EPT4: The Individualist

Needs

- People to
  - Give me plenty of reassurance.
  - Respect my uniqueness and creativity.
  - Support me as a friend and partner.
  - Help me feel better about myself.
  - Help me learn to love myself.
- Imagination
- Your in
  - Measure
  - Overindulge
- Worth
- Based on
  - How I'm feeling in the moment.

Transformation

- Don't
  - Commit to
    - Yourself
    - Fully
    - Partaking to
    - Productive in
    - Meaningful
    - Work
    - Reality
    - Living in
- Strive to
  - Discipline
    - Yourself to
      - Develop to
      - Regular
      - Healthy
      - Routines
  - Pursue
    - Positive
      - Experiences
      - That
      - Build
      - Your
      - Self
      - Esteem
    - Concept
- Guidelines
  - Connect with People
  - Cultivate
    - Gratitude

Unhealthy Level

- Often
  - Feels
    - Morbid
      - Thoughts
    - Self
      - Hatred
    - Ridden
    - Guilt
    - Depressed
    - Hopeless
    - Ashamed
  - Tormented
    - Self
      - Delusional
    - Others
      - Blaming
  - Withdrawn
  - Paranoid
- Highly
  - Stubborn
  - Self
    - Conscious
  - Temperamental
- Average Level
  - Often
    - Uses
      - Fantasy
      - Heighten to
      - Reality
    - Internalizes
      - Feelings
    - Takes
      - Things
      - Personally
    - Easily
      - Aroused to
        - Envy
        - Anger

Healthy Level

- Highly
  - Intuitive
  - Creative
  - Expressive
  - Self
    - Aware
- Oscillates
  - Between
    - Being
      - Strong
      - Emotionally and Vulnerable
  - Serious and Funny
- Very
  - Gentle
  - Honest
  - Patient
  - Thoughtful
  - Compassionate
  - Refined
  - Introspective
  - Tactful
  - Supportive
- Criticized
- Misunderstood
- When
  - Tendencies
    - Unconventional
    - Rebellious
    - Had
      - Role
      - Models
      - Played
      - Alone
      - Longed but
        - Play to
          - Others with

Individualist

- Edgar Allen Poe
- Frederic Chopin
- Criss Angel
- Johnny Depp
- Judy Garland
- Marlon Brando

People

- Often
  - Motivated to
    - Consistently to
      - Express
      - Individuality
      - Develop
        - Unique
          - Talents
          - Gifts
      - Get things done on my terms.
      - Understood by Others
    - Avoid
      - Being
        - Ordinary
    - Create
      - Unique
        - Identity
    - Find
      - Themselves
    - Search for Meaning of Life
  - Fears
    - Not
      - Being
        - Defective
        - Abandoned
        - Adequately
        - Loved
      - Having
        - Identity
        - Personal
          - Significance

Strengths

- I live my life with meaning and purpose.
- I am sociable, warm, friendly and get along with people.
- I admire what is noble, truthful and beautiful in life.
- I make decisions based on deep intuitive feelings.
- My uniqueness and creativity help me stand out.
- I am uniquely talented yet at the same time flawed.
- I am able to endure suffering with quiet strength.

Struggles

- I experience moments of emptiness and despair.
- I feel at times that I don't deserve to be loved.
- I am hard on myself when I disappoint people.
- I feel hurt when people just don't get me.
- I tend to hold onto grudges and negative feelings.
- I base my identity largely on how I feel in the moment.
- I sense that there is something fundamentally wrong with me.

Individualist

- They
  - Felt
    - Somewhat
      - Unloved
      - Misunderstood
    - Like an Outsider
  - Used
    - Fantasy to
      - Escape
        - Difficult
        - Situations
      - Create an Idealized Version of Themselves
  - Child as

IQmatrix.com

Created by Adam Sicinski

© 2008-2018 IQ Matrix, All Rights Reserved