

2009-08-01



# *Let the Personality Bloom*

*A bluethread towards life balance in your living-space...*

**A book extract:**  
The personality theory 8 boxes

© 2000 H.E. HUMANKONSULT AB, Rolf Kenmo

# CONTENTS

<b>The Extract.....</b>	<b>3</b>
<b>The Personality Theory Eight Boxes.....</b>	<b>4</b>
Origin from L Szondi's Personality Theory .....	4
The ThemeProfile and Its Themes .....	4
The Factors of the Personality Theory.....	5
<i>Sensibility</i> .....	5
<i>Power</i> .....	6
<i>Quality</i> .....	7
<i>Exposure</i> .....	8
<i>Structure</i> .....	9
<i>Imagination</i> .....	10
<i>Stability</i> .....	11
<i>Contacts</i> .....	12
A Popularized Summary of the Factors.....	13

## The Extract

This is an extract from the book “Let the personalities bloom”. The objective of the book is to give support for personal development. The extract consists of the following chapter

- **The Personality Theory Eight Boxes;** here you learn more details about the theory and also about different themes, e.g. working style, stress, decision-making, etc

The blue thread of the book is

1. Make a PersonProfile in order to see your personality more clearly.
2. Make a PersonCompass, which will give guidance for a life with good quality.
3. Make a FuturePlan so you know how to accomplish your vision.

The purpose of the other chapters is to give general support for personal growth. The chapters are

- Personal development; prerequisites and sound principles
- Positive thinking; how to make use of one’s potentialities
- Efficiency or life balance? here you can read about important attitudes and decisions in life
- Tips for successful development; how to secure the changes desired
- Different possibilities; inspiration to change

Good luck!

Rolf Kenmo

# **The Personality Theory Eight Boxes**

## **Origin from L Szondi's Personality Theory**

Leopold Szondi's personality theory is of great use when it comes to describing and explaining human behaviour. However, the theory is quite complicated and it takes time to learn all the aspects. The complexity makes it useful in clinical circles, but it involves an unnecessarily high level of ambition for the layman who wants to learn the theory. This is the background to the simplified theory Eight Boxes.

The purpose is to facilitate for laymen to learn a personality theory in order to increase their understanding of their own personality as well as that of others.

## **The ThemeProfile and Its Themes**

For each group in the forms on the Internet there is a theme. Each theme aims at being interesting and enlightening and thereby giving rise to reflections. For each profile, e.g. the PersonProfile, a ThemeProfile can be produced. The ThemeProfile shows exactly how the profile in question has been filled out.

The themes of the profile are:

- communication
- working style
- leadership style
- stress
- view of resources
- decision-making
- attitude to life
- attitude to others
- maximum behaviour

In the last group – maximum behaviour – the activities are strongly characteristic of each factor according to the personality theory. This is why you usually choose activities, which belong to the factors that dominate your personality.

The order of the themes is intended to gradually shed light on increasingly deeper aspects of a person.

The factors and the typical behaviour of each factor will first be presented and then discussed in the subsequent sections.

## The Factors of the Personality Theory

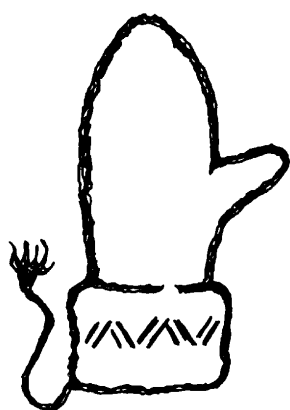
The factors are presented in the form of a number of typical characteristics, each of which has a front and a back. The front applies when a characteristic is used in a good way. The back applies when the use can be developed. For each factor there is a symbol, which is meant to make it easier to remember what the factor refers to. There is also a symbolic colour in order to give further support for the memory. The factors' strong sides are then discussed. Typical problems are treated in the next chapter "How to Coach Self and Others" – see page X. You will also find tips on how to handle the problems.

In most cases the factors are treated as plurals, since they refer to "people who have the need in question".

### *Sensibility*

Typical of the factor is:

Front	Back
complaisant	self-effacing
considerate	lax
understanding	gullible
diplomatic	sleek
obliging	ingratiating
careful	wimpish
perceptive	hypersensitive
helpful	fawning



The symbol above has been chosen to make it easier to remember what is typical of the factor. THE MITTEN refers to the fact that it is in direct contact with the skin and warms the hand. The colour ORANGE, which should be used to colour *sensibility* in all material for the concepts, symbolizes warmth. There are many different schools concerning what effect colours have. It is therefore impossible to say what is right and wrong in terms of symbolism.

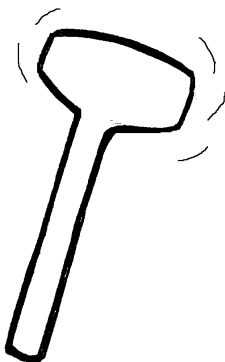
Concerning the front it is important that people with *sensibility* use their considerateness and warmth to establish a sensibility, the diplomacy so as to avoid unnecessary conflicts, the perceptiveness to catch weak signals, etc. People with *sensibility* enjoy a soft and warm atmosphere.

Note! There are no people who have only *sensibility*, but I have chosen to generalize in this way in order to make the text more distinct.

## ***Power***

Typical of the factor is:

Front	Back
energetic	impatient
competitive	inconsiderate
straightforward	plump
speedy	sloppy
driving	dominant
eager	rash
quick	hasty
strong	hard



THE HAMMER has been chosen for a symbol, since it is associated with hardness and kinetic energy. The colour GREY, which is used in all material for *power*, is associated with "cold" steel.

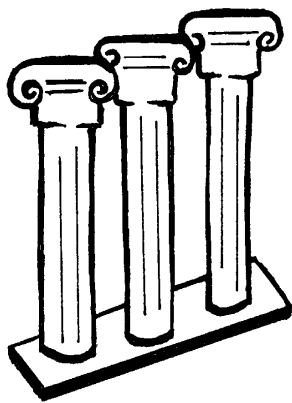
It is important that *power* use their front in a constructive way. If not, it may cause a great deal of animosity. People may be frightened and dare not speak up. One must remember that *power* need straightforward information in order to take in any objections. This is provided that *power* doesn't have too much *exposure*, which can make such persons prestigious (possible risk). Among *power's* fronts is the fact that there will be no endless discussions and you will quickly get to the point. Their motto is often: "Better to take *any* decision than to take no decision at all." Another advantage with *power* is the very distinct messages – sometimes they are even more distinct than *power* is aware of. People with *power* like to be physically active and keep a fast pace, which means that they get things done - quickly.

*Power* is the opposite of *sensibility*, but there are people who have both factors as dominant.

## Quality

Typical of the factor is:

Front	Back
reliable	self-denying
quality-conscious	overelaborate
conscientious	judging
enduring	stubborn
detailed	lengthy
thorough	long-winded
unselfish	self-sacrificing
dutiful	goody-goody



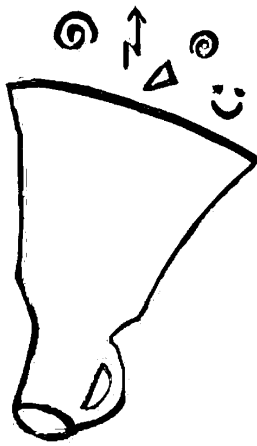
THE THREE COLUMNS have been chosen as a symbol, since they are associated with endurance and strong support. The colour GREEN, which is to be used in all material for *quality*, gives associations to the green nature. Those people who have the factor *quality* like being outdoors in nature.

It is important for *quality* to use their reliability to build confidence in relationships, their high level of ambition to do tasks where this is relevant, their willingness to help in their contacts with other people. Another important aspect is that *quality* has a lot of mental energy. This provides stamina, an interest in physical exercise and all activities that are exciting. People with *quality* like the natural elements fire, earth, water and air.

## *Exposure*

Typical of the factor is:

Front	Back
charismatic	dominant
neat	ostentatious
charming	chameleonic
proud	arrogant
distinct	drastic
colourful	exaggerated
witty	bombastic
spontaneous	uncontrolled



THE MEGAPHONE has been chosen for a symbol, since it is associated with people who want to make themselves heard. The colour VIOLET, which is used for *exposure* in all material, symbolizes something that "stands out" and is clearly visible.

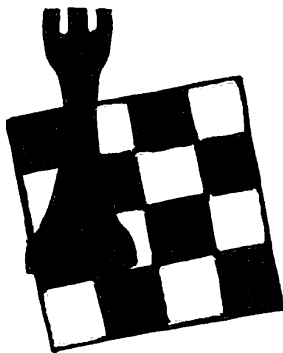
When it comes to the front, it is important that *exposure* use their distinctness and their colourful style for efficient communication, their spontaneity and wit to give inspiration, etc.



## ***Structure***

Typical of the factor is:

<b>Front</b>	<b>Back</b>
orderly	overly structured
logical	overly rational
methodical	square
neutral	cold
distinct	pedantic
correct	rigid
realistic	sceptical
disciplined	inhibited



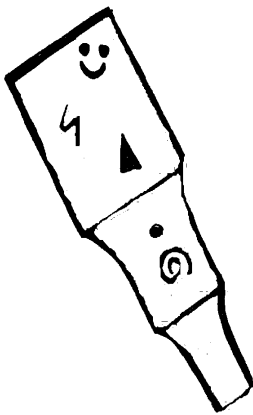
THE CHESS BOARD has been chosen for a symbol, since it is associated with systematics and order. The colour BLUE, which is used for *structure* in all material, refers to the clear blue sky and to harmony and tranquillity.

Concerning the front it is important that *structure* use their orderliness to avoid mess, their methods to make things rational, their objectivity and realism to keep both feet on the ground and get things done, their distinctness to avoid redundant talk, etc.

## *Imagination*

Typical of the factor is:

Front	Back
novelty-seeking	sensation-hungry
inquiring	tiring
artistic	bizarre
imaginative	scatter-brained
flexible	unreliable
visionary	unrealistic
inventive	odd
ingenious	difficult



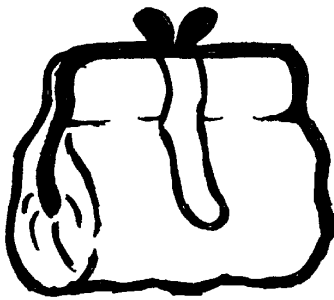
THE KALEIDOSCOPE has been chosen for a symbol, since it is associated with seeing something unique, and the fact that just a minor change can create something new. The colour YELLOW, which is used for *imagination* in all material, symbolizes the stars in the distance.

Concerning the front it is important that *imagination* are allowed to share their wealth of ideas, to see new paths to the goal, to make new combinations, to expand their own and other people's knowledge, to give inspiration for new visions, etc. People with *imagination* are careful to guard their freedom.

## ***Stability***

Typical of the factor is:

<b>Front</b>	<b>Back</b>
conservative	unwilling to change
tradition-bound	old-fashioned
thrifty	disobliging
stable	tardy
economical	egoistic
cautious	vacillating
firm	slow
serious-minded	boring



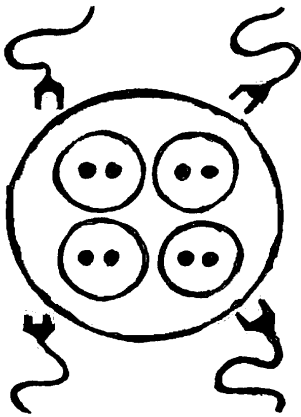
THE PURSE has been chosen for a symbol, since it is associated with the amassment of resources and their safe-keeping. The colour BROWN, which is used for *stability* in all material, refers to the colour of a good old purse.

Concerning the front it is important that *stability* is given the opportunity to economize, to do business, to preserve the old, to make sure that things aren't going too fast, etc. People with *stability* like the concrete and avoid the abstract – "a bird in the hand is worth two in the bush".

## *Contacts*

Typical of the factor is:

Front	Back
cheerful	insincere
open-hearted	gossipy
food-loving	glutton
facetious	silly
easy-going	irresponsible
outgoing	gregarious
sociable	garrulous
playful	volatile



THE CONTACT BOX has been chosen as a symbol, since it is associated with the will to connect. The colour RED, which is used for *contacts* in all material, refers to the intensity of a discussion.

Concerning the front it is important that *contacts* can contribute with contacts and information, create an easy-going atmosphere, contribute with a sense of humour, entertainment, etc. People with *contacts* enjoy anything that has to do with food and drink.





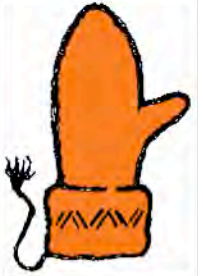
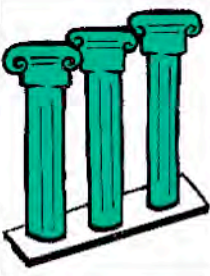


## A Popularized Summary of the Factors

There is a story about a managing director who came up with the idea of asking the others in the management group what 2+2 is. The financial manager answered: "What do you want it to be?" The production manager answered: "4.000." The R&D manager answered: "Around 6-7. Do you want me to look into this?"

If you were to ask someone with a very large need of either of the factors, what would the answer be?

Factor	Answer	Motivation
Sensibility	Four, or what do you think?	<i>Sensibility</i> want to be friends with the person who is asking.
Power	<b>FOUr!</b>	<i>Power</i> are in a hurry and wants to work with more important things.
Quality	2+0=2, 2+1=3, 2+2=4.	<i>Quality</i> want to give a comprehensive answer.
Exposure	<b>Fourh!</b>	<i>Exposure</i> want to give an answer that will stand out.
Structure	4.000.	<i>Structure</i> want to give an exact answer.
Imagination	Around 4.	<i>Imagination</i> are not very fond of working with such minor details.
Stability	FOOUURR.	<i>Stability</i> keep a lower pace and want to give a solid answer.
Contacts	Well, four. Let's talk about something else.	<i>Contacts</i> don't enjoy working with figures.

A symbol summary on the next page...

Power	Exposure	Imagination	Contacts
			
			
Sensibility	Quality	Structure	Stability