

PERIODIC TABLE OF PERSONALITY ELEMENTS

Big Five:		shift approach - avoidance										shift approach - avoidance										zodiac, Jung:																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
neuroticism	extraversion	emotional stability pervades all > ('striving for stable noble gas configuration') (SWAP emotionally dysregulated)										emotional stability pervades all > (SWAP dysphoric high functioning / emotionally dysregulated)										absent	quintessence																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
extraversion	agreeableness	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	confused determined closed	shift	avoidance - approach	destructive moral care means subordinate to ends	untouchable vs. unstable arrogant vs. self-depreciation	impulsive innocent visionary lonely introverted	vulnerable yearning insecure agreeable	confused determined closed	shift	avoidance - approach	destructive moral care means subordinate to ends	absent	quintessence																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
openness	conscientiousness	SWAP Q-sort: (cf. DSM IV)	avoidant	dependent	dependent	dependent	schizoid	rigid / limited responsible obsessional	inflated enriched open	hostile externalising	hostile externalising	dependent	dependent	schizoid	rigid / limited responsible obsessional	hostile externalising	hostile externalising	absent	quintessence																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
1	impulsive innocent visionary lonely introverted avoidant	Hydrogen	I WANT IT NOW	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Hydrogen	Helium																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
2	vulnerable yearning basic anxiety agreeable dependent	Lithium	TAKE CARE OF ME, PLEASE	1	Beryllium																		1	2																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
3	confused determined low openness 'closed' schizoid	Sodium	BUT I AM GROWUP	3	Magnesium																		Boron	Carbon																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
4	rigid/limited responsible conscientiousness obsessional	Potassium	IF I BEHAVE	11	Calcium	Scandium	Titanium	Vanadium	Chromium	Manganese	Iron	Cobalt	Nickel	Copper	Zinc	13	Gallium	14	Germanium	16	Selenium	17	Bromine	18	Krypton																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
5	inflated enriched open histrionic	Rubidium	EVERYTHING COULD BE	19	Strontium	21	Yttrium	22	Zirconium	23	Niobium	24	Molybdenum	25	Technetium	26	Ruthenium	27	Rhodium	28	Palladium	29	Silver	30	Cadmium																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
6	manipulative transformative hostile paranoid	Cesium	I CAN GET NO	37	Barium	38	Lutetium	39	Hafnium	40	Tantalum	41	Tungsten	42	Rhenium	43	Osmium	44	Iridium	45	Platinum	46	Gold	47	Mercury	48	Thallium																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
7	destructive moral care extraverted narcissistic	Francium	I AM WHO I AM	55	Radium	56	Lawrencium	71	Rutherfordium	72	Dubnium	73	Seaborgium	74	Bohrium	75	Hassium	76	Meitnerium	77	...	78	...	79	...	80	...	81	...	82	...	83	...	84	...	85	...	86	...	118	AND I DO WHAT I WANT																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
6		Lanthanum		57	Actinium	58	Thorium	59	Protactinium	60	Uranium	61	Neptunium	62	Plutonium	63	Americium	64	Curium	65	Berkelium	66	Californium	67	Einsteinium	68	Fermium	69	Mendelevium	70	Nobelium	71	Ytterbium	72	Thulium	73	Europium	74	Gadolinium	75	Terbium	76	Dysprosium	77	Holmium	78	Erbium	79	Thulium	80	Ytterbium	81	Actinium	82	Thorium	83	Protactinium	84	Uranium	85	Neptunium	86	Plutonium	87	Americium	88	Curium	89	Berkelium	90	Californium	91	Einsteinium	92	Fermium	93	Mendelevium	94	Nobelium	95	Ytterbium	96	Thulium	97	Europium	98	Gadolinium	99	Terbium	100	Dysprosium	101	Holmium	102	Erbium	103	Actinium	104	Thorium	105	Protactinium	106	Uranium	107	Neptunium	108	Plutonium	109	Americium	110	Curium	111	Berkelium	112	Californium	113	Einsteinium	114	Fermium	115	Mendelevium	116	Nobelium	117	Ytterbium	118	Thulium	119	Europium	120	Gadolinium	121	Terbium	122	Dysprosium	123	Holmium	124	Erbium	125	Thulium	126	Ytterbium	127	Actinium	128	Thorium	129	Protactinium	130	Uranium	131	Neptunium	132	Plutonium	133	Americium	134	Curium	135	Berkelium	136	Californium	137	Einsteinium	138	Fermium	139	Mendelevium	140	Nobelium	141	Ytterbium	142	Thulium	143	Europium	144	Gadolinium	145	Terbium	146	Dysprosium	147	Holmium	148	Erbium	149	Thulium	150	Ytterbium	151	Actinium	152	Thorium	153	Protactinium	154	Uranium	155	Neptunium	156	Plutonium	157	Americium	158	Curium	159	Berkelium	160	Californium	161	Einsteinium	162	Fermium	163	Mendelevium	164	Nobelium	165	Ytterbium	166	Thulium	167	Europium	168	Gadolinium	169	Terbium	170	Dysprosium	171	Holmium	172	Erbium	173	Thulium	174	Ytterbium	175	Actinium	176	Thorium	177	Protactinium	178	Uranium	179	Neptunium	180	Plutonium	181	Americium	182	Curium	183	Berkelium	184	Californium	185	Einsteinium	186	Fermium	187	Mendelevium	188	Nobelium	189	Ytterbium	190	Thulium	191	Europium	192	Gadolinium	193	Terbium	194	Dysprosium	195	Holmium	196	Erbium	197	Thulium	198	Ytterbium	199	Actinium	200	Thorium	201	Protactinium	202	Uranium	203	Neptunium	204	Plutonium	205	Americium	206	Curium	207	Berkelium	208	Californium	209	Einsteinium	210	Fermium	211	Mendelevium	212	Nobelium	213	Ytterbium	214	Thulium	215	Europium	216	Gadolinium	217	Terbium	218	Dysprosium	219	Holmium	220	Erbium	221	Thulium	222	Ytterbium	223	Actinium	224	Thorium	225	Protactinium	226	Uranium	227	Neptunium	228	Plutonium	229	Americium	230	Curium	231	Berkelium	232	Californium	233	Einsteinium	234	Fermium	235	Mendelevium	236	Nobelium	237	Ytterbium	238	Thulium	239	Europium	240	Gadolinium	241	Terbium	242	Dysprosium	243	Holmium	244	Erbium	245	Thulium	246	Ytterbium	247	Actinium	248	Thorium	249	Protactinium	250	Uranium	251	Neptunium	252	Plutonium	253	Americium	254	Curium	255	Berkelium	256	Californium	257	Einsteinium	258	Fermium	259	Mendelevium	260	Nobelium	261	Ytterbium	262	Thulium	263	Europium	264	Gadolinium	265	Terbium	266	Dysprosium	267	Holmium	268	Erbium	269	Thulium	270	Ytterbium	271	Actinium	272	Thorium	273	Protactinium	274	Uranium	275	Neptunium	276	Plutonium	277	Americium	278	Curium	279	Berkelium	280	Californium	281	Einsteinium	282	Fermium	283	Mendelevium	284	Nobelium	285	Ytterbium	286	Thulium	287	Europium	288	Gadolinium	289	Terbium	290	Dysprosium	291	Holmium	292	Erbium	293	Thulium	294	Ytterbium	295	Actinium	296	Thorium	297	Protactinium	298	Uranium	299	Neptunium	300	Plutonium	301	Americium	302	Curium	303	Berkelium	304	Californium	305	Einsteinium	306	Fermium	307	Mendelevium	308	Nobelium	309	Ytterbium	310	Thulium	311	Europium	312	Gadolinium	313	Terbium	314	Dysprosium	315	Holmium	316	Erbium	317	Thulium	318	Ytterbium	319	Actinium	320	Thorium	321	Protactinium	322	Uranium	323	Neptunium	324	Plutonium	325	Americium	326	Curium	327	Berkelium	328	Californium	329	Einsteinium	330	Fermium	331	Mendelevium	332	Nobelium	333	Ytterbium	334	Thulium	335	Europium	336	Gadolinium	337	Terbium	338	Dysprosium	339	Holmium	340	Erbium	341	Thulium	342	Ytterbium	343	Actinium	344	Thorium	345	Protactinium	346	Uranium	347	Neptunium	348	Plutonium	349	Americium	350	Curium	351	Berkelium	352	Californium	35