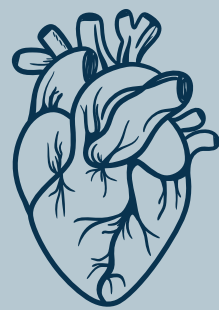


9 WAYS TO SEE

Uncovering the Distorted Lens and True Nature of Type



The Distorted Lens or Passion is an emotional filter effecting thoughts, feelings and actions. It is automatic and unconscious, created from core fears and desires. The True Nature or Virtue is the opposite and original expression of this distorted view. The Distorted Lens is our attempt to reconnect to our True Nature when life becomes overwhelming.

| | Distorted Lens or Passion | | True Nature or Virtue | |
|---|--|--|---------------------------------|---|
| 8 | EXCESS I need more. | Excess refers to a need to consume material things, projects, causes, people or power without limits. | INNOCENCE I am curious. | Innocence is the playfulness of a child, allowing life to come and go without feeling the need to control the process or the outcome. |
| 9 | DISTRACTION I need less. | Distraction refers to an avoidance of anything uncomfortable using routine, busy-work, over-socializing or over-emphasizing others over self. | RIGHT ACTION I am confident. | Right Action is the movement forward with purpose knowing the most important piece of the puzzle to solve first. |
| 1 | PERFECTIONISM I need it perfect. | Perfectionism is the belief that self, others and all life situations can and should be continuously evaluated and improved upon. | SERENITY I am realistic. | Serenity is the ability to hold life with a calm heart knowing perfection isn't the goal of life. |
| 2 | PEOPLE PLEASING I don't need. | People pleasing is the belief that connection can be manufactured by offering kindness and support to others at the expense of your own needs. | HUMILITY I am human. | Humility is the acceptance of our own needs and the ability to trust others with them. |
| 3 | APPEARANCE I need what you need. | Appearance refers to the need to present an image of success in work, social engagements or personal relationships. | TRUTHFULNESS I am me. | Truthfulness is the unfiltered view of humanity both inside and out. |
| 4 | DISCONTENT I always need. | Discontent is the feeling of deep lack in personal life, social connections or relational understanding. | EQUANIMITY I am content. | Equanimity is the quieting of the inner world and the ability to find peace in the present. |
| 5 | RESTRICTION I will keep more than I need. | Restriction is the response to the fear of running out of material or physical needs, intellectual ability or safe connection. | NON-ATTACHMENT I am free. | Non-Attachment is the trust in the give and take of life. |
| 6 | OVERPROTECTION I need a guarantee. | Overprotection is a desire to secure certainty and safety around experiences, relationships or social groups. | COURAGE I am choosing. | Courage is the movement forward into the unknown. |
| 7 | INDULGENCE I need it all. | Indulgence is the seeking of anything pleasurable in people, groups and experiences without true satisfaction. | SOBRIETY I am present. | Sobriety is the pleasure found in a moment of joy that is enjoyed all the way through. |