PERIODIC TABLE OF PERSONALITY ELEMENTS

Big Five: neuroticism, extraversion, agreeableness, openness, conscien-tiousness

SWAP Q-sort: (cf. DSM IV)

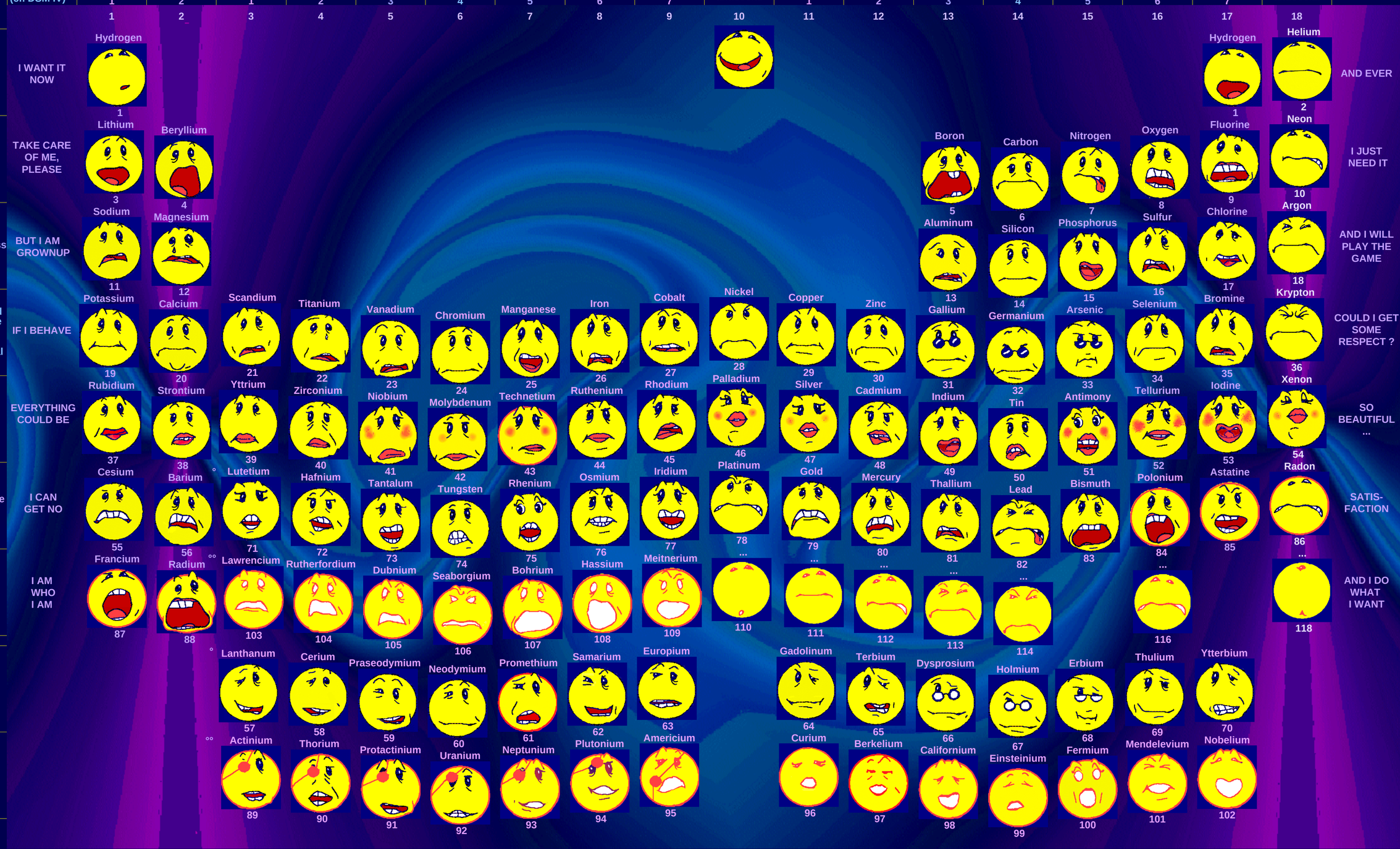
shift approach - avoidance

emotional stability pervades all > ('striving for stable noble gas configuration') (SWAP emotionally dysregulated)

emotional stability pervades all > (SWAP dysphoric high functioning / emotionally dysregulated)

zodiac, Jung: quintessence, fire, intuition, water, feeling, air, thinking, earth, sensation

Row	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	confused determined closed	rigid / limited responsible	inflated enchanted open	manipulative transformative hostile	destructive moral care means subordinate to ends extraverted narcissistic	untouchable vs. unstable arrogant vs. self-depreciation unsocialised sensation seeking antisocial	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	confused determined closed	rigid / limited responsible	inflated enchanted open	manipulative transformative hostile externalising	destructive moral care means subordinate to ends extraverted narcissistic	absent untouchable vs. unstable self-depreciation unsocialised sensation seeking antisocial
	avoidant	dependent	avoidant	dependent	schizoid	obsessional	histrionic	hostile externalising			avoidant	dependent	schizoid	obsessional	histrionic	paranoid		
SWAP Q-sort: (cf. DSM IV)	1	2	1	2	3	4	5	6	7		1	2	3	4	5	6	7	
1 impulsive innocent visionary lonely introverted avoidant	I WANT IT NOW																	AND EVER
2 vulnerable yearning basic anxiety agreeable dependent	TAKE CARE OF ME, PLEASE																	I JUST NEED IT
3 confused determined low openness 'closed' schizoid	BUT I AM GROWNUP																	AND I WILL PLAY THE GAME
4 rigid/limited responsible conscien-tiousness obsessional	IF I BEHAVE																	COULD I GET SOME RESPECT ?
5 inflated enchanted open histrionic	EVERYTHING COULD BE																	SO BEAUTIFUL ...
6 manipulative transformative hostile paranoid	I CAN GET NO																	SATIS-FACTION
7 destructive moral care extraverted narcissistic	I AM WHO I AM																	AND I DO WHAT I WANT



row 1	no clear >			expectancies
row 2 & 3	no clear >		expectancies	
row 4 & 5	no clear expectancies	introspective; 'negative expectancy'; expect failure, helplessly pessimistic	expective; 'positive expectancy'; continue even in the face of failure, hopelessly optimistic	
		avoidance; learned helplessness; fearful; testing skills >	expecting space, success; selfconscious	blame circumstances >
row 6 & 7	no clear expectancies	|*| need help to get influence	testing self-directed empowerment; powerstruggles	empowered

* lanthanoids & actinoids : helpless in self-directedness | testing self-directedness without influence | positive expectancies about self-directedness without influence

© FRANS MAAN (2002)