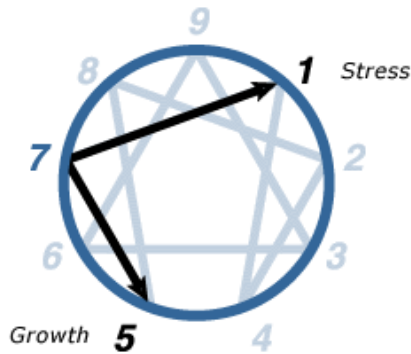


Type 7



Motivation – basic desire

- To be satisfied and content, to be happy, fulfilled

Focus of Attention

- What is exciting? Am I free or constrained?
- Energy spent on keeping pleasant options coming

Typical Characteristics of 7's

- Curious
- Creative
- High energy
- Adventurous
- Fun-loving
- Spontaneous
- Flexible
- Positive outlook on life
- "All things possible" attitude

Typical Challenges for 7's

- Commitment, follow-through, task completion
- Easily distracted
- Just want to have fun
- Childish
- Gluttons for "high" of life
- Superficial, overextended, undisciplined
- Inconsistency
- Impulsivity

Strengths

- Charming
- Lots of fun
- Optimistic
- High energy
- Creative possibilities
- Bold, daring - adventurous
- Good reframers

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

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

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

- Judgmental
- Inflexible
- Critical/demanding
- Righteous
- Overly-controlled
- Very serious
- Dogmatic/opinionated
- Nit-picky
- Rigid

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

- Reliable
- Committed
- Knowledgeable/objective
- Observant, insightful, perceptive
- Cautious
- Calm in crisis, soothing
- Objective, systematic
- Value simplicity
- Focused