

Character Type 1 (Keynotes)

Other Names: Schitzoid, Boundaried, Sensitive-Withdrawn.

Makeup: SNS dominant, ungrounded, high CC.

Developmental Age: Conception to 6 months.

Body Type:

Thin. Small. Insubstantial.

Angularity.

Disjointed appearance.

Head/body split.

Mask-like face.

Eyes blank or frightened-looking.

May look sideways on.

Peripheries tend to be cold.

Description:

Occurs at age when unable to separate self from other.

No sense of self as separate entity.

Total dependence on environment.

Just existence.

No boundaries. Tender, raw, vulnerable.

Highly SNS dominant stage (so very sensitive and reactive).

Perceives that is met with hostility.

"There is something wrong with me".

"It isn't safe to be here".

Own life energy becomes source of danger.

Must clamp life energy down.

Own feelings (especially anger) are a source of danger.

Cuts off feelings.

Leads to strong CC.

Never really enters her/his body or world.

Avoids contact with real self and feelings.

Avoids contact with others.

Lives in world of thought and fantasy.

Becomes isolated from true self, feelings, body, people, world.

Introvert.

Life is survived, not enjoyed.

Doesn't take in accurate information from environment.

Confused, isolated.

Anxiety, fear, paranoia, terror.

Appears non-authentic.

Learns how to behave by imitating others.

Behaviour never quite fits.

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Spacey. Other worldly. Detached.

Unemotional.

Or emotional outbursts, but short-lived.

Lives in head.

Intellectual, devoid of emotion. Thinking dissociated from feeling. Or lives in fantasy world inside own head.

Changeable. Unstable. Unpredictable. Irrational.

Friendly one time, paranoid the next, cool another time.

Close relationships are difficult.

Does not invite contact.

Views other's friendliness with suspicion.

Finds it hard to be around people.

Find an escape route in every situation.

Dislike of physical contact.

Sex may be difficult.

Best with own kind (or maybe CT 3a).

Although they reject contact, being rejected is terribly painful.

Desperate aloneness.

Feel inside that they are unlovable.

Feel bad inside. Strong inner critic – feel clumsy/ugly/awkward/stupid/inferior/nothing but trouble. No amount of love or reassurance will convince them otherwise. Will reject any positive feedback.

Core feelings are terror and rage (but both held in).

Energy frozen in at core.

Active imagination.

Highly creative.

Visionary.

Artists etc.

Theoreticians.

Psychic.

Intuitive.

Spiritual.

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