

Character Type 4

(Keynotes)

Other Names: Masochist, burdened/enduring, holding.

Makeup: PSNS dominant, over-grounded, high CC.

Developmental Age: 2 years to 4 years.

Body Type:

Body is compressed and heavy. Tends to be overweight.
Looks burdened. Heavy.

Jaw is thick and set.

Eyes have suffering look.

Neck is short and thick.

Head gives the impression of ducking, as if expecting a blow.

Shoulders are rounded and look defeated.

Buttocks look as if 'tail tucked between legs'.

Legs are strong and over-developed.

Description:

Up to this age, the child felt loved.

Now, child's efforts at self-assertion are blocked or not tolerated.

Has to be a 'good' boy or girl to receive love.

Child is smothered, guilt-tripped, patronised or shamed into doing parent(s) wishes.

Has to smother own independence or efforts at self-assertion.

Receiving love becomes equated with obligation and doing what other's want.

Initial response to this is anger. But anger is thwarted. Learns not to throw temper tantrums.

Choice becomes: to assert self and lose parent's love, or obey parent and receive (conditional) love.

Keeps tight lid on anger, or turns anger in on self.

Becomes outwardly compliant, but inwardly resistant.

Inhibits anger and self-expression.

Develops passive aggression – is outwardly compliant, sweet and well-behaved, but inwardly resists.

Becomes slow; makes people wait for her/him.

Gives appearance of complying, but unconsciously sabotages things – is clumsy, breaks things, forgets things, takes ages to do things, is late.

Life becomes bound up with duty and obligation.

Spends life doing things for others.

May appear outwardly jolly, but inside has lost sense of real joy. Forgets how to play and have fun (if does do things for pleasure, does them secretly or with guilt).

Conflict between outer compliance and inner resistance leads to an impasse.

Conflicting feelings of love and anger.

Leads to inertia.

Becomes docile, inexpressive.

Inwardly says 'no' to everything.

Paul Francis

Passive resistance becomes primary strategy (whilst giving appearance of trying as hard as he/she can).

Stuck. Conservative. Resists change. Doesn't take risks.

Blocks fire, becomes bogged down.

Unconsciously feels guilty for hurting parent by resisting them.

Punishes self by sabotaging self; by setting self up to fail or be unhappy.

Tries hard but still fails. Low self-esteem.

"Poor me". "Nothing ever goes right for me". "I'm so clumsy/stupid".

Hopes others will notice and feel sorry for her/him.

Others may: take advantage and put on him/her; feel sorry for her/him; become irritated and impatient with him/her (but the more you push him/her, the more she/he resists).

Hard to get angry with him/her as they appear to be doing their best and trying to help.

Feels great sense of shame for 'selling self out'.

In relationships, tends to be the underdog. Obedient. The carer.

In childhood, resistance may manifest around potty training. Energetically, becomes a habit – holds on and has trouble letting go – on all sorts of levels.

May have trouble letting go sexually, or expressing own desires or needs.

Can be very loving and affectionate.

Loyal and caring. Devoted in relationships.

Dependable.

Tremendous endurance and persistence.

Able to stick with things when the going is tough.

Able to see things through.

Can develop wry and perceptive sense of humour.