



Character Profiles in Relationships

Virtual Reality and Relationship Profile	Thinker (Creative Idealist)	Poor Me (Emotional Intelligence Specialist)	Enforcer (Charismatic Leader)	People Pleaser (Team Player)	Rule Keeper (Knowledgeable Achiever)
Response Evoked in Others	Intellectualization	Mothering, frustration, abandonment	Submission or resistant provocation	Teasing or thankless rejection, intimidation	Competition
Reaction to the Response in Others	Stay on the mental and spiritual plane	Passivity, neediness and dependency	More resolve. Exertion of control.	Guilt, shame, passive resistance from embarrassment	Rises above, Feels superior
Communication Style	Absolutes Impersonal, factual	Questions Indirect, blaming	Dictates or charm. Seductive or aggressive	Resentful, self-deflating Indirect manipulation focused at others	Assertions or qualifiers (should's)
Double Bind	"If I come more fully alive, I'll be killed/rejected."	"If I ask, it's not love; if I don't ask, I won't get it."	"I must be right or I'll die."	"If I get angry, I'll be humiliated; if I don't, I'll be humiliated."	"Either choice is wrong."
VR Statement	I will reject you first. "I'm sure you will reject/hate me."	"I don't need you. I won't ask."	"You can trust me."	"I'll hurt myself before you do." "I'm ok, I don't need anything."	"Yes, but,..."
VR Shadow Self Statement	"I will reject you and the world." You don't exist either.	"You owe it to me. I'll make you give it."	"I'm right; you're wrong."	"I will spite and provoke you."	"I won't love you."
Core Self Statement	"I exist. I deserve the right to have."	"I am fulfilled. I love."	"I will trust you."	"I am free."	"I love you."