

Strength, directness, big picture, decisive, compassion, survival, innocence & communion

*Dictatorship, confrontation, harsh, blunt, intimidating, overpowering*

Acceptance, empathy participation, wisdom, space, peacefulness, presence, mediation

*Stubborn, smug, passive aggressive, withdrawn, stew or ruminate*

Organization, improvement, integrity, optimism, serenity, patience, seeing the perfection

*Judgment, criticism, denial of own vices, righteous, control, frustration*

**LEADER | INITIATOR 8**

**9 NEGOTIATOR | PEACE**

**1 REFORMER/PERFECTION**

Options and choices, fun, spontaneity, sobriety, fearlessness, upbeat, action

*Scattered thinking, exhausted, escapism, avoidance, gluttony, fear of limits/commitment*

**OPTIMIST | JOYFUL**

Trust, faith, courage, loyalty, commitment, preparedness, confidence, inner wisdom, steady force

*Anxiety, fear, doubt, stubborn, paranoid, overly cautious, disconnected from inner knowing*

**COOPERATIVE | LOYAL**

Focus, perceptive, investigative, curious with inquiry, engaged, connected

*Greedy, withdrawn, detached, abrasive, cynical, anti-social, impatient*

**RESEARCHER | WISE**

The Gut/Instinctive center transforms the need for boundaries and control with a sense of union, able to act with balance, communion and compassion.

**GUT**

**HEAD HEART**

The Head/Thinking center transforms fear and the quest for security into Higher Knowing, Trust and Faith – having inner guidance.

The Heart/Feeling center transforms Pride/Image into the essential qualities of the heart-love – having a sense of value and identity.

Kindness, generosity, unselfish support, altruistic giving, connection, caring

*Need to be needed, martyr, manipulative, pride, denial of own needs, people pleaser*

**NETWORKER | DIPLOMAT**

Optimism, focus, capability, self-direction, confidence, adaptability, authenticity, achievement, cheerleader

*Arrogance, vanity, denial, deceit, defense, isolated, workaholic*

**MOTIVATOR | EFFECTIVE**

Creativity, expression, vision, individuality, originality, permission for self-care, emotional balance

*Self-absorbed, entitlement, over-expression, dramatic, push-pull, envy*

**ORIGINAL | EXPRESSIVE**

Choices Map created by Nancy Markow  
[www.connectingyouwithyourself.com](http://www.connectingyouwithyourself.com)

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