanted by their peers, the negativistic is split between his need to assert himself on the one hand and his deep-seated feelings of shame and self-doubt on the other. As a consequence, negativistics are frequently resentful and contemptuous of those in their social circle whom they consider more independent and successful than themselves. And unlike the borderline or the schizoid, the negativistic may actively sabotage the efforts of those whom he holds in contempt. For example, a negativistic roommate may "accidentally" soil the dress of her more beautiful girlfriend on the night just before the prom, or a negativistic coworker may "unintentionally" misplace important documents that his

more accomplished colleague asked him to mail for a big project.

Severity: The negativistic spectrum stretches from discontented (normal) to resentful (abnormal) to negativistic (pathological).

Avoidant personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Weak on Pleasure, strong on Active, average on Self
- strong on Pain, weak on Passive, average on Other.)*

Avoidant personality characterized by: A pronounced susceptibility to anxiety and depression, which the avoidant guards against by withdrawing from evaluative situations. Like the schizoid, avoidant personalities may appear "emotionally flat" to their surroundings, but contrary to how others perceive them, this flatness is not a reflection of their actual, internal state. Instead, avoidants use their reticent facade as a form of self-protection: By presenting themselves as quiet, uncommunicative, and modest, avoidants endeavor to inject a sense of distance between their "true selves" and the judgments of others. In doing so, avoidants hope to maintain an emotional distance in the event that others should start expressing negative evaluations of them. The avoidant personality is also known as the anxious personality.

Socially phobic, but intensely sensitive: As soon as avoidants are around people, feelings of tension and disharmony start to creep up on them. Hence, though avoidants are not necessarily introverted, social encounters tend to be especially draining for them, and as a result,

avoidants tend to isolate themselves or minimize these encounters, consigning themselves to a narrow social circle of associates who are deemed unthreatening and "safe." They are, in other words, engaged in self-imposed isolation.

The irony is that avoidants are often more sensitive than the norm and tend to have a strong desire for acceptance and affection to boot. However, because they fear depreciation and rejection, avoidants tend to restrain these longings for closeness in themselves, afraid that if they let others get close to them, those others will only end up exploiting the avoidant's vulnerabilities by ridiculing or depreciating them.

In psychodynamic theory, the term *sublimation* refers to the transformation of base drives into "higher" activities. An individual's frustrated need for sex may give way to a slew of artistic outpourings, or a man's need for acknowledgement from his peers may lead him to form strong commitments to a political ideology where, though he might not get the original recognition that he craved, he will at least be able to think of himself as "part of something important." With regard to avoidants, it will often be seen that because their sensitivity cannot be expressed directly (i.e. in interpersonal relations) their affective feelings cumulate and discharge in the direction of their inner world of fantasy and imagination. Hence, in avoidants, the "base" desire of emotional closeness with others is often sublimated into intellectual, poetic, and artistic pursuits.

Strong Pain-preservation with Strong Active-modification: As already mentioned, avoidants are highly

attuned to even small signs of disapproval and devaluation in their social environment, and as a result avoidants often experience notions of ambivalence and distress towards their social relations, including most loved ones and friends. Since the avoidant is constantly scanning the social environment defensively, on the lookout for signs of disapproval and pretexts on which to withdraw, he is in this respect the inverse of the histrionic personality, who is constantly scanning the environment apprehensively, in search of openings and opportunities on which to piggyback and "hitch a ride."

Average Self-assertion with average Other-

nurturance: As mentioned in the beginning, avoidants commonly present a schizoid-like facade in social situations, characterized by a slow and retiring interaction style, while leaving an impression of emotional flatness. However, as we have also seen, this facade is not a true reflection of the avoidant's inner state, which, unlike that of the schizoid, is characterized by feelings of loneliness and vulnerability. As opposed to the schizoid, who does not experience social relations as all that rewarding, the avoidant cannot retire into himself, since his interpersonal sensitivity is so much more well-developed. Instead, to feel relaxed, he must make sure the intimates in his life are happy and at ease. In this way, though the avoidant is not like the dependent personality (who sacrifices his own Self-assertion to build up others), the avoidant nevertheless feels that he must please his intimates so that his environment is free of looming dissatisfaction and disapproval. Hence, the polarities of Self and Other are

closely interrelated for the avoidant and tend to cancel each other out: Avoidants want to assert themselves, but feel that they must alleviate the potential grievances of others to do so.

Severity: The avoidant spectrum stretches from shy (normal) to reticent (abnormal) to avoidant (pathological).

Paranoid personality

Pleasure-expansivity	■ Block ■	Pain-preservation
Active-modification	■ Block ■	Passive-adaptation
Self-assertion	■ Block ■	Other-nurturance

*(Weak on Pleasure, weak on Active, weak on Self
- weak on Pain, weak on Passive, weak on Other.)*

Paranoid personality characterized by: A vigilant mistrust of others and an edgy defensiveness. Not only do paranoids believe that others are neglectful of their well-being, they also think others are out to deceive them. While paranoids are strongly driven to defend and assert themselves against perceived slights to their person or beliefs, they are, however, different from the narcissist in that they are not driven to assert themselves in the world, seeking to gain glory or status, but rather to defend themselves from outside "attacks" in such a way that their inner world of beliefs and assumptions may be preserved. Eternally afraid of being suckered into relationships where they may lose their powers of self-determination, paranoids are continually suspicious and mistrustful in their stance towards others. Since they are constantly expecting that people who come into their lives will try to slight them, paranoids are prone to see attacks where none were intended and to misread the intentions of others, responding with hostility to ambiguous remarks which they unfailingly interpret as insults or betrayals aimed at them.

Comparison with the avoidant personality: The paranoid and avoidant personalities have a number of features in common, most notably the fear of depreciation and ridicule at the hands of others, as well as a generally mistrustful attitude levelled at the people around them. However, while the avoidant is cognitively sensitive and really quite delicate and receptive towards the internal states of others, paranoids are cognitively blocked and tend to resemble narcissists in letting their empathy and theory of mind be informed more by *their own states* than those of others. Another difference is that while avoidants are prone to withdraw from others, slinking away to the side without a fight, the paranoid is more wilful and driven to stand up for themselves in the face of the many slights and betrayals that they believe to be aimed at them.

Weak and blocked on all polarities: The most notable feature about the paranoid's polarities is not their weakness on each pole, but the cognitive blocks between them. We have already seen how while the avoidant is more fluid and sensitive, the paranoid is rigid and constricted. To this we could add that while avoidants are often prone to doubt themselves or update their beliefs in the face of new perspectives, paranoids tend to be more cognitively constricted and "stuck in their beliefs." By keeping the motives and strategies associated with each polarity rigidly compartmentalized, the paranoid precludes himself from exactly the kind of fluid and multifaceted forms of analysis that might otherwise have set him on the path towards dispelling his paranoid fantasies: Were he not blocked, he

would soon see that many of those numerous or ambiguous remarks that he had convinced himself were meant as personal put-downs were really quite innocent in nature. And were he not blocked, he might also be able to see how the malevolence he feels that he detects in his environment is really his own disowned malevolence projected onto others.

Because paranoids are blocked at the root of their cognition, one will almost always see the paranoid personality style play out in conjunction with another personality style. The most common combinations are the paranoid-narcissistic, paranoid-sadistic, paranoid-antisocial, or paranoid-compulsive.

While the polarities of all styles may be moderated by the presence of an auxiliary style, this is thus doubly true for the paranoid, who in many cases would barely be able to function without the auxiliary style to determine his responses. (*Paranoid-narcissists feel superior for being able to detect the malevolence and sinister "truths" that pass others by; paranoid-sadists try to break the will of others and send them cowering in fear as a "pre-emptive strike"; paranoid-compulsives believe they can counteract the threat posed by others by following trusted procedures and rules, and so on.*)

Psycho-dynamic perspectives vs. the DSM: If one reads the *Diagnostic and Statistical Manual*, paranoids are described as distrusting and suspicious. This is of course true, but in accordance with the trait-oriented model by which they define the styles, paranoids are defined as *one-sidedly* distrusting and suspicious. On this point, the trait-

oriented approach does not tell the whole story since many paranoids are also prone to be pathologically over-trusting in select areas of their lives. Indeed, one finds many paranoids among the congregations of dubious neo-religious movements and cults, extolling their leader as infallible. Conversely, if possessed of sufficient charisma, the paranoid may also find himself at the other end of the table, attracting followers who buy into his idiosyncratic theories about the world. To give but one example, L. Ron Hubbard has often been speculated to fit the bill of a paranoid-antisocial. With all of these points in mind, then, it should hopefully be easy to see why, from a psycho-dynamic perspective, it might make more sense to argue that paranoids are organized around the theme of trust and distrust, with a tendency to exaggerate in either direction, rather than being one-sidedly distrusting, as claimed by the DSM.

Severity spectrum: The paranoid spectrum stretches from mistrustful (normal) to paranoid (abnormal) to paraphenic (pathological).

Depressive personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Weak on Pleasure, average on Active, average on Self
- strong on Pain, strong on Passive, average on Other.)*

Depressive personality characterized by: Without necessarily suffering from clinical depression, people with a depressive personality style are nevertheless glum and pessimistic at their core, and tend to experience little joy in life. Due to the dark and stifling character of their thought patterns, depressives tend to experience periods of psychomotorial retardation (i.e. their movements becoming stiff and sluggish and their thoughts slowing almost to a standstill). Indeed, depressives may be wholly unable to experience pleasure or joy while in the grip of such dejected bouts of sadness. Because of their disconsolate outlook and behavior, depressives often find themselves advised to simply "pull themselves together" and "get a grip." However, in the case of the depressive personality, their melancholia is not a transitory state, but a functional, stable element of their personality. Hence, even moreso than when dealing with people who are clinically depressed, such advice is bound to be ineffective when dealing with depressives: Far from being capable of simply buckling down to "get back in shape," depressives often find that even their most earnest efforts to rid themselves of their unhappiness will leave them

no better off in the long run. In their thoughts, depressives are constantly struggling with recurring and overpowering themes of giving up - a sense that "life is over" and that there is no use in trying to fight to regain one's joy or a better standing in life. The depressive personality is also known as the melancholic or dysthymic personality.

Strong Pain-preservation and passivity - "I could have been a contender": As could be expected, depressives are more attuned to pain and passivity than Pleasure-expansivity and the active bid for the improvement of their lot. Regardless of their actual age, depressives often give off the psychological impression that to them, "life is over," and that "what could have been" has been irretrievably lost. Indeed, depressives may easily be seen as the real-world counterparts of the "I could have been a contender" trope, as popularized by films like *On the Waterfront* (1954), where one of the characters says: "I could have had class. I could have been a contender. I could have been somebody!" with the implication that it's all too late for him now, and that the matter is out of his hands. For their part, depressives frequently use this apperception of "life being over" as a way to perpetuate their belief that there's no use in trying to improve their situation and that lethargy and despair are the only appropriate responses, given their lot in life. Indeed, this trope of having been "zapped by fate" reinforces the depressive's defeatism and justifies their sense of giving up. It equips them with what psychologists call a "helplessness-hopelessness outlook."

Average on Active-modification - a subtle sympathy for the defeated: Since depressives tend to be quite effective at imprinting others with a sense of their inner hopelessness and resignation, it will be seen that depressives are not as constitutionally passive as might otherwise be conjectured at first glance. By unwittingly coordinating their actions and demeanor in such a way as to let others catch a glimpse of their inner struggles, depressives are *actively* leading others to sympathize with their sadness. By appearing vulnerable, fragile, and "out of the game," the social style of depressives has the Active-modifying effect of thrusting a subtle guilt upon others who might otherwise seek to raise unwelcome issues with the depressive or to make them own up to responsibilities that the depressive does not want to face.

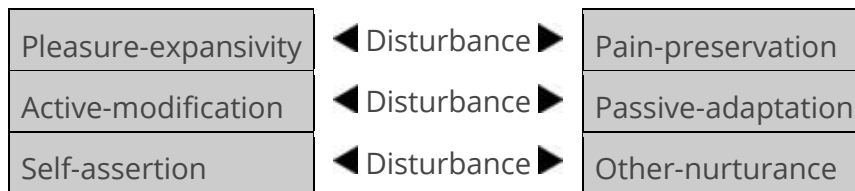
Forsaken Others: Though interpersonally sluggish, many depressives have a sensitive disposition which makes them crave the love of others. However, since they are so weighted down by their own moroseness, most depressives fail to reciprocate the amiable gestures of others and thereby neglect their relations over time. Stereotypically gray and dejected in their communication patterns, depressives tend to offer little in the way of spontaneity or initiative, frequently leaving others with the impression that they are too preoccupied with their own needs to bother holding up their end of the relationship.

Depression as glamour and vogue (narcissistic/histrionic subtype only): If the depressive has an auxiliary narcissistic or histrionic style, there is often a tendency for them to

glamourize their anguish and angst, and to portray their suffering and disenchantment as stylish and ennobling qualities that they have been singled out to bear. This attitude of ennobled suffering may sometimes impress or captivate others (particularly teenagers), and may induce them to try and be a savior to the depressive, seeking to help them lead a happier life through increased admiration (narcissism) or attention (histrionic). Unsurprisingly, however, depressives are rarely "cured" by such offerings, which provide at best a temporary reprieve while leaving the core beliefs of the depressive intact.

Severity: The depressive spectrum stretches from dejected (normal) to forlorn (abnormal) to depressive (pathological).

Borderline personality



*(Average on Pleasure, average on Active, average on Self
- average on Pain, average on Passive, average on Other.)*

Borderline personality characterized by: Intense, shifting, and variable moods which are only marginally related to outside events. The emotional life of the borderline is inherently unstable and may suddenly erupt in any direction with little warning or system to it. Unlike the histrionic, the borderline's susceptibility to sudden change is not an affectation or coordinated means to attract attention. Indeed, it is not just to others, but also to borderlines themselves that their emotional life may come across as uncontrollable and capricious. As a consequence, borderlines are often said to "lack an inner defining core." For the same reason, borderlines typically have a hard time learning from setbacks and often fall prey to the same mistake many times over.

Self/Other conflict - "I hate you, don't leave me!": Because of their inner emptiness and lack of defining core, borderlines often dislike being alone; they tend to dread separation from others, longing for someone to be close to them and assuage their fears. Unlike the inherently submissive dependent, however, the borderline is not so

much compliant as he is conflicted on the self-other polarity. Hence caregivers close to the borderline have often experienced how the borderline's love may give way to anger and hate in the blink of an eye, which is one reason why the dictum "I hate you, don't leave me!" is often applied to borderlines. Unlike other personality styles, the borderline does not settle on *one* way of dealing with people; indeed most borderlines never settle upon *any* approach whatsoever: They tend to vacillate across the whole of the spectrum of impressions from crafty to helpless; dominant to submissive; and charming to obnoxious, all at a moment's notice. In this way, most borderlines evince a pattern of desperately attempting to assert their independence and worth, only to collapse back into dependency and feelings of shame (which only last for so long until the borderline attempts to assert his independence again, and so on...). In general, borderlines tend to place very high demands on their caregivers, expecting them to empathize with and foresee the borderline's tumultuous emotions without error. Should the caregiver fail to do so, this will often be extremely distressing to the borderline (as it confirms to him that his identity really is erratic and without system).

Splitting (idealization/devaluation): The borderline is prone to becoming despondent and angry whenever his caretaker fails to meet his expectations and needs (which can frequently be excessive). Because of his emotional instability, the borderline does not resemble an emotionally mature adult, but is in fact more like a young child seeking a parent or nurturing figure to support him and guide him. To others,

relationships with borderlines will therefore tend to feel one-sided and exploitative rather than reciprocal. Unlike the mature adult, who tends to judge the people around him in terms of shades of grey, the emotionally juvenile borderline has trouble relating to others in such a nuanced fashion and tends to construe the people around him as either all black or all white. Thus we say that the borderline suffers from *splitting*, since he tends to perceive the people in his life as either perfect and capable of doing no wrong or thoroughly debased and capable of doing no right. Psychologically, both the all-black and all-white judgments are immature adaptations, more reminiscent of those of a young child, and indeed they arise from the same source, namely the unrealistic need to have an infinitely patient caregiver in one's life (idealization) and the immature need to disown and distance oneself from a caregiver who is no longer perceived as capable of fulfilling the functions that the borderline had in mind for him (devaluation). The borderline is highly erratic, and sometimes the same person can go from being idealized to being devalued and then back to being idealized again within a few hours - only for the same thing to happen all over again before long.

Severity spectrum: The borderline spectrum stretches from capricious (normal) to unstable (abnormal) to borderline (pathological).

Masochistic personality



*(Weak on Pleasure, average on Active, weak on Self
- strong on Pain, strong on Passive, average on Other.)*

Masochistic personality characterized by: A pattern of self-defeating actions and choices where the masochist passively accommodates and stays loyal to central figures in his life, even though he knows full well that they will hurt him. Though not necessarily depressive, the masochist is nevertheless a pessimist at heart, believing himself to be powerless and unable to break out of the abusive patterns that tend to characterize his most important relations. Unlike the dependent who is more one-sidedly submissive, however, the masochist tends to be more complex in his relations to the abuser. Though the masochist knows that the "powerful other" will bring him continued sorrow and pain, he nevertheless shows little desire to alter the dynamics of the relation or end it. It has frequently been observed that the masochist seems to derive a sense of control from his abusive relationships and that there is often an element of desirability for the masochist in his continued surrender to sorrow and pain. The masochistic personality is also known as the self-defeating personality.

Experiencing pain reinforces sense of importance: As one would expect, the masochist's pain-pleasure disturbance is the inverse of that of the sadist: Where the sadist feels that he has to inflict pain on his surroundings in order to feel at ease in his relations, the masochist rather tends to court pain from others in order to feel at ease. The masochist's self-image is frequently that of an unlovable and undeserving punching bag: By inviting the abuse of others and willfully absorbing that abuse, the masochist experiences a sense of importance and even self-esteem at having at least some function in spite of his unlovable self. In the masochist's own mind, enduring abuse is intimately tied up with the notion of being worthy of affection.

Self-defeating tendencies: As opposed to the normal human disposition to seek out pleasure and avoid pain, masochists typically have a habit of getting into situations that will end in failure or defeat for them. Among psychologists, this proclivity is known as the masochist's *self-defeating* or *self-sabotaging* tendencies: The masochist frequently sets himself up to fail, the way others would set themselves up to succeed. (In this way, the masochist exhibits a measure of activity on the active-modification polarity that sets them apart from the more passive dependents.) To the masochist, a degree of anguish and denigration is often preferable to a neutral or pleasurable outcome. If things start going too well for the masochist, he tends to become anxious and confused: The more he succeeds, the less certain and secure he feels about himself, and for this reason the masochist tends to shy away from

success and gravitate back towards self-sacrifice and defeat. For the same reason, masochists also tend to distance themselves from the people in their lives who are consistently loving and supportive, to sabotage the attempts of others to help them, and to seek out those relations where they will be mistreated.

Severity spectrum: The masochistic spectrum stretches from mistreated (normal) to aggrieved (abnormal) to masochistic (pathological).

Schizoid personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Weak on Pleasure, weak on Active, average on Self
- weak on Pain, strong on Passive, weak on Other.)*

Schizoid personality characterized by: A lack of interest in socializing and forming deep relational bonds, as well as an under-responsiveness to stimuli and outside incentives of all sorts. Compared to non-schizoid individuals, the default cognitive state of the schizoid tends to be that of a "shut-in" individual who appears to have "retired" a bit into himself. Hence, schizoids are often known for their "emotional flatness" since with them the usual range and register of typical human emotions is curbed. With schizoids, the highs don't get too high and the lows don't get too low, and emotions like joy, anger, and sadness do not animate them to the degree that they move other people. Unlike what might be expected, however, the schizoid's passivity and lack of vitality and joy is not a form for self-protection (as it is with the avoidant personality), but simply the schizoid's natural state.

Emotional flatness: The schizoid is passive and emotionally bland as signified by his lack of affect and his absence of appetite in dealing with other people. He is a loner, but not one who is aware of any distress about his isolation, and he

seems dispassionate even about the few activities in which he engages. Because of this flatness, psychiatrists often prescribe psychopharmaceuticals in the hopes of 'activating' the schizoid's feelings and instincts (usually with mixed results). Such prescriptions give rise to an interesting question about just how 'typical' a personality has to be in order not to be considered pathological and in need of medication. Certainly, from the schizoid's perspective, many do not consider their personality style to be ill or maladjusted at all, and it is often the friends, colleagues, and loved ones of schizoids who complain that the schizoid is under-responsive and emotionally remote. Likewise, in terms of career efficiency, many schizoids experience no trouble holding (and succeeding in) a job. Their productivity and efficiency is typically unhampered by their personality style, even if their colleagues *do* perceive them as unsociable and joyless.

Lack of engagement: As mentioned, the schizoid personality style is frequently more distressing to others than it is to the schizoid himself. The schizoid's family members and loved ones may despair at his lack of personality, initiative and emotional engagement, complaining that the schizoid is abnormal, anemic and robotic. Frequently, their close relations feel alienated and worry about how to "fix" the schizoid so that they will be brought to participate more fully in their shared social activities. The schizoid himself, however, is typically more likely to be only cursorily introspective and to lack an interest in these social activities which they tend to find under-rewarding and

underwhelming. They do not themselves feel that anything is worrisome or wrong and, as a rule, will not understand the attempts of others to "get through" to them.

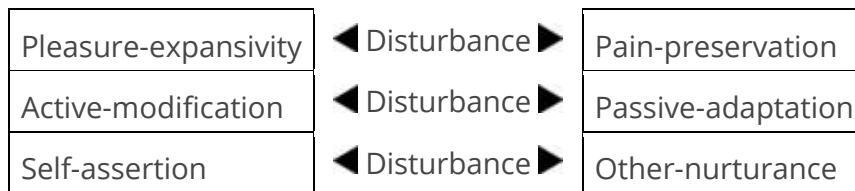
McWilliams' INFJ hypothesis: In her book *Psychoanalytic Diagnosis* the American psychologist Nancy McWilliams suggests that the schizoid personality may have some degree of commonality with the INFJ personality as found in Jungian typology. McWilliams mentions people like Ludwig Wittgenstein, Martha Graham, and Albert Einstein as possible exemplars of such INFJ/schizoid personalities, as the cognitive processes of these individuals allegedly possess a strongly introverted and mystical quality, which McWilliams optimistically links to the schizoid personality style. She also refrains from taking sides on the question of whether the schizoid should be considered as belonging to the autistic spectrum. In general, McWilliams prefers to conceptualize the schizoid personality as individuals who were initially exquisitely sensitive and consequently very easily overstimulated. As a defense, these individuals withdrew into themselves, creating an inner world of fantasy rich with nuance and an outer personality characterized by the aforementioned emotional flatness and unsociability.

For our part, the authors of the present text agree that such INFJ/schizoid personalities exist, with Wittgenstein being probably the most famous exemplar. However, in our assessment, the INFJ personality type is much broader than the schizoid personality style, just as we suspect that the majority of schizoids are *not* INFJs. In other words, the link between the schizoid and the INFJ is incidental, not essential.

As far as we are concerned, McWilliams' idea of the schizoid having an intensely rewarding rich inner life is the exception, not the rule. Far more common is the classical conception of the schizoid as an individual either born with a biological disposition towards under-affectivity and towards finding human contacts comparatively unrewarding, or having formed such a personality as a response to caregivers who were experienced as underwhelming early in life, or some combination thereof. Far from being preoccupied with an intensely rewarding rich inner life, most schizoids are characterized by emotional flatness and are in our experience unable to recognize much emotion in themselves or others. The same indifference that schizoids display towards their outer lives is as a rule also found in their experience of, and attitude towards, their inner lives. Most schizoids are also characterized by some degree of autistic thinking and may work well in roles where routine and systems thinking are at a premium, such as mechanics, engineering, accounting, and so on.

Severity spectrum: The schizoid spectrum stretches from apathetic (normal) to asocial (abnormal) to schizoid (pathological).

Schizotypal personality



*(Weak on Pleasure, weak on Active, weak on Self
- weak on Pain, weak on Passive, weak on Other.)*

Schizotypal personality characterized by: It is often hard to pin down exactly which qualities serve to make a person schizotypal since there is considerable variety in how the personality style plays out in practice. However, the fundamental characteristic of schizotypal personalities has often been said to be a peculiar kind of oddness; oddness in thought, behavior, speech, and perception.

Comparison with schizophrenia: One way of describing schizotypal personalities would be to say that they share the excessive cognitive structural fluidity of schizophrenics (i.e. being able to associate anything with positively anything else until the point where the associations become gibberish), but lack the degenerative and full-blown psychotic elements of actual schizophrenia. In other words, while schizophrenia is a disease that deteriorates and destroys the person's cognition over time, schizotypality is not a disease, but a cognitive style: It is not degenerative and to the extent that the schizotypals have a weakened grip on reality, their fluidity does not cause them to "lose it" altogether, the way schizophrenics do. Rather, it makes them experience a certain oddness, which

they know is unlikely to be understood by others (and which they may not even understand very well themselves). Consequently, many schizotypals try to keep their oddities private, whereas many schizophrenics are less aware of the distinction between personal eccentricities and objective reality.

Schizotypal oddness: Schizotypal oddities have typically been observed to fall into one of two subgroups:

- *Inspid-associative (passive-detached):* Illusory and magical thinking, where the schizotypal's fluid cognitive style allows their thoughts and associations to trail off into unrealistic interpretations of reality. Over time, these proclivities may build up a self-referential backlog and give rise to a belief in the paranormal or a system of personal superstitions on the part of the schizotypal.
- *Timid-associative (active-detached):* Irrationally suspicious and quasi-paranoid cautions concerning the intentions of strangers. Since the actions of strangers are bound to seem mystical or incomprehensible when gauged on the basis of the illusory associations of the schizotypal, it will often be easy for the schizotypal to infer that such strangers are weird, threatening, or out to hurt the schizotypal.

(Structurally, however, there are nonetheless grave differences between the suspicious schizotypal

and the actual paranoid style: Whereas the schizotypal tends to be overly fluid, the paranoid tends to be overly fixated and blocked. Whereas the paranoid tends to harbor a self-righteous streak, the schizotypal is more often just governed by a sense of personal caution, and so on.)

In both cases, it is the schizotypal's excess cognitive fluidity and inner proclivity for free-flowing association that tends to lead the schizotypal away from reality as it is commonly perceived and into a private world of fantasy-infused subjectivity. As mentioned, schizotypals often try to hide their penchant for unusual associations from others, since they are aware that it will cause others to perceive them as abnormal or strange. Nevertheless, since the cognitive structure is not contingent on any specific assertions set forth by schizotypals, but underpins their whole way of thinking, others will usually notice that there is something 'distant' or 'odd' about the schizotypal; that his logic is 'circumstantial,' his speech hard to follow, and so on.

Hence, while this tendency to over-associate is principally a basic condition of the schizotypal's cognition and cannot be changed with socialization or therapy, schizotypals can nevertheless be caught in a social catch-22 because of their cognitive inclinations: Sensing that others are likely to perceive them as odd because of their associations, schizotypals may try to restrain their thought processes in an effort to appear normal. Yet restraining themselves is *also* likely to make them seem odd so that, in

the end, there is no way for the schizotypal to escape his fundamental abnormality.

Vacant and weak on all polarities: None of the schizotypal's evolutionary polarities rest on a firm grounding. Disconnected from the mammalian blueprint for human interaction, schizotypals often try to socialize in curious and contrived ways where they seem uncertain of themselves and others. Self-estranged and vacuous, their intentions and social outlook can easily be swayed or reversed. Sensing the disharmony that registers in others, schizotypals may become anxious and feel alienated by their own emotions and views, leading them to apprehensively attempt to undo, counteract, or reverse their own presence and declarations within the interaction.

Severity spectrum: The schizotypal spectrum stretches from eccentric (normal) to erratic (abnormal) to schizotypal (pathological).

Hypomanic personality

Pleasure-expansivity	Pain-preservation
Active-modification	Passive-adaptation
Self-assertion	Other-nurturance

*(Strong on Pleasure, strong on Active, average on Self
- weak on Pain, weak on Passive, average on Other.)*

Hypomanic personality characterized by: A high energy level and buoyant manner whereby the Hypomanic individual drives themselves into an overly animated, over-expressive, scattered, and manic state. Being full of optimism and hope, the Hypomanic individual experiences strong positive affects at anything they do and feel confident that they can work for hours on end, without ever giving way to fatigue. While their projects are initially ingenious, chaos tends to ensue when they are left to their own devices, without the guidance of others. Excitable and zealous, they are restlessly active, rash, and easily worked up. Hypomanic personalities are often described with words such as humorous, witty, cheery, high-spirited, dynamic, and industrious. While hypomanics may often share certain traits with both the narcissistic and histrionic personalities, hypomanics are as a rule more candid and immediate in their demeanor and more innocent of interpersonal manipulation and exploitation than these other styles.

Similarity to the narcissistic personality: The hypomanic personality shares a number of similarities with the

narcissistic personality: Both tend to see themselves as special, larger-than-life personalities; both tend to have jumbled or spurious memories; and both tend to engage in hyperbolic self-praise and interpersonal aggression when their self-image is threatened. However, as the evolutionary breakdown of the two personalities suggests, the narcissist is essentially passive while the hypomanic is active. The hypomanic's source of self-pride will typically be bound up with their industriousness, tirelessness and vigor, whereas the narcissist's self-pride can come from any qualities they may possess (or even just from thinking of themselves as intrinsically impressive and special). Narcissists are typically also better at crafting cohesive and convincing narratives to illustrate their own greatness and typically appear more authoritative and focused than the more scattered and flighty hypomanics.

Narcissistic and hypomanic traits may occur together in the same individual (as they do in Donald Trump), but as a rule, most narcissists are *not* hypomanic. Conversely, it is more common to see hypomanics also sporting some narcissistic traits, though again, many hypomanics have no narcissistic traits to speak of.

Questionable pathology: Some psychotherapy practitioners hold that hypomania should not be considered a psychopathology, since the condition is in the main positive, with many hypomanics being unusually creative, visionary, and full of ideas. The hypomanic condition itself often entails an abundance of energy, confidence, and charisma as well as a decreased need for sleep. Many hypomanics are reluctant

to seek treatment or to see their personality style as negative, since they derive a wealth of advantages from it (thus contributing to their positive self-image).

While it may in fact be true that the hypomanic personality style is in the main positive, certain negative traits have also commonly been observed in hypomanics, such as a short attention span and a lack of patience with activities that do not produce short-term results; ADHD-like symptoms (though not necessarily the condition itself); and a high need for excitement and somatic stimulation (e.g. reckless driving, unsafe sex, gambling, shopping sprees, etc.). Similarly, some hypomanics are also prone to committing to courses of action that are "too good to be true" where the hypomanic "should have known better" (e.g. engaging in romance or business with dubious individuals) but couldn't resist because these avenues promised some future excitement that the hypomanic felt they needed or deserved in their life. Unlike narcissists, who are more likely to turn vindictive in the face of failure, hypomanics who fare badly in such situations are usually more likely to pity themselves, feeling that it is unfair that such shady premises were even presented to them to begin with. In this particular respect (though not in general), hypomanics may be said to resemble borderlines who also seem to have a knack for getting themselves into iffy situations where they should have known better, yet tend to blame the environment and external conditions for these entanglements rather than holding themselves accountable.

Psycho-dynamic orthodoxy under fire: Psycho-dynamic orthodoxy holds that hypomanics exaggerate their enthusiasm, attention and energy because they are really fleeing from looming depression and unacknowledged low self-esteem. However, empirical studies have failed to produce findings confirming this perspective. This has given way to more biological and trait-based conceptions of the hypomanic personality, which hold that the hypomanic is simply "born that way" (i.e. with elevated levels of energy, enthusiasm, and so on). However, psycho-dynamic practitioners have generally been reluctant to agree that their perspective has been falsified: They tend to counter that nuanced perspectives such as those of psycho-dynamic theory, which pertain chiefly to unconscious psychic contents, are very hard to capture in empirical studies, and so many do not grant that the psycho-dynamic theory has been refuted.

Vulnerable to decompensation: No matter what conception of the hypomanic personality one employs, all parties agree that hypomanics continuously require large amounts of activity and stimulation. Though normally buoyant, animated and impetuous in a neutral or good-natured way, the hypomanic's affable disposition is likely to turn sour in situations where they must remain passive and are not sufficiently stimulated. In such situations, the hypomanic is liable to revert to primitive psychological coping mechanisms that are far more childish and undifferentiated than those evinced by their normal personality, such as aggression, bullying, narcissistic

histrionics, and the like. However, since the internal phenomenology of the hypomanic's cognitive life tends to be more scattered and flighty than most, these aggressive behaviors are rarely a vendetta or expression of personal dislike on their part: From their perspective, they are merely reacting to negative stimuli (or the absence of stimuli) in an automated and unconscious manner, just like one would automatically start perspiring in hot temperatures or getting goose bumps in cold ones.

Severity spectrum: The hypomanic spectrum stretches from exuberant (normal) to turbulent (abnormal) to hypomanic (pathological).

Summary

	Views Self As	Views Others As	Main Beliefs	Main Strategy
Antisocial	A loner, autonomous, strong	Vulnerable, exploitative, pawns	"Others are predictable, patsies, weak." / "Others don't play by the rules, so why should I?"	Deceive, aggress, manipulate
Dependent	Needy, weak, helpless	<i>(Idealizes others as)</i> Nurturing, supportive, competent	"I need continuous support to be at ease." / "I can't be competent without someone to guide me."	Submit, support, admire
Narcissistic	Special, unique, superior	Inferior, admirers, henchmen	"Since I am special, I <i>deserve</i> special treatment." / "I am better than others and above the rules."	Manifest air of authority, superiority, and confidence

	Views Self As	Views Others As	Main Beliefs	Main Strategy
Sadistic	Hard-headed, energetic, competitive	Contenders, threats, subordinates	"Others have a pernicious streak. I must regularly put them down to prevent it getting out of hand."	Attack, aggress, devalue
Histrionic	Glamorous, impressive, enchanting	Seducible, receptive, admirers	"I need admiration and attention in order to be at ease." / "Others have no right to deny me the good things in life."	Dramatize, charm, manipulate
Compulsive	Responsible, accountable, fastidious	Irresponsible, self-indulgent, careless	"Errors are bad; I must be perfect and not err." / "Things will fall apart if I don't follow the rules."	Apply own rules to others, control environment by "shoulds" and criticisms

	Views Self As	Views Others As	Main Beliefs	Main Strategy
Negativistic	Self-sufficient, but vulnerable to control and interference	Controlling, interfering, unfair	"Others step on me and won't let me do things my own way."	Surface submissive-ness paired with passive-aggressive resistance
Avoidant	Vulnerable to depreciation, socially inept, defective	Critical, demeaning, superior	"It is soul-crushing to be rejected or put down." / "If others knew the real me, they would reject me."	Avoid evaluative situations / Drown unpleasant feelings in fantasies and daydreams
Paranoid	Righteous, innocent, noble, vulnerable	Malicious, discriminatory, abusive	"Other people's motives are suspect." / "If I am not careful, people will manipulate and take advantage of me."	Look for hidden motives / Always be wary and remain on your guard

	Views Self As	Views Others As	Main Beliefs	Main Strategy
Depressive	Worthless, inadequate, reproachable	<i>(Construes attempts of others to help as)</i> Misguided, ineffectual, mundane	"Things are never going to change for the better." / "If I interpret something positively, it will just create trouble down the line."	Counteract favorable feelings and beliefs to maintain morose mood
Borderline	Defective, unlovable, powerless	<i>(Idealizes others as)</i> All good (powerful and perfect) or all bad (egotistical and controlling)	<i>(Conflicting beliefs of)</i> "I need redemption and validation from others to function normally." / "If I rely on someone, I will be mistreated."	Throw emotional fits and act childishly to provoke others to take responsibility and/or show their true colors
Masochistic	Undeserving, shameful, insignificant	Punitive, Powerful, overlords	"I am only worthy when I suffer at the behest of others." / "There is value in suffering."	Accept abuse as a way of avoiding accusations and be worthy of affection

	Views Self As	Views Others As	Main Beliefs	Main Strategy
Schizoid	Self-sufficient, loner, impervious	Intrusive, unrewarding, odd	"Others are more trouble than they're worth." / "I can do things better if I'm alone."	Seek isolation / Keep emotional distance from others
Schizotypal	Illusory, forlorn, not really there	Unpredictable, object-like, arbiters	"Things are more than what other people perceive them to be." / "If I tell others how I really see things, they will think I'm strange."	Attempt to avoid ostracization by appearing normal / Avoid confiding in others, save for a trusted few
Hypomanic	Energetic, spirited, driven	Unadventurous, sticklers, seeing only one side of life	"If I ever settle down and live a routine life, I will fall prey to depression." / "I must keep chasing extraordinary experiences to feel good."	Exaggerate experiences to convince self of extraordinary lifestyle

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