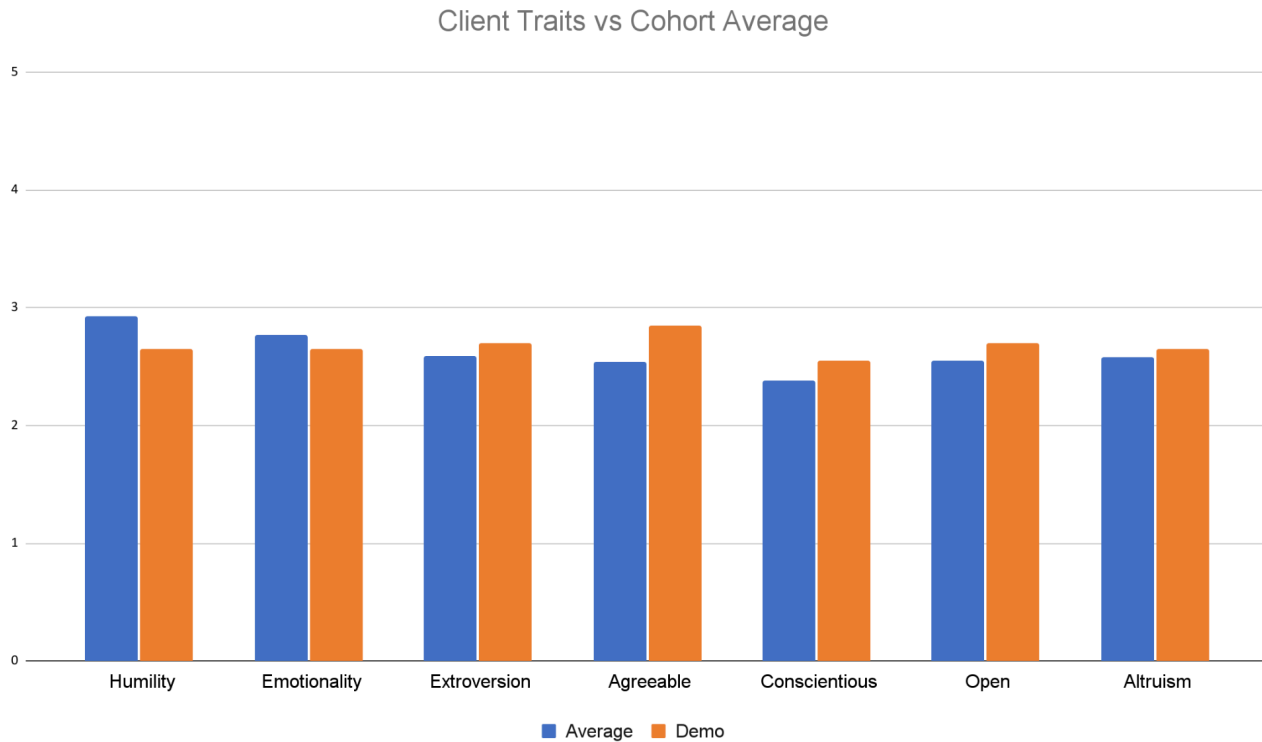


# Navigating Life

*Pivotal Insights, LLC*

# Personality assessment

Hexaco (Humility, emotionality, extroversion, agreeable, conscientious, openness to experiences) an assessment based on the 'Big Five' the most widely used personality assessment for research. Results of 100 question survey.



**Honesty-Humility** - Persons with very high scores on the Honesty-Humility scale avoid manipulating others for personal gain, feel little temptation to break rules, are uninterested in lavish wealth and luxuries, and feel no special entitlement to elevated social status. Conversely, persons with very low scores on this scale will flatter others to get what they want, are inclined to break rules for personal profit, are motivated by material gain, and feel a strong sense of self-importance.

**Emotionality** - Persons with very high scores on the Emotionality scale experience fear of physical dangers, experience anxiety in response to life's stresses, feel a need for emotional support from others, and feel empathy and sentimental attachments with others. Conversely, persons with very low scores on this scale are not deterred by the prospect of physical harm, feel little worry even in stressful situations, have little need to share their concerns with others, and feel emotionally detached from others.

**eXtraversion** - Persons with very high scores on the Extraversion scale feel positively about themselves, feel confident when leading or addressing groups of people, enjoy social gatherings and interactions, and experience positive feelings of enthusiasm and energy. Conversely, persons with very low scores on this scale consider themselves unpopular, feel awkward when they are the center of social attention, are indifferent to social activities, and feel less lively and optimistic than others do.

**Agreeableness** (*versus Anger*) - Persons with very high scores on the Agreeableness scale forgive the wrongs that they suffered, are lenient in judging others, are willing to compromise and cooperate with others, and can easily control their temper. Conversely, persons with very low scores on this scale hold grudges against those who have harmed them, are rather critical of others' shortcomings, are stubborn in defending their point of view, and feel anger readily in response to mistreatment.

**Conscientiousness** - Persons with very high scores on the Conscientiousness scale organize their time and their physical surroundings, work in a disciplined way toward their goals, strive for accuracy and perfection in their tasks, and deliberate carefully when making decisions. Conversely, persons with very low scores on this scale tend to be unconcerned with orderly surroundings or schedules, avoid difficult tasks or challenging goals, are satisfied with work that contains some errors, and make decisions on impulse or with little reflection.

**Openness to Experience** - Persons with very high scores on the Openness to Experience scale become absorbed in the beauty of art and nature, are inquisitive about various domains of knowledge, use their imagination freely in everyday life, and take an interest in unusual ideas or people. Conversely, persons with very low scores on this scale are rather unimpressed by most works of art, feel little intellectual curiosity, avoid creative pursuits, and feel little attraction toward ideas that may seem radical or unconventional.

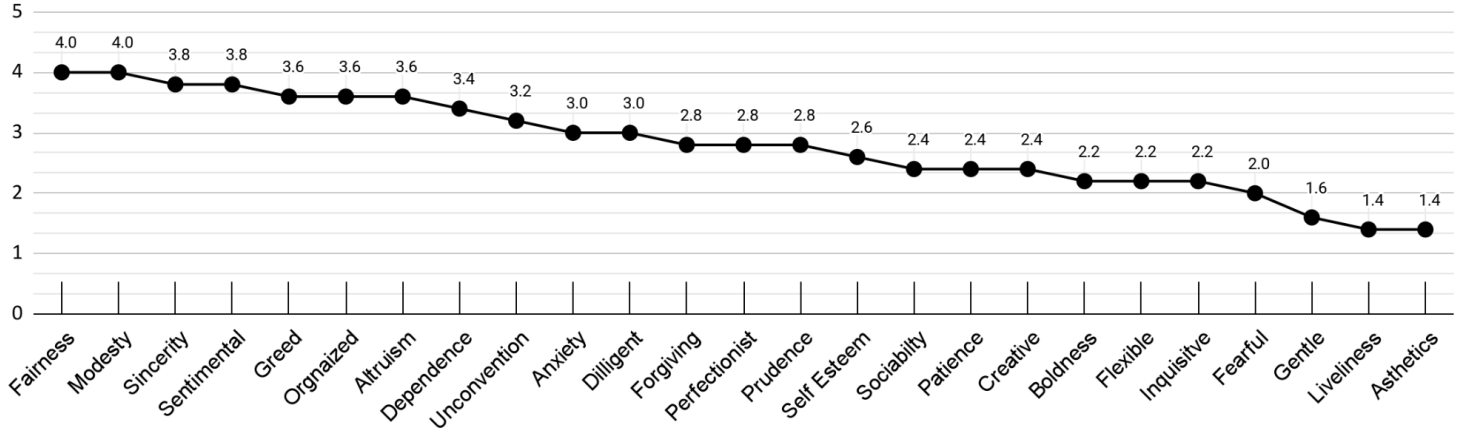
## Facets

The facets in HEXACO assessment are the personality components that make up the Traits from the previous chart.

Traits	Facets	Demo	Average	Delta
Humility	Sincerity	2.2	2.7	(0.5)
	Fairness	2.6	3.3	(0.7)
	Greed avoid	3.0	2.7	0.3
	Modesty	2.8	3.0	(0.2)
Emotionality	Fearful	2.2	2.0	0.2
	Anxiety	2.8	2.6	0.2
	Dependence	3.6	2.5	1.1
	Sentimental	1.6	2.4	(0.8)
Extroversion	Self Esteem	2.8	2.7	0.1
	Boldness	2.6	2.7	(0.1)
	Sociability	3.6	2.6	1.0
	Liveliness	3.0	2.7	0.3
Agreeable	Forgiving	1.4	2.4	(1.0)
	Gentle	2.0	2.4	(0.4)
	Flexible	1.8	2.2	(0.4)
	Patience	2.2	2.4	(0.2)
Conscientious	Organized	1.0	2.4	(1.4)
	Diligent	2.2	2.9	(0.7)
	Perfectionist	1.2	2.2	(1.0)
	Prudence	1.2	2.1	(0.9)
Openness	Aesthetics	1.6	2.4	(0.8)
	Inquisitive	1.4	2.6	(1.2)
	Creative	2.8	2.8	0.0
	Unconventional	1.0	2.6	(1.6)
	Altruism	4.0	3.3	0.7

# Pareto Analysis

Facets - Highest to lowest



See descriptions of each trait in the appendix of this document

# Self Assessment

## *Key Traits for Navigating Life*

The purpose of this assessment is to help men find their path to fulfillment out of the darkness of unhealthy coping and damaging characteristics. There are many, many dimensions to this journey and it often feels like **everything** has to change. The way we act, connect, address conflict, communicate, shift from negative thinking, focus on others, become humble and vulnerable and learn to love ourselves and others to name a few. It is a daunting task.

The three dimensions that come up over and over in recovery literature can be lumped into these buckets: awareness, mindset, and life pivots (those that embody real change), and success requires all three. Awareness and Pivots without the right Mindset is someone checking the box, Awareness with Mindset is someone who is not committed to making the necessary changes. Mindset and Pivots without awareness is someone who hasn't dug into their past and is likely flailing.

**Awareness** - I have a really strong sense of what is going on in me and around me (with other people or events) that are affecting my emotions and recognizing when my past wounds are influencing my present responses.

**Mindset** - I have adopted a growth mindset vs a fixed mindset and am committed to doing whatever it takes to be a healthy, sober, connected contributor to my marriage, family and faith.

**Pivots** - I have a plan and have developed a cadence of habits, routines and actions to help me remain aware, committed and attuned to life. I reflect on and learn from my mistakes and don't beat myself up, and don't have to be Mr Right!

The following page is a simple self assessment to help you determine where you are on each of these factors, and overall. You may complete each facet, and then record the averages on the bottom of the page on your own or with our spouse.

## Recovery scorecard - (% achieved relative to your goal)

			Current rating	0-100%
<b>Mindset</b>	<i>Willingness</i>	committed to being done, and committed to doing whatever it takes		
	<i>Faith</i>	found success in seeking God's will vs my will		
	<i>Acceptance</i>	surrender what I cannot control (powerlessness) and change that which I can		
	<i>Resilience</i>	have an adequate level of confidence and ability to stand up for myself		
	<i>Growth</i>	am committed to grow and learn from my mistakes		
	<i>Perspective</i>	have internalized that I am a child of God, forgiven, worthy and loved		
	<i>Fulfillment</i>	am living in joy, love with purpose and not being mr right		
<b>Awareness / Attuned</b>	<i>Imprints</i>	have processed painful childhood experiences (trauma), people and institutions		
	<i>Inner child</i>	have a strong awareness of my kid, his triggers, and activation scenario's		
	<i>Thoughts</i>	<i>have the ability to recognize and overcome intrusive thoughts, images</i>		
	<i>Belief's</i>	am able to relabel unhealthy beliefs		
	<i>Feelings</i>	am able to sense and express emotions in a healthy way (esp shame/fear)		
<b>Pivot and action</b>	<i>Empathy</i>	have the ability to sense and speak into wife's emotions		
	<i>Her pain</i>	can allow my spouse to vent, validate her pain and not become defensive		
	<i>Connection</i>	Turned from isolating/manipulation/lying to honesty/humility and being present		
	<i>Boundaries</i>	able to establish and adhere to my own and others boundaries		
	<i>Regulation</i>	able to respond effectively in conflict when pressures rise		
	<i>Sobriety</i>	have the tools to remain sober, and emotionally/spiritually connected		
	<i>Fellowship</i>	am connected with other men, attending meetings		
	<i>Expectations</i>	have reasonable expectations of myself and others		
	<i>Resentments</i>	have processed past and current resentments and learned to forgive		
	<i>Amends</i>	have made amends and continue to where necessary		
	<i>Greif</i>	have the ability to recognize and process grief		
	<i>Serving</i>	am meeting my goal for serving others		
<i>Cadence</i>	am committed to a vision, plan and following an action plan			
<b>Averages</b> ___%	<b>Avg Mindset</b> ___%	<b>Avg Awareness</b> ___%	<b>Avg pivots</b> ___%	<b>Overall</b>

## Trauma egg

(By Marilyn Murray and the Murray Method)

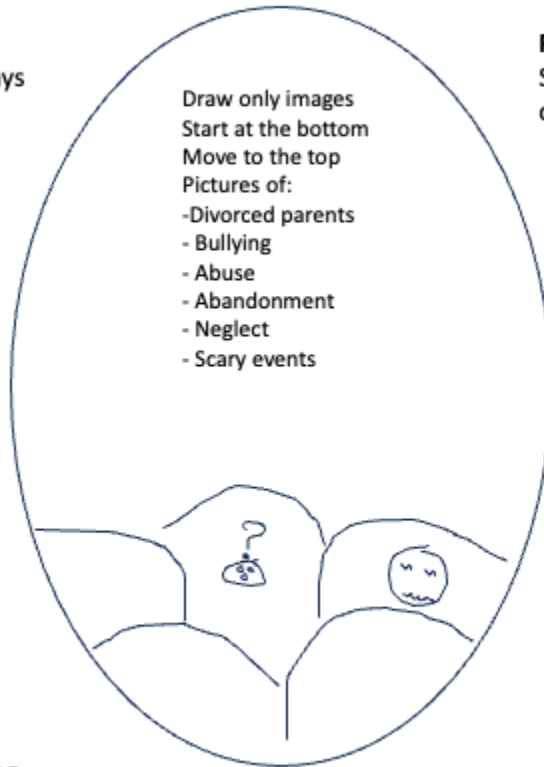
1. Draw an Egg: Draw a big oval egg on a large sheet of paper.
2. Reflect on Your Father: On the bottom left corner write "Father" and list words to describe your Dad - both positive and negative.
3. Reflect on Your Mother: In the bottom right corner write "Mother" and list words to describe your Mom - both positive and negative.
4. Reflect on Your Family Rules: On the top left corner write down your Family Rules - spoken or unspoken - such as be good, life is hard, fit in, make money etc.
5. Reflect on Your Role in Your Family: On the top right corner write down your Family Roles - for example, problem child, family clown, good daughter, scapegoat etc.
6. Write Down or Draw Your Traumas: Inside the trauma egg, beginning with your birth, "grow yourself up" by writing down or drawing symbols of your adverse life experiences from the earliest age you can remember onwards up the egg chronologically. Draw a bubble for 5-10 events in your life that were most painful or difficult. Consider event that hold profound disappointment, betrayal, anxiety or abuse.
7. Consider Your Trauma Influenced Mission: Adverse life events engender limited beliefs. At the top of the egg write down your "Mission" as it was influenced by trauma - starting with, "Life is...people are...I am...therefore I will..."
8. Look for Major Themes: Look for common themes in your adverse experiences - for example, neglect, abandonment, high expectations, despair and so on.
9. Revision your Mission. If you could go through your life again without experiencing your traumas and adverse experiences, what would your mission be? Rewrite your life mission in a way that inspires you.



**Family boundaries**  
(lose, mild, rigid)

**Family Rules**  
e.g. never late, always  
neat, perfectionism

**Family Roles**  
Star, baby, spoiled, in  
charge, fixer



**Dad**  
Few words describing  
his up brining

**Mom**  
Few words describing  
her up brining

## **Emotional Imprints**

Negative childhood experiences (trauma) lead to specific beliefs (I am unlovable), and to find ways of coping. These coping tools can evolve from stealing sips of beer to alcoholism as an adult, or from seeing a playboy magazine to infidelity as an adult.

The evolution in childhood progresses from trauma, to need for relief, to beliefs that stay with us and lead to progressively destructive coping mechanisms.



## Trauma Timeline

Trauma can be big “T” such as physical or sexual abuse, parents rage or divorcing, being bullied and ridiculed and small “T”: called names, ignored, unseen, etc... Write out a brief phrase for each area of negative experiences as early as you can remember. Don’t judge or minimize any event regardless of how little it might seem. A push, a look, a negative comment or gesture can be emotionally distressing.

	<b>Early childhood</b>	<b>Adolescent</b>	<b>Early adult</b>
<i>Abandoned</i>			
<i>Physical abuse</i>			
<i>Sexual abuse</i>			
<i>Religious abuse</i>			
<i>Bullied</i>			
<i>Emotional abuse</i>			
<i>Divorce</i>			
<i>Death</i>			
<i>Prison</i>			
<i>Genetics (family tree)</i>			

## Beliefs / Messages

*Born in childhood that still persist*

As you reflect on your childhood, what are the most impactful beliefs that you still carry that have an influence on how you think about yourself, and those that have some influence on your behaviors.

<i>"I am ..."</i>	<i>Strongly disagree</i>	<i>Disagree</i>	<i>Neutral</i>	<i>Agree</i>	<i>Strongly agree</i>
<i>Unloveable</i>					
<i>Unworthy</i>					
<i>Can't cope</i>					
<i>Bad</i>					
<i>A disappointment</i>					
<i>Disposable</i>					
<i>On my own</i>					
<i>Others</i>					
<i>1</i>					
<i>2</i>					
<i>3</i>					

# Coping

## *My unhealthy means for finding relief*

Rate the ways in which you betrayed yourself, your values / faith / God, spouse, family, workers, church, friends, and describe the most often circumstance or situations. E.g. I lied when I was afraid that I made a mistake or would get yelled at or cause conflict.

	<i>1= never 5= very often</i>	<i>Circumstances</i>
<i>Dishonesty (e.g. secrets, lying, half truths)</i>		
<i>Abuse (verbal, physical, neglect)</i>		
<i>Acting out (porn, sex, clubs)</i>		
<i>Escape (isolating, workaholism)</i>		
<i>Alcohol/Drug abuse</i>		
<i>TV/Social Media .. Other</i>		
<i>Neglect</i>		
<i>Other</i>		
<i>1</i>		
<i>2</i>		
<i>3</i>		



## Your kid profile

After reading about each of the kids in ‘Going Deeper’ (there is also a summary in the appendix of each kid for reminder) - rate the kid’s you most connect with. The inner child is the amalgam of our memories, experiences, beliefs and triggers that were born in the crucible of our childhood and are still driving much of our adult behavior today.

Download or buy “Going Deeper”, Dr Eddie Caparucci, and the workbook by clicking [here](#). This book goes into great detail about the inner child and the 12 profiles.

	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly agree</b>
<b>Bored</b>					
<b>Unaffirmed</b>					
<b>Unnoticed</b>					
<b>Voided</b>					
<b>Need for Control</b>					
<b>Entitled</b>					
<b>Inferior</b>					
<b>Stressed</b>					
<b>Sexually stimulated</b>					
<b>Spiritually abused</b>					
<b>Enmeshed</b>					
<b>Unwanted</b>					

## **Introducing my kid**

**Write the story of your kid.** *E.g he is a small, sensitive guy, who gets very scared in conflict, desperately wants to be loved, affirmed, and connected but does not know how. He feels lonely and unimportant and feels like he has to scream (figuratively) or perform to get attention. He doesn't feel like he fits in anywhere and does not feel safe around people who treat him unfairly, or are mean and inconsiderate. He doesn't know how to set boundaries or stand up for himself.*

**What are the most troubling beliefs and vows he carries?**

*E.g. "i'm bad, unworthy, unloveable, can't cope..."*

**When does he get most activated?**

*E.g. when he feels alone, or away from home (abandoned), when you are overly stressed, ignored or rejected.*

**What feelings arise that give you an indication he is getting activated?**

*E.g. fear, sadness, feeling neglected, abandoned, ignored, unheard, unwanted*

**How do you calm him down and nurture him in times of struggle?**

*E.g. when he gets activated, saying out or non verbally "it's ok, we will get through this, no one is going to harm you".*

# Core Emotional Triggers

	How strong? 1-very little, 10-extremely	When does it occur most often
Controlled		
Abandoned		
Rejected		
Punished		
Ignored		
Blamed (unfairly)		
Incompetent		
Disappointment		
Lost		
Other		
1		
2		
3		



## Activation scenario's

*What are the top 3-5 situations for acting out*

Situation	Common CET
E.g. Alone, traveling, bored, stressed	Feeling abandoned



## **Unburdening - aka “dump the junk”**

Two of the most impactful aspects in developing emotional resilience is unloading resentments of the past and present and unreasonable expectations of yourself and others.



**Resentments**

<b>Who</b>	<b>What happened</b>	<b>Affect on you</b>	<b>Your role in it</b>

## Expectations

Person, situation	Expectation	Affect on you	I am going to let go of it because...

**Shame / Fear**

<b>Person, situation</b>	<b>Situation/Event</b>	<b>Affect on you</b>	<b>How you will respond now?</b>

# Navigation Plan - Charting the Course

# My Pivots

## For navigating life's turbulence

Once you have completed the early stages of mindset and awareness it is now time to move into developing the plan (aka Pivots). We use the term pivot because it is a commitment to make a shift in your life to a new way of living from old habits, behaviors and unhealthy traits (e.g. manipulating) to a new way of living, taking a different course.

Who / why – Your Compelling Objective – who do you want to be as a ‘new man’? Why is this so important? e.g. “I am leaving a legacy for my children. I want them to see a model of someone who can come through the darkest moments of life and live a full healthy life and renewed in my faith.”

The present – write about the unhealthy behaviors, habits and shortcomings that have scared you, your family, and your relationship with God? How are these behaviors affecting your life today? What are your core emotional triggers, inner child profile, blind spots (see “Going Deeper”), and coping mechanisms?

The past– characterize the wounds (neglect, abuse, abandonment) of the past, and the people and institutions who contributed as well as the impact these had for your life. What beliefs do you hold on to from these experiences (unworthy, unlovable, not good enough)? What if any vows did you adopt that are still present today (e.g. I will never trust another person, or I have to do it all on my own).

Acceptance (Repent, forgive, grieve) – in order accept what happened and move on repent for what they have done (making amends using the 12 steps), learn to forgive: themselves, God and their perpetrators, and grieve so they may accept their losses (e.g. childhood innocence), What do you still have to repent and make amends for, who must you forgive (yourself?), and what grieving must still take place?

Mindset –You are a beloved child of God, and not defined by your unhealthy behaviors and character traits, each can be managed and changed. What will it take for you to adopt the mindset of ‘the new you’? What new traits (confidence, humility, vulnerability, presence, awareness), habits and routines will be the cornerstone of the new man?

Goals / Commitments – what are your goals and commitments to honoring God, your spouse, your family, and yourself in healthy constructive ways? What are the tools, books, talks, podcasts, meetings, fellowship groups that you will employ in your recovery? What will it take to adopt the new mindset?

The Team – most men who suffer from addictions do it in the dark on their own, to recover they will do it in community and fellowship. Who will be on your team (recovery groups, spiritual advisor, coach/therapist, accountability partner, person who knows everything)? Who can you count on, who will know everything about you, who can see into your pain?

## Three circle plan

Dr. Patrick Carnes' Three Circles is a concept used in addiction recovery, particularly in the treatment of sexual addiction. It's a tool that helps individuals manage their behaviors by categorizing them into three distinct circles:

**Inner Circle (Inner Boundary):** This circle contains the addictive behaviors that one is trying to abstain from. These are the behaviors that are considered unhealthy or destructive, and which the individual recognizes as part of their addiction. For someone with a sexual addiction, this might include specific sexual acts, use of pornography, or other behaviors they are seeking to stop. The goal is to stay away from everything in the Inner Circle to maintain sobriety.

**Middle Circle (Middle Boundary):** The Middle Circle includes behaviors that are not necessarily part of the addiction but could lead to the addictive behaviors in the Inner Circle. These are often referred to as "slippery" or risky behaviors. They are warning signs or triggers that could lead to a relapse if not managed properly. For example, this might include visiting a bar where previous addictive behavior occurred, browsing the internet without filters, or engaging in flirtatious conversations. The purpose of identifying these behaviors is to maintain awareness and vigilance.

**Outer Circle (Outer Boundary):** The Outer Circle encompasses healthy, positive behaviors that promote sobriety, well-being, and a fulfilling life. These are activities and practices that support recovery and personal growth. They are the opposite of addictive behaviors and are encouraged as part of a healthy lifestyle. Examples might include exercise, spending time with supportive friends or family, engaging in hobbies, attending support group meetings, or practicing meditation and mindfulness.

The Three Circles tool is a practical way for individuals to clearly define and understand their behaviors in the context of addiction recovery. It helps in creating boundaries and developing strategies to maintain sobriety and pursue a healthier lifestyle.

<b>Outer circle</b>	<b>Middle circle</b>	<b>Inner circle</b>



## **New Habits (pivots)**

Charles Duhigg, in his book "The Power of Habit," describes the concept of habits as a three-phase loop. This loop consists of the following phases:

- **Cue (or Trigger):** This is the first phase where a particular stimulus triggers the habit. The cue signals the brain to go into automatic mode, setting off the sequence that leads to the habitual behavior. Cues can be anything from environmental signals, time of day, emotional states, particular thoughts, or the actions of others.
- **Routine:** This is the actual habitual behavior, action, or thought process that is triggered by the cue. It's the routine or habit you're accustomed to performing when you encounter the cue. This could be anything from smoking a cigarette, going for a run, eating junk food, or automatically checking your phone.
- **Reward:** The final phase is the reward, which is the benefit or pleasure derived from the routine. The reward helps your brain determine if this particular loop is worth remembering for the future. Over time, this process of experiencing the cue, performing the routine, and enjoying the reward becomes more and more automatic, solidifying the habit loop.



## Habit Loop Template

Understanding this loop is crucial because it forms the basis of how habits are created and maintained. It also provides a framework for changing habits: by identifying and altering cues and rewards, you can transform detrimental habits into beneficial ones. For example, replacing a bad routine with a healthier one while keeping the same cue and reward can lead to the formation of new, positive habits.

	<b>Cue</b>	<b>Routine</b>	<b>Reward</b>
<b>Example (old)</b>	<b>Feeling stressed in the afternoon</b>	<b>Eating unhealthy snacks.</b>	<b>Enjoyment from the taste</b>
<b>Example (new)</b>	<b>Be aware of stress as a trigger</b>	<b>Go for 10 min walk, or breathe</b>	<b>Relief and accomplishment</b>

### Your top 3 habits to change

	<b>Cue</b>	<b>Routine</b>	<b>Reward</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			

# Appendix

## **The Kids**

*From “Going Deeper”, Dr Eddie Capparucci*

## **The Bored Child**

These children were often raised in an environment that offered little positive interaction among family members. Even if surrounded by people, they felt isolated and alone. They grew up learning to entertain themselves, and they find it more comfortable to be alone than with others. At some point, they discovered sex and experienced a level of stimulation they had never felt before (imagine porn being the first time you felt mentally and emotionally excited). They spend a lot of time in their own head, because they spent a lot of time alone.

## **CETs for the Bored Child**

I am alone.  
I am invisible.  
I feel empty.  
I am jealous.  
Life has no purpose.

## **The Unnoticed Child**

These children never felt they belonged. They had to chase friends and family members. They were rarely sought out. Today, they still have the craving to belong. They want to feel as though others want to chase them and seek them out. Their desire for attention is so strong that whatever they may receive from their spouse or partner is not satisfying enough. Therefore, they seek out additional attention from others to satisfy their emotional desires.

## **CETs for the Unnoticed Child**

I feel rejected.  
I don't belong.  
I have been dismissed.  
I am forgotten.

## The Unaffirmed Child

Many of these children grew up receiving little in the way of praise. Some may have received a constant stream of criticism. The result? They suffer from low self-worth and are hypersensitive to criticism, whether real or perceived. Their quest is to seek affirmation and be desired.

CETs for the Unaffirmed Child

I am a failure.

I am a disappointment.

I feel incompetent.

I am a mistake.

## The Emotionally Voided Child

These children have a **difficult time emotionally connecting** with others. Along the way, they received the message that **feelings were not important**—and perhaps dangerous—and therefore, they are now unable to emotionally bond in a healthy way with others. They **use sex and physical intimacy as a substitute for emotional intimacy**. They believe they are emotionally attached, but the only attachment they have formed is through physical intimacy. In many cases, this leaves their partners feeling used.

Common challenges:

- Cannot connect
- Inability to express or manage their emotions
- No ability for empathy
- Want to try to fix the problem

CETs for the Emotionally Voided Child

No one needs me.

I feel lost.

I feel numb.

I am different in a bad way.

I don't fit in.

## The Need for Control Child

Growing up in a chaotic environment, these children **seek to control their surroundings**. Why? Because, as the past demonstrated to them, when a situation is out-of-control, they suffer consequences. Now, **by taking control, they believe they are preventing bad things from occurring** in their lives. For them, **sex serves as a distraction** from the events happening in their lives over which they have no control.

“Porn was a light in all the darkness”

“If we are in charge, bad things can’t happen”

#### CETs for the Need for Control Child

I feel powerless.

I have been cheated.

I feel trapped.

I am not safe.

#### The Entitled/Spiteful Child:

These individuals were either **the golden boy** or made to **feel de-valued** as children and teenagers. **They lacked a voice** or felt their desires and needs did not matter. As they got older, they **turned to sex as a reward for themselves**. Their **worldview now is “I deserve this.”** When things in life do not go their way, this emotional trigger may cause them to act out.

#### Common theme’s

Unappreciated or devalued

Life’s not fair

Rationalizing: ‘it’s not hurting anyone’

I need it to cope, I deserve relief

#### CETs for the Entitled/Spiteful Child

Life is not fair.

I have no voice.

I feel overlooked.

I feel threatened.

#### The Inferior/Weak Child:

These children were conditioned (by parents, siblings, peers, and others) to believe they are **weak and inferior** (one down as Henry Cloud says in “Changes That Heal”). Therefore, they use sex to feel empowered. Or they engage in sex to **reinforce their sense of inferiority**. They may focus on fantasies that involve dominance and submission. Their worldview is **“I deserve to be used” or “I must use others.”**

CETs for the Inferior/Weak Child

I am a fraud.  
I am pathetic.  
I do not matter.  
I am powerless.  
I am useless.

### **The Stressed Child:**

These children grew up **feeling very anxious**. They may have been raised in an **environment** that produced **neglect, abuse, or trauma**. In many cases, they are desensitized to their anxiety and may not even be aware that it exists. At some point, they discovered sex and realized it **soothed their anxiety** by serving as a **distraction** to the chaos in their everyday lives.

CETs for the Stressed Child

I feel uncomfortable.  
I am going crazy.  
I lack confidence.  
I feel restless.  
I feel panicked.

### **The Early Sexually Stimulated and/or Abused Child:**

These children were **subjected to sexual stimulation** at an early age, whether it was accidentally stumbling across pornography or being sexually molested. This early sexual stimulation can lead to **many irrational beliefs about sex and themselves**, including that **they are “dirty” or “bad.”** In that case, they may utilize sex to punish themselves or to hurt others.

CETs for the Early Sexually Stimulated and/or Abused Child

I am not safe.  
I feel worthless.  
I feel damaged.  
I feel used.  
I feel defective.



## ***Descriptions of Traits and Facets***

### **Honesty-Humility Trait**

The **Sincerity** scale assesses a tendency to be genuine in interpersonal relations. Low scorers will flatter others or pretend to like them in order to obtain favors, whereas high scorers are unwilling to manipulate others.

The **Fairness** scale assesses a tendency to avoid fraud and corruption. Low scorers are willing to gain by cheating or stealing, whereas high scorers are unwilling to take advantage of other individuals or of society at large.

The **Greed Avoidance** scale assesses a tendency to be uninterested in possessing lavish wealth, luxury goods, and signs of high social status. Low scorers want to enjoy and to display wealth and privilege, whereas high scorers are not especially motivated by monetary or social-status considerations.

The **Modesty** scale assesses a tendency to be modest and unassuming. Low scorers consider themselves as superior and as entitled to privileges that others do not have, whereas high scorers view themselves as ordinary people without any claim to special treatment.

### **Emotionality Trait**

The **Fearfulness** scale assesses a tendency to experience fear. Low scorers feel little fear of injury and are relatively tough, brave, and insensitive to physical pain, whereas high scorers are strongly inclined to avoid physical harm.

The **Anxiety** scale assesses a tendency to worry in a variety of contexts. Low scorers feel little stress in response to difficulties, whereas high scorers tend to become preoccupied even by relatively minor problems.

The **Dependence** scale assesses one's need for emotional support from others. Low scorers feel self-assured and able to deal with problems without any help or advice, whereas high scorers want to share their difficulties with those who will provide encouragement and comfort.

The **Sentimentality** scale assesses a tendency to feel strong emotional bonds with others. Low scorers feel little emotion when saying good-bye or in reaction to the concerns of others, whereas high scorers feel strong emotional attachments and an empathic sensitivity to the feelings of others.

### **Extraversion Trait**

The **Social Self-Esteem** scale assesses a tendency to have positive self-regard, particularly in social contexts. High scorers are generally satisfied with themselves and consider themselves to have likable qualities, whereas low scorers tend to have a sense of personal worthlessness and to see themselves as unpopular.



The **Social Boldness** scale assesses one's comfort or confidence within a variety of social situations. Low scorers feel shy or awkward in positions of leadership or when speaking in public, whereas high scorers are willing to approach strangers and are willing to speak up within group settings.

The **Sociability** scale assesses a tendency to enjoy conversation, social interaction, and parties. Low scorers generally prefer solitary activities and do not seek out conversation, whereas high scorers enjoy talking, visiting, and celebrating with others.

The **Liveliness** scale assesses one's typical enthusiasm and energy. Low scorers tend not to feel especially cheerful or dynamic, whereas high scorers usually experience a sense of optimism and high spirits.

#### *Agreeableness Domain*

#### **Agreeableness Trait**

The **Forgivingness** scale assesses one's willingness to feel trust and liking toward those who may have caused one harm. Low scorers tend "hold a grudge" against those who have offended them, whereas high scorers are usually ready to trust others again and to re-establish friendly relations after having been treated badly.

The **Gentleness** scale assesses a tendency to be mild and lenient in dealings with other people. Low scorers tend to be critical in their evaluations of others, whereas high scorers are reluctant to judge others harshly.

The **Flexibility** scale assesses one's willingness to compromise and cooperate with others. Low scorers are seen as stubborn and are willing to argue, whereas high scorers avoid arguments and accommodate others' suggestions, even when these may be unreasonable.

The **Patience** scale assesses a tendency to remain calm rather than to become angry. Low scorers tend to lose their tempers quickly, whereas high scorers have a high threshold for feeling or expressing anger.

#### **Conscientiousness Trait**

The **Organization** scale assesses a tendency to seek order, particularly in one's physical surroundings. Low scorers tend to be sloppy and haphazard, whereas high scorers keep things tidy and prefer a structured approach to tasks.

The **Diligence** scale assesses a tendency to work hard. Low scorers have little self-discipline and are not strongly motivated to achieve, whereas high scorers have a strong "work ethic" and are willing to exert themselves.

The **Perfectionism** scale assesses a tendency to be thorough and concerned with details. Low scorers tolerate some errors in their work and tend to neglect details, whereas high scorers check carefully for mistakes and potential improvements.

The **Prudence** scale assesses a tendency to deliberate carefully and to inhibit impulses. Low scorers act on impulse and tend not to consider consequences, whereas high scorers consider their options carefully and tend to be cautious and self-controlled.

### **Openness to Experience Trait**

The **Aesthetic Appreciation** Scale - assesses one's enjoyment of beauty in art and in nature. Low scorers tend not to become absorbed in works of art or in natural wonders, whereas high scorers have a strong appreciation of various art forms and of natural wonders.

The **Inquisitiveness** scale assesses a tendency to seek information about, and experience with, the natural and human world. Low scorers have little curiosity about the natural or social sciences, whereas high scorers read widely and are interested in travel.

The **Creativity Scale** - assesses one's preference for innovation and experiment. Low scorers have little inclination for original thought, whereas high scorers actively seek new solutions to problems and express themselves in art.

The **Unconventionality** scale assesses a tendency to accept the unusual. Low scorers avoid eccentric or nonconforming persons, whereas high scorers are receptive to ideas that might seem strange or radical.

The **Altruism** (versus Antagonism) scale assesses a tendency to be sympathetic and soft-hearted toward others. High scorers avoid causing harm and react with generosity toward those who are weak or in need of help, whereas low scorers are not upset by the prospect of hurting others and may be seen as hard-hearted.

## Other resources

Why men struggle to love, Dr Eddie Capparucci

Changes that heal, Dr Henry Cloud

Coming home (inner child work), John Bradshaw

Emotional Sobriety, Dr Allen Berger

Toxic shame - <https://www.youtube.com/watch?v=5q2tZa1gp8Q>

Mindset <https://www.youtube.com/watch?v=0tqq66zwa7g>

