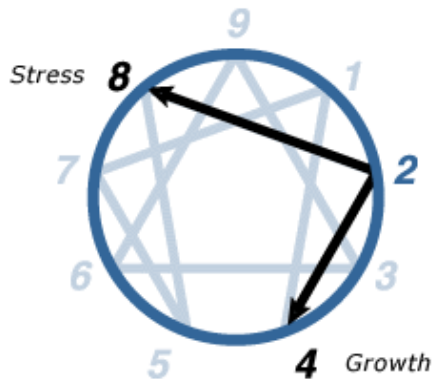


Type 2



Motivation – basic desire

- To feel loved, to be needed
- Create love
- Nurturance

Focus of Attention

- Am I needed? Will others like me?
- Energy spent on being loveable, approved, needed by others

Typical Characteristics of 2's

- Loving
- Helpful
- Generous
- Considerate
- Kind
- Deeply human, open-hearted
- Value relationships and human connections

Typical Challenges for 2's

- Unaware of own needs
- Unbalanced by giving too much
- Manipulative
- Make self indispensable
- Different selves to different people
- Pride

Strengths

- Helpful, nice
- Warm
- Empathetic, sensitive
- Make others look good
- Easy to work with
- Good networkers
- Thoughtful, generous
- Focus on customer satisfaction

Challenges - seen as stress increases or in individuals with low self-mastery:

- Overly helpful or doting
- Flattering, people pleasers
- Put people before results
- Proudful
- Hard to say no
- Indirect about own needs

As stress increases or in times of low self-mastery, TWO's go to the low side of EIGHT and demonstrate these characteristics:

- Blunt
- Bossy, domineering
- Loud
- Insensitive
- Intimidating
- Overwhelming

For growth or development, TWO's are encouraged to explore the high side of FOUR and integrate these characteristics:

- Creative
- Original
- Passion
- Thoughtfulness
- Stimulate intellectual needs
- Idealistic
- Authentic
- Mission or purpose driven