

Pathwork Steps

Personality Traits of Reason, Will and Emotion Page 1 of 2

Traits and Adaptive Behavior	Personality Type as outlined in Pathwork Lecture 43 (PL43)		
	REASON	WILL	EMOTION
Core ‘Angel’ PL43	Wisdom	Courage	Love
Core gift to all PL84	Serenity	Power	Compassionate Love
Core childhood pain, worst fear	Pain, rejection, chaos	Helplessness, annihilation, losing	Rage, frustration, abandonment
History or perception of child	Parent rejected child = rejection is possible	Parent defeated child = child felt unimportant, unseen, powerless	Parent frustrated child = aggression or withdrawal are not permitted
Life/Death generalization 100/100 PL143	Love or no love	Control or no control	Pleasure or no pleasure
Pseudosolution	Acceptance	Control	Pleasure
Primary defense PL101	Withdrawal: disconnection	Aggression: winning, safety	Submission: bartering for love
When defended, each type is unable to	Allow free flow of feelings, connect with intuition	Serve reason or emotion as appropriate; must control them	Accept that sometimes there is pleasure, and sometimes ‘not pleasure’
Main Image: “to be loved I must...” PL93	Get approval, validation, objective proof	Be seen and heard or famous and successful	Be good, do it all, please others so they must love me
Idealized self image (ISI) PL84	Glory, approval	Triumph, fame, success	Vanity, spiritual pride (invisible)

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Traits and Adaptive Behavior	Personality Type as outlined in Pathwork Lecture 43		
	REASON	WILL	EMOTION
Mask PL14	False serenity	False Power	False love or beauty
Repressed need PL92	Receive emotional warmth and affection	Be seen and understood on an emotional level	Have contact and feel connection with others
Real need PL192	Love, approval for ones real self, developing capacity to love	Being seen and heard for real self, valuing being as well as doing	To express and assert real needs for pleasure while accepting reality
Forcing current PL77 & PL84	Withdrawal	Aggression	Submission
Manipulation of feelings (energy) PL235	Constriction, obsessive order, stagnation preferred to chaos	Constriction AND exaggeration to gain control, conquer, win	Exaggeration and dramatization to create or hold pleasure
Lower self defense of child PL30	Pride, rigidity “I am better than...”	Self-will “I must have...”	Fear “I’m afraid of...”
Personification of evil as adult PL248	Materialism, proof, rejects intuition	Separation, superiority	Half truths and confusion
Outlook: the world and people are...	Just fine	Really bad	Really good
Real Self Qualities	Harmony, balance, clear perception	Leadership , direct knowing, courage,	Connection, unity, oneness
When undefended, each type will be able to...	Experience deep level of feeling because they see so clearly	Freely use and support wisdom and love as appropriate	Create connection, focusing upon being one with all