



CORE FEARS

RUNNING AWAY FROM OR TRYING TO PREVENT

Type 1 | Being bad, evil, angry, wrong, corruptible, inappropriate, corrupt, irresponsible, condemned, or unreasonable

Type 2 | Being rejected and unwanted.
Being thought worthless, needy, insignificant, dispensable, or unworthy of love

Type 3 | Being exposed or thought of as incompetent, inefficient, or worthless; failing to be or appear successful

Type 4 | Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant

Type 5 | Being annihilated, invaded, or not existing; being thought incapable or ignorant; having obligations placed upon them or their energy depleted

Type 6 | Feeling fear itself, being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned

Type 7 | Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun

Type 8 | Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice

Type 9 | Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection with others



CORE LONGING

MESSAGE OF THE HEART AND LIFETIME SEARCH

Type 1 | You are good

Type 2 | You are wanted and loved

Type 3 | You are loved and valued for simply being you

Type 4 | You are seen and loved for exactly who you are - special and unique

Type 5 | Your needs are not a problem

Type 6 | You are safe and secure

Type 7 | You will be taken care of

Type 8 | You will not be betrayed

Type 9 | Your presence matters

CORE DESIRES

STRIVING FOR OR BELIEVE BRINGS FULFILLMENT



Type 1 | Having integrity, being good, , balanced, accurate, virtuous, and right

Type 2 | Being appreciated, loved, and wanted

Type 3 | Having high status and respect, being admired, successful, and valuable

Type 4 | Being unique, special, and finding their authentic self

Type 5 | Being knowledgeable, capable, and competent

Type 6 | Having security, guidance, and support

Type 7 | Being happy, fully satisfied, and content

Type 8 | Protecting themselves and those in their inner circle

Type 9 | Having an inner stability and peace of mind



CORE WEAKNESS

WRESTLE WITH AND FOREVER STRUGGLE

Type 1 | Resentment | Repressing anger that leads to continual frustration and dissatisfaction with themselves, others, and the world for not being perfect

Type 2 | Pride | Denying their own needs and emotions, they use their amazing intuition to discover and focus on the feelings and needs of others. They confidently insert their helpful support in hopes others will say how grateful they are for their thoughtful care

Type 3 | Deceit | Deceiving themselves into believing they are only the image they present to others; embellishing the truth by putting on a polished persona for everyone (including themselves) to see and admire

Type 4 | Envy | Feeling they're tragically flawed, something foundational is missing inside them, and others possess qualities they lack

Type 5 | Avarice | Feeling they lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding themselves from contact with the world; holding onto their resources and minimizing their needs

Type 6 | Anxiety | Scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry

Type 7 | Gluttony | Feeling a great emptiness inside and having an insatiable desire to "fill themselves up" with experiences and stimulation in hopes of feeling completely satisfied of feeling completely satisfied and content |

Type 8 | Lust/Excess | Constantly desiring intensity, control, and power; pushing themselves willfully on life and people to get what they want

Type 9 | Sloth | Remaining in an unrealistic and idealistic world to keep the peace, remain easy-going and not be disturbed by their anger; falling asleep to their passions, abilities, desires, needs, and worth by merging with others.