

Character Types

These are examples of possible answers. At one time these were needed adaptations for the person to either stay safe or keep connection to a caregiver. They then become a pattern of relating to others. Most people have multiple character types. Each character type has a strength in it. **The goal is to help create balance and more choices so the authentic self can be present.**

📄 The possible negative belief is just an example and there may be many other options.

Character Type	Possible Neg. Belief	Over-Developed	Under-Developed	Needed to Hear
The Invisible One	I'm in danger. I'm going to die.	Disappearing, Survival Defenses, Sensitivity	Safety, grounding, staying present, feeling	<i>"You are welcome here." "You are safe now."</i>
The Emotional One	I'm in danger. It's not safe to feel safe.	Merging, Knowing how others feel, Sensitivity	Boundaries, self-soothing	<i>"It is okay to feel safe when you are safe."</i>
The Needy One	I'm helpless. I'm powerless.	Getting pity, Being a victim	Personal power, Self-soothing	<i>"I'm here for you." "You can get your needs met."</i>
The Independent One	I'm alone.	Competency, Ability to take control	Asking for help, Trusting others	<i>"You can get support." "It's okay to ask for help."</i>
The Rock	I don't matter. My needs don't matter.	Dependability, Enduring suffering	Knowing/asking for what they want, Action	<i>"What you want matters."</i>
The Chameleon	I'm not enough.	Adaptation, Ability to manipulate	Honesty, Knowing who they are	<i>"It's okay to just be you." "You matter."</i>
The Hero	I'm not safe. I'm powerless.	Setting firm boundaries, Withstanding pain	Vulnerability, Authentic emotions	<i>"It is safe to connect."</i>
The Doer	I need to be perfect. I'm not enough.	Energy, working hard, taking action	Play, Connection, Self care	<i>"You don't have to work so hard." "It's okay to play."</i>
The Life of the Party	I don't matter.	Energy, Fun, Action	Rest, Being grounded	<i>"You matter." "You don't have to work to be noticed."</i>