

## the mediator

**What are others' positions and external claims?**

I believe "I am peaceful and accommodating" so I can avoid feeling discomfort, conflict and being dismissed.

## the protector

**Where is the power in this situation?**

I believe "I am strong, fair and just" so I can avoid feeling vulnerable, weak and powerless.

## the perfectionist

**What is right/wrong and correct/incorrect?**

I believe "I am correct and good" so I can avoid feeling bad or wrong.

## the epicure

**What are the stimulating possibilities and multiple options?**

I believe "I am okay" so I can avoid feeling pain and limitations

## the giver

**What are the needs of significant people?**

I believe "I am helpful and giving" so I can avoid feeling unappreciated and rejected.

## the loyal skeptic

**What can go wrong?**

**Whom can I trust? What are the unspoken messages?**

I believe "I am loyal" so I can avoid feeling vulnerable and helpless.

## the performer

**What tasks need to be done so I can achieve my goals?**

I believe "I am successful" so I can avoid feeling incompetent and losing face.

## the observer

**Will there be demands on my time, energy and resources?**

I believe "I am knowledgeable and calm" so I can avoid feeling inadequate and depleted.

## the individualist

**What is missing in me and this relationship?**

**Will I be seen and understood?**  
I believe "I am unique and special" so I can avoid feeling deficient and dispensable.

