

The
BioEnergetic
Character Types of
Alexander Lowen
as Interpreted
by
Jon Burras

Introduction

Alexander Lowen (1910-2008) was a student of Wilhelm Reich (1897-1957) in the 1940's and 1950's and developed a classification system of the human body/mind that is unmatched in the entire world of self-awareness. Both a physician as well as a psychotherapist, Lowen utilized his training with Reich and his own uncanny observation skills to create something called the "Bioenergetic Character Types".

Bioenergetic character types are patterns established in a developing mind that begin to shape and characterize the body in a certain form. In other words, what you are thinking about is changing the shape of your body. Early childhood wounding often leaves us frozen in a specific manner of thought. As we continue this thought through the day our body is being molded. We become short and compact, tall and thin or muscular and forceful just by the thoughts that we are thinking.

Alexander Lowen believed that our thoughts were so powerful that they formed energy patterns within the body to shape us. He created six predominant character types which are the following; *Schizoid, Oral, Compensating Oral, Rigid, Psychopathic and Masochistic*. We all display one of the traits as a dominant trait but can also exhibit other traits under certain conditions.

The world of psychiatry has forever attempted to find labels and classifications for human beings in order to understand behavior. For instance, many people follow closely and identify with the *Enneagram* classification system where nine levels of classifications exist. This is an attempt to understand why one makes the choices that he or she makes. Others are drawn to the Myers-Briggs test or the Keirsey's Stratagem in order to understand their personality. Some people rely on spiritual classification systems like a horoscope or palm reading.

The Lowen Bioenergetic Character system is the most accurate and profound system that I have found. When you begin to understand it and apply it you will find that it does not lie. While some character identification is simple and precise others requires a bit more detective work. Once you have accurately identified yours or others' bioenergetic character you can have access to one's thought process and the world within their brain.

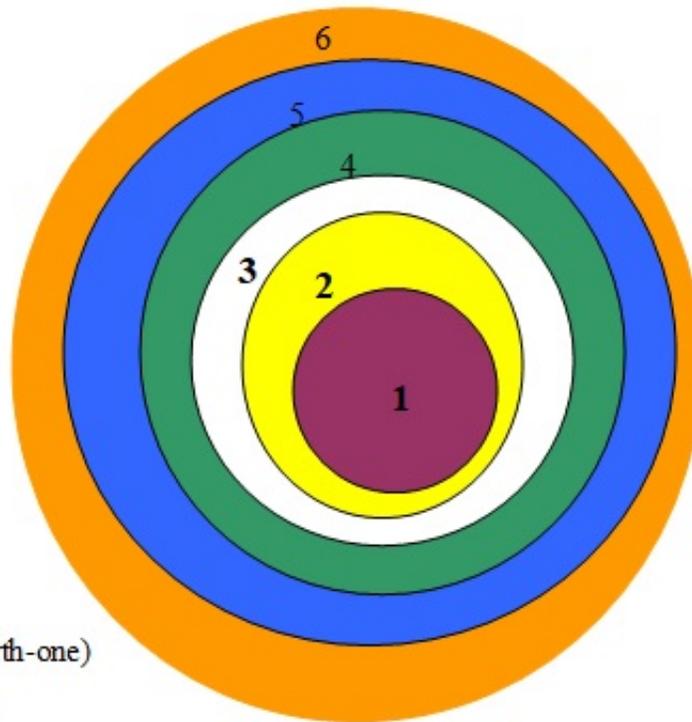
Each character type will have at least one central theme in life, as if the hardwiring had already been accomplished inside the brain. Each character will have an agenda: i.e. I need power, I need control. I am afraid of abandonment, I do not trust anyone or anything, I have already given up, etc. Once you can identify the underlying operating mechanism you can learn to work with it. You will come to understand yourself better as well as those around you.

While I have gathered this data and have fashioned it into a small sample course, the work really belongs to Alexander Lowen and Wilhelm Reich. These two great men created the bulk of the work. I just came along and found that it might be important to consolidate some of the work so that it might be more user-friendly. This short piece is my attempt to honor their work as well as place my own unique slant on things. That is why I call it an interpretation of their work. I feel as if I am in collaboration with them while adding my own unique twist to things. My only regret is that they are both long passed and cannot agree or disagree with what I have added.

Identifying your character type can be a very helpful tool in your lifetime. You can come to understand perhaps why you might feel abandoned or out of control at times. You will come to notice how you react to certain situations and not to others. You will also learn how others come to see the world and how they are reacting. Once you better understand how the system works you can learn to have clearer communication with others. Your work environment will improve. You will have better personal relationships.

Whether you are a house wife, business executive, world leader or high school coach, learning how your mind operates can be a valuable resource for you and for others around you.

Character Types



-  1. Schizoid (Age birth-one)
-  2. Oral (Age one-two)
-  3. Masochist (Age two-three)
-  4. Compensating Oral (Age two-four)
-  5. Rigid (Age three-four)
-  6. Psychopathic (Age three-five)

We are like the rings of a tree. The inner most part of ourselves is the oldest part and the outer crust is the newer part. We all find our emotional reference point in life from one or several layers of our inner selves.



1. Schizoid



Agenda:

The world is a scary place. There is no one to be trusted. I do not belong here. There is something wrong with me. You can have my body but you cannot have me.

Timetable for wounding:

Birth to one years old

Characteristics and history:

Einstein said it best. *"I think the most important question facing humanity is the following; 'Is the universe a friendly*

place?"

From the moment we are born until about one year old we are formulating a belief in whether or not the universe is an enemy or a friend. Do you feel safe and supported or are you always wary and on edge?

This core belief does not arrive with us when we are born; we must develop it. In the natural world a child is never left alone for the first two years of life. He or she is always carried or watched over and will be strapped to someone for body warmth and contact. He never sleeps alone as he is always wrapped in someone's arms when sleeping. This behavior helps to instill a sense of support in the world. Once the child develops this inner sense of peace and reassurance he feels confident to go off and be alone.

In much of the industrialized world a child is left to fend for his own emotional needs. He is forced to self-comfort himself as he is often left alone in a crib or in his own separate bedroom at night. This behavior often instills in a child that the world is not a safe place and one must be continually on guard for any danger that might be lurking around the corner. One develops an active "schizoid" response and this behavior continues on into one's youth and adult years.



The behavior manifests as the inability to relax or to sleep comfortably at night. Stimulants like caffeine, drugs or cigarettes are often used to calm the over-active nervous system down. One has a low threshold for conflict. It might be difficult to focus or study in school. The "schizoid" response is often at the root of many learning disorders like ADD (Attention Deficit Disorder). There might be many physical maladies that are initiated with this response like asthma or allergies. When a young infant's nervous system remains frozen in a terror response (schizoid) the lungs are often the first part of the body to react. As a child grows older and he experiences an episode of fright his lungs often continue to go into spasm.



Body Structure: Tall and Very Thin

A narrow, tall and contracted body is most frequently associated with the schizoid character. The base of the skull is often tight and the arms and legs are tight and stiff as well. The diaphragm remains frozen. The eyes tend to be sunken and void of expression with a mask-like appearance on the face. There is frequently muscular tension in the pelvis, chest, neck and shoulders. The weight is often carried on the outside of the feet.

Often the hands and feet are cold. This is an indication that all of the energy has withdrawn to the core and the arms and legs are cut off for survival purposes. A schizoid is not a good hugger as they are suspicious and have difficulty trusting in others.

Fears:

A schizoid has the fear of feeling anything. Deep love or deep joy are usually not in their capability. They have a fear of letting go and of trusting others. They fear getting too close to anyone and will have more cerebral relationships. Intimate relationships are rare. They have a deep fear of not needing or wanting. This often stems from their early years when they were banished to their own bedroom over night. No one came to comfort them in their fear so they learned that others will not be there to comfort them as an adult. They also have a fear of falling apart.

Energy Patterns:

A schizoid has a strong relationship with his inner world unlike others but may not be very socially "normal." He lives a lot in his head as he is cut off from emotion. Most of his body energy is withdrawn to the center and the core and does not move out the arms and legs. There is a disassociation between thought and feeling. He thinks his way through life.

Characteristics:

Someone of this nature feels like they do not belong of this world. Everyone is different and there are no safe places. He might feel like he was born at the wrong time or on the wrong planet. He might have a split personality, is inwardly withdrawn and lives a lot in his head rather than having a sensory relationship with his own body. He might not recognize an injury or pain because he has lost much of his own body sensation. He might have a very high pain tolerance as his nerve endings have stopped working.

He might only have a surface relationship with the rest of the world, preferring to be with his own thoughts. If the energy of his stagnant core is released he might find himself in a murderous rage. He might seem irritable and jumpy at times while often being unpredictable. He can waiver from being a genius or non-functional. He feels a sense of terror all of the time. He could be paranoid as he is always on the alert and looking over his shoulder for being attacked. He emphasizes thought over feeling. He might use words like "I think" rather than "I feel".

Strengths:

Brilliant, psychic, energy sensitive, creative thinker, fantasy oriented, good intuitive, artistic, innovator, storyteller, writer, collecting and storing information, scientist, spiritual

Goals in Relationships:

Difficult to be in relationship with. Frequently with multiple marriages and divorces. Does not let anyone get too close to him. Lack of charge in the genitals and arms which reduces the feelings of

sensuality. Avoids closeness. May have superficial relationships but is not prone to deep intimacy. Suspicious in relationships.

Healing:

Learn to feel and learn how to trust in others. Allow yourself to have sensory experiences like massage. Allow things to come slowly to you and take your time. Learn to be fully human. Practice tai chi, yoga, dance, swim.

Examples of "Schizoid"

Ichabod Crane: fictional character from the 1820 novel by Washington Irving, "*The Legend of Sleepy Hollow*."



2. Oral



Agenda

The oral character needs to be held and to feel connected. There is a deep longing for intimacy and for attachment. They seek out someone to surrender into their open arms.

Timetable for Wounding:

Birth until 2 years old. Infantile needs were not met and there may have been an early abandonment experience that set the energy in motion. A child might never have become completely bonded with mother and longs for this attachment. In other cases, a single event triggers the oral character in motion. For instance, a child before the age of two experiences a single event that is perceived as abandonment and then takes on the abandonment energy. For instance, a mother puts her son down to sleep for a nap and rushes

out to the store quickly to grab a forgotten item. The child awakens prematurely and no one is around to care for him. The mother is only gone for fifteen minutes but in the child's mind he has been abandoned. Even a single event like this can be enough to imprint the oral character pattern. Inconsistent parenting might also set up the abandonment complex.

Body Structure:

Tall and thin often with a sunken chest. He may experience a collapsed body and shoulders rolled forward to protect the heart from any kind of emotional pain. The body might slump downward. Often with locked knees and a shallow breath. Under developed muscles and the core energy might flow out to the arms and legs but it is very weak. He is prone to depression.

Fears:

Fear of abandonment. Fear of rejection. Fear of asking for what they want. Fear of being direct. Fear of confrontation. Fear of being alone. Fear of loss.

Energy Pattern:

Undercharged energy flow. Collapse in the middle and pulled down by gravity. Hard to hold one upright. Difficult to stick out one's chest and be noticed. Often wanting to hide by collapsing. Easily depressed. Frequently having low energy.

Characteristics:

Often dependent and clinging to others. Meek. Non-aggressive. The need to be held. A need to be nurtured and taken care of. Affectionate and "snuggable". Interested in others. Likes being held and being touched. Seldom gets angry but when they do it can be explosive. Often will rage when feeling abandoned.

An oral character will often explode in anger and blame if he feels like he has been abandoned. Abandonment can be perceived as something as mundane as someone has not returned a text or phone call quickly enough. Someone might be late showing up in person and the oral might explode in rage. They often blame someone else for their misplaced emotions. Instead of experiencing a more appropriate emotion like fear (I'm scared) or grief (I'm sad) they automatically revert to anger. An oral character might store up years or decades of anger behind a nice outer shell and will explode and release it all out at once when his abandonment issues are pushed. An inappropriate and excessive level of anger often explodes in this case.

For instance, we often see this in world events. A wife informs her husband that she is divorcing him. Instead of feeling his grief and surrendering into it he becomes explosive in his anger and acts out violently. A healthy individual would grieve when he experiences loss

or abandonment. An unconscious oral character will often explode in anger at his loss. His misplaced anger is just mimicking his past rage when he had awakened from his nap as a child and there was no one there to comfort him.

This character tends to hold back and not be assertive in his demands. For instance, if he enters a supermarket he will say "Can I please have a paper bag instead of a plastic one." He is afraid of rejection or of someone saying "no" to him so his asking is always timid and meek.

He is often very social and needs human contact to feel alive. He often looks to others for approval, judging his value on what others think of him. Often feels empty like there is never enough. He is often looking for someone to take care of him and make things better. Basic lack of trust in the world. Needs to feel like he belongs to a pack or tribe to feel safe.

Strengths:

He is often tuned in to others' needs. He is non-threatening and easy to get along with. He is easy to trust and very affectionate. He is a good helper and caretaker. He takes care of others because deep down inside he wants someone to take care of him. He is often agitated that he is not taken care of as well as he takes care of others. His timid personality could never ask for all his needs so he suffers in silence.

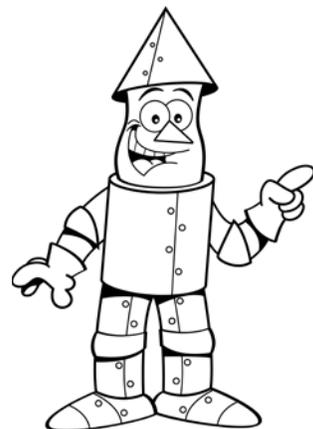
Orals are good rescuers and helpers. They are the ones to rescue dogs or adopt children. They make good nurses, massage therapists, healers, animal lovers, baby lovers, etc.

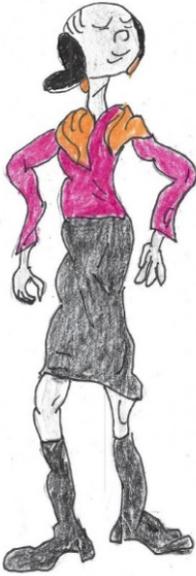
Goals in Relationships:

There is a significant need for intimacy. They are willing to give up everything else (control, power etc.) in order to have intimacy. Having intimate relationships is paramount to their existence. They need to be connected to someone. Often they are very romantic. They easily lose themselves in a relationship as they will do almost anything not to be abandoned. Often they alter their personality and give up their core values in order to stay connected to someone. They will often stay in dysfunctional and abusive relationships than to feel alone and abandoned. Their thinking is that living with the devil is better than being alone. If they were to verbalize "I love you" it would mean "Please don't leave me."

Healing:

Teach oneself how to self-nurture and not be dependent on others for your emotional well being. Learn to be alone. Learn to ask for what you need. Learn to accept rejection and loss.





Examples:

The *Tin Man* in the *Wizard of Oz* movie

***Olive Oyl*, partner of cartoon character, Popeye**

3. Masochist

“MASOCHIST”



Agenda:

Feeling of being burdened all the time. Having dread and hopelessness washing over you constantly. Low energy. Willing to suffer and put up with a lot. A sense of defeat. A wish to suffer. Victim consciousness.

Timetable for Wounding:

Around toilet training time where an over dominant parent is pushing the child to succeed and the child is resisting this push. The child develops a sense of self-sabotage in order to punish the parent for such a driving force. Often a passive father and an over-dominating mother. They are told that the parent will love them if they are obedient. Controlled impulses.

Body Structure:

May be bottom heavy, bogged down and over-weight. A heavy and collapsed body. Short and thick musculature but may be under

developed. May have excessive hair on the body. A short and thick neck. Skin may also be of a brownish color. Tight hamstrings trying to hold up the rest of the body. Flattened buttocks. A clumsy and awkward gait.

Fears:

Fear of taking chances and risks. Fear of being hopelessly lost or stuck. Fear of offending mother. Fear of expressing directly. Told that they will be loved if they are good.

Energy Pattern:

A highly charged person inside but a tightly held together person on the outside. Very compressed, sluggish and bogged down.

Characteristics:

A submissive attitude with a deep feeling of spite or negativity. A repressed sense of hostility. Still trying to rebel against mother but acts out against others rather than a direct assault on mom. May have a superiority complex. Knows how to enjoy the simple things in life like watching a movie, eating a filling meal or going to the bathroom. Suffers and complains but never really changes anything. Resistance to change. Often a complainer and never satisfied. Impatient. Often a collector or hoarder. They hold back their temper. Their thoughts are that they must be obedient in order to get love. Have a sense of just giving up. Life is too hard. Guilt is used to control others. They are usually the complainer and always act as the victim. Nothing is ever their fault.

Strengths:

Reliable, dependable, loyal and won't confront any wrongdoing. Hard worker who is willing to toil long hours in their suffering. Not expecting big things in life. Willing to work for low pay. Not risk takers or adventurers. Willing to travel for instance, but not too adventurously. These are the individuals who might take a cruise to a foreign land. Once the ship docks in a port they will only venture far enough off the ship in order to purchase their souvenir t-shirt and then make it back to the ship for their next meal. They make good librarians, laborers and city workers looking for an easy job with job security and a pension. Good workers for unions where they are guaranteed an easy life with lifetime benefits. Would never be an entrepreneur or start their own business as that would be too much risk. Good teachers, nurses and other blue collar jobs.

Goals in Relationships:

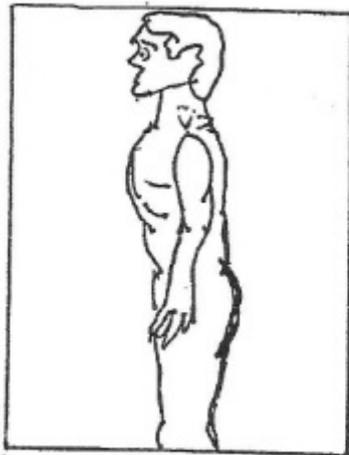
Honorable and loyal. Like a good dog they will stay with you to the end as leaving you would be too much effort. They are willing to put up with lots of abuse. Dependable and easy going. Submissive and

low key. Very low maintenance. Easily pleased. A date out at the local fast food restaurant would make them happy.

Healing:

Help to reduce the guilt and burden. Allow to work out the repressed anger and negativity. Stop the self-sabotage as they are not aware that they are still trying to punish mother for her over-bearing early childhood pressure. Help them to laugh at themselves and to break away from mother's control. Stand up for their rights. Don't just complain but take action steps.

4. Compensating Oral



"COMPENSATING ORAL"



Timetable for wounding:

Ages 2-4 years old

They realize after age two that in order to survive in the world that they must bury their inner feelings and show strength on the outside.

Agenda:

Does not show any weakness and must be strong in the world. Do not be vulnerable. The compensating oral character is essentially the oral character with an additional layer placed on top. Their true identity is fear of abandonment yet they place a hard outer shell on top of this to not appear vulnerable. They may look strong on the outside but will crumble emotionally under pressure. It is a facade of strength not an authentic strength. Often overly developed muscles. Sometimes with a "gunfighter's stance" as if they were ready for anything. Considers himself a "warrior" ready to go into battle.

He feels like he needs to do things himself and does not need anyone else's help. Overly independent to the fault. Will often be stubborn and reject help as he does not want to appear vulnerable and needy. He has an exaggerated sense of independence. He is always testing himself.

Body Structure:

Often athletic and muscled for men and women. Active lifestyle and often to the extreme like in adventure or extreme sports. A good many professional basket ball players are compensating oral characters (tall, strong and independent on the outside but weak and insecure on the inside). Competitive and often dominant (needing to win and a deep fear of losing).

Superman Analogy:

The oral character represents mild mannered and shy Clark Kent. He is timid and quiet. Once he transforms into Superman he puts another layer on top that is powerful, strong, independent and focused. This outer layer is like the Compensating Oral character.

Goals in relationship:

Eager to connect and be in relationship but not very eager to go deeply. Would rather have an active outer relationship than a deep and intimate one. A compensating oral would rather find a partner to go skiing with than one to lie on the couch and talk about one's feelings. They feel hampered and inefficient when it comes to expressing their authentic feelings. Their hard outer shell conflicts with their need for intimacy. They have a hard time being vulnerable.

Energy Pattern:

They have a strong outer shell around them like the bark of a tree. High pain tolerance as they often numb out to sensation. An active and alive core of energy and emotion but it is hard to get to. If the core is activated there is often a wave of deep emotions (like the death of a close person in their lives).

Strengths:

A good caretaker. Willing to work hard to make others happy. Often willing to deny their own needs to a fault. Seemingly self-sufficient and low maintenance. High energy, productive and worldly.

Fears:

Being vulnerable. Being swept away by emotions. Being out dueled by someone with emotional wisdom. They feel like they can navigate through life with strength and force while emotions become

their "kryptonite". Feeling out of control is scary so they spend a lot of energy staying in control.

Healing:



Break through the tough outer shell to one's deep inner feelings. Allow oneself to not just cry but to sob deeply. This is when you actuate the true inner self. Stop the hardening of the body and enjoy a softer existence like practicing yoga.

**Examples of Compensating Oral:
Superman**

5. Rigid



Agenda:

Needs to always be in control and in charge. Needs to control himself and others. Has to hold up and not collapse or be weak. Strong to the core and very loyal.

Timetable for Wounding:

Three to Four Years Old. A child feels like he is told "no" so often that he makes a commitment to control his world. Feelings of being out of control often set in motion an overly controlled world. In order to feel safe in the world he must always maintain control.

Body Structure:

The body is stiff with pride. A straight and rigid spine. A tight neck and shoulder area. Tight back and locked jaw. Stiff body with

rigid muscles. Muscles are very tense. Inflated chest with a body braced in anticipation of any challenge. Braced against conflict and the outside world. Strong and ready for any challenge ahead.

Fears:

Deep fear of being out of control. Losing control is the equivalent of death. Afraid of surrendering. Afraid of giving up. Fear of being taken advantage of. Fear of being trapped. Fear of being controlled by others. Fear of spontaneity as their life is orderly and detailed. They might be the one who needs to be the driver when riding in a car with them. They might be the one who is frequently going to have sea sickness as they cannot lose control and roll with the ship.

Energetic pattern:

Energy flows but it is limited. A rigid character is very protective of his heart with a tightness in the chest.

Characteristics:

Holds back the impulse to cry. Holds back anger and resentment. Very loyal and responsible. On time and the outward appearance of strength, pride and independence while a deep sadness and longing for tenderness resides inside. Good at completing tasks. Does not reach out for what he wants. Can be stubborn at times. Feels that if he lets go he might look foolish so he holds back. Very heart full and patriotic.

Needs to always be on guard. Longs for fatherly love. Often fears deep emotional commitments. Has a difficult time relaxing as he is often braced for action. He has a tendency to be the child who grew up too early and never had enough time just being a child. Love from father is often based on performance (i.e. If you mow the lawn I will love you). He had too much responsibility too soon. He is often a perfectionist and very determined to complete tasks. He won't give in easily. He may be highly sexual but does not feel complete satisfaction. Sees life as a problem to be solved. Is ready and at attention.

Short and compact body. Short neck and short legs. Makes for a good gymnast.

Strengths:

High achievement and success oriented. Very responsible. Exciting and daring. Self-confident. Worldly oriented. Ambitious and often aggressive. Very competitive and detail oriented. Able to get things done and complete tasks. Good actors and actresses. Good job foreman, police officer, military commander, soldier, astronaut, gymnast or athlete. Someone who you would want on your team that you could depend on.

Goals in Relationship:

Maneuvers to gain closeness. He can be close to another if he is in charge. He barter his way. He will give a certain amount as long as he is getting an equal amount back in return. May sabotage relationships.

Healing:

Express feelings and needs directly. Be gentle on yourself. Be encouraged to learn how to relax. Stop being productive at times. Begin to enjoy the pleasure of not having to do anything. Stop planning. Learn to play more. More free form exercise like playing Frisbee at the beach and less competitive exercise.



Examples of Rigid:

Most astronauts

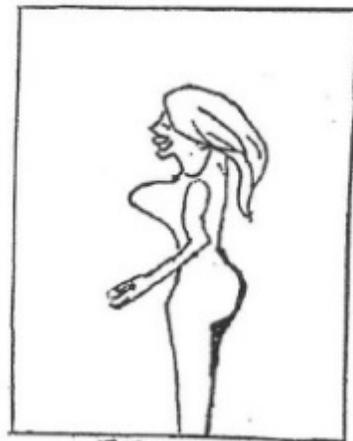
A military sergeant (he seeks control but not necessarily power) Good at leading and giving direction.

6. Psychopathic

“PSYCHOPATHIC”



MALE



FEMALE

Agenda:

Quest for power. Often a history of being controlled or dominated while growing up either by a parent or an older sibling. "I can be close if I am in charge" becomes the motto for intimacy.

Timetable for Wounding:

The quest for power becomes instilled between the ages of two and four. The child has a yearning for independence but is squished instead with him or her feeling powerless. He then makes a choice to never be powerless again.

Body Structure:

Male: Can have a powerful uplifted torso, large arms, broad shoulders with a chin drawn forward. Might have a big upper chest and weak lower legs. All the energy tends to be drawn upward and outward. A psychopathic could also be short and round or short and meek appearing. (Adolph Hitler and Napoleon Bonaparte were both psychopathic).

Female: Often with large breasts and a shapely and seductive figure. Cute and irresistible while enticing and breath-taking. She might also be on the heavier side that can often resemble the character type Masochist.

For both male and female, they have strong, watchful and wary eyes, staring one down with eye contact. Could also have shy and seductive eyes. They are not afraid to look you in the eye. Both are good-looking on the outside while their emotional pain might be carried on the inside. The head is held tightly in self-control. They often have an ungrounded energy as their legs are weak.

Fears:

Deep fear of being overpowered or dominated. They have a difficulty in admitting defeat. Fear of being used. Fiercely competitive. They do not like to lose at anything. Fear of looking bad or of being disgraced. I must never be wrong. Never to surrender. Never acknowledge feelings publicly. Feelings are a sign of weakness.

Energetic Pattern:

They are often frozen at their core with an inner/outer split. They might appear healthy and balanced on the outside but have a deep conflict on the inside. They do not like to appear weak or to be imperfect. Appearance is vitally important to them. May have a rigid neck and spine with a repressed rage deep inside. With the male version more energy travels up to the upper body and less to the genitals. The female version is often just the opposite as the energy travels strongly downward to overcharge the pelvis. This may create a hype-sexual person but often deep feelings are lost in the process.

Characteristics:

Often can be sneaky. They might show on the outside appearance that they are in good standing but behind closed doors they might have shady things going on. They are deeply invested in

their image. They will buy expensive clothes, cars, homes, jewelry etc. in order to appear that they have made it to the top.

They are not willing to show weakness which includes emotional weakness. They do strive for pleasure like ordering a fancy bottle of wine or smoking a nice cigar. They will often bully or seduce in order to remain in the position of power. Good at manipulation and intimidation. Often spending inordinate amounts of time trying to find schemes in how to stay in power. Wary of others who might attempt to take away his power. Can have deep friendships with others like him (because they understand each other).

However, he might surround himself with others who are not people of power. This way he will never have anyone to challenge him. He seeks out meek and naive people whom he can manipulate and cannot challenge his authority. People who might confront him are removed from his life. He needs to be in control and pull all the strings. He has a need for intimacy but only as long as he has the power. He will not give up power in order to be intimate. In other words, even if he feels a deep sadness he might not cry because that would mean a loss of power.

Especially seen in the female version where sexuality is used as a power play to conquer. Performance is more important than sexual pleasure. She tries to appear weak at first with her charm then will dominate once she has secured the power. She can be like the Venus Fly Trap or the Black Widow Spider, luring at first then dominant and deadly in the end. Always needs to be one up. Will surround herself with naive and gullible people. She is often playing a strategic game in order to gain power and surrounding herself with others who have no idea that there is a game going on.

This character will often pay the check in a restaurant to appear powerful. Has an exciting career like a lawyer, doctor, actress, or politician. Career is much more satisfying and important than family or children. Is often very cunning and street smart. She will often act out of rage if her power is taken from her. They are very good at manipulation. They often hold the "chameleon" character as they are easily able to mold themselves to different strategies in order to stay in power. If bullying and domination become ineffective than they might resort to seduction and charm. They do not necessarily get mad; they get even. They frequently have narcissistic tendencies believing that they themselves are the center of the universe.

Strengths:

They are very success oriented. Good leaders, managers of others and able to see the "big picture." Good public speakers and good dressers. A very polished public self. They can be charming and charismatic as well as entertaining and cool under pressure. They make for good planners, business executives, statesmen and CEOs of companies. Good presidents, generals, salesmen, shamans, popes,

psychics, world leaders and doctors. They embrace the role to be out in front of any organization.

Goals in Relationships:

They can have intimacy if they remain in power. They often choose one-sided relationships with someone who is weaker (emotionally) than they are. They need to be wanted and chased. They need to "wear the pants in the relationship". They need to have followers and the more the better. They often rule by chaos pitting people against each other than coming in as the peace-maker.

Healing:

Allow themselves to develop trust in others. There is a need to balance their perspective on power. They need to learn how to self-empower rather than to steal power away from others. Stop games and manipulation and learn how to be more direct and truthful. Learn to feel vulnerable. Work through the anger held deeply inside of someone early on taking away their power. Be patient. Need to feel respected. They need to feel in charge so that they can have intimacy. Allowed to make their own decisions without someone telling them what to do.

Examples of Psychopaths:

Napoleon Bonaparte



Marilyn Monroe

Conclusion

Frequently more than one character type can be in operation at the same time. One character type might be dominant as the other one runs silently in the background surfacing from time to time. For instance, someone might have an oral/schizoid personality. This identification means that at the core of who they are they do not trust in the Universe and the world is an unsafe place. If they are predominantly oral they will seek relationship and connection as a way of feeling safe and protected. Relationships and intimacy are the resources to keep from feeling the terror of the schizoid.

Another person might have an oral/psychopathic personality and the psychopathic personality is the dominant trait. This identification means in their quest for power they can also have intimate relationships as long as they do not have to give up power in order to do so. Often their relationships are one sided with the psychopathic holding all of the power. However, two psychopathics in a relationship together can be a dynamic "power couple" or will tear each other apart in the quest for power.

Character analysis is the strongest where one is under stress or fear. An oral will collapse under stress while a psychopath will often bully or dominate under stress. The masochist just tends to give up where the pressure is too much.

In order to have a more authentic world it is important to understand how each of us individually sees the world. Even within our own families we all see the world differently. These character traits will help each of us to begin to understand ourselves even more clearly. Families, tribes, groups, and nations can have a more authentic dialog with each other once we all understand what it is that we are trying to say.

Resources

ReichandLowentherapy.org

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