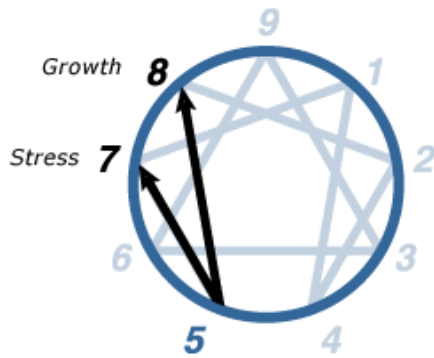


Type 5



Motivation – types basic desire

- To be capable, competent, knowledgeable

Focus of Attention

- Will I have enough of my own resources – time, energy?
- Energy spent on protecting self from being wanted

Typical Characteristics of 5's

- Curious
- Open to new knowledge and ideas
- Innovative
- Inventive
- Clear
- Rational
- Wise observers
- Love sharing, in a non-superior way

Typical Challenges for 5's

- Needs of others draining
- Seek privacy
- Withdraw emotionally
- Cynical
- Aloof - preoccupied with ideas
- Can lack interpersonal skills
- Stingy, avaricious
- Superior / haughty
- Fear of invasion – physically, emotionally, etc.
- Intense need for privacy

Strengths

- Reliable and committed
- Knowledgeable
- Objective
- Observant, perceptive
- Insightful
- Cautious
- Calm in crisis - soothing
- Objective and systematic
- Value simplicity & autonomy

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

- Withdrawn, remote
- Detached
- Overly private
- “In their heads”
- Uncommunicative - stingy with information
- Compartmentalize

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

- Dilettantes - lack follow through
- Unfocused
- Idealistic or overly idealistic
- Easily bored
- Dislike detail and routine
- Impatient
- Judgmental
- Avoid bad news

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

- Natural leaders - take charge
- Energetic and inspiring
- Direct and honest
- Assertive, self-confident
- Protective
- Intense
- Powerful