



**SOUL  
Sovereign**

This part of us comes on board as we begin to practice acting like adults. It gives us the ability to ascribe meaning and purpose to our own actions and those of others. From here we are able to see the big picture, make choices for the greater good, and set direction for our life. Joy is the emotion that engages this quadrant.

This is the deepest part of us, our center, rooted in God’s image and aware of all that is around us. It takes responsibility for the welfare of all those in its realm. It is the one who blesses.

<b>Deflated</b>	<b>Mature</b>	<b>Inflated</b>
___ Shy ___ Deferential ___ Apologetic ___ Hiding ___ Unimportant ___ Lame ___ Inauthentic ___ Irresponsible ___ Immature ___ Needy ___ Not good enough ___ Inferior ___ Hopeless ___ Worthless ___ Insecure ___ Lacks clarity of purpose ___ Unsure of rank or lineage ___ Passive ___ Unable to lead	___ Defines purpose and meaning, visioning ___ Knows wants and desires at a deep level and asks for them ___ Inspires and motivates others ___ Willing and able to lead ___ Gives and receives blessings ___ Values and prioritizes ___ Makes choices that serve the greater good ___ Celebrates all of life ___ Feels worthy ___ Takes authority based on values - connected to soul purpose ___ Understands the importance of rank and lineage ___ Is connected to the big picture ___ Creates order ___ Servant leadership	___ Tyrannical ___ Dominating ___ A show off ___ Possessive ___ Egocentric ___ Arrogant ___ Unfair ___ Betraying ___ Overbearing ___ Pompous ___ Selfish ___ Inflated ___ Overly heroic ___ Self-righteous ___ Narcissistic ___ Incapable of giving and receiving support ___ Overly controlling ___ Harsh authority



**HEART**  
**Feeling/Connector/ "Lover"**

We arrive into this world wired to feel and connect, bond, and communicate using our bodies and our feelings. Here is the place of deep abiding appreciation, care, and honor for everything that is inside of me. And from this place, there arises a deep appreciation, care, and honor for everything that is outside of me. This feeling part is the seat of our emotions and is entered into at deeper levels through grief/sadness; real loss or perceived loss.

Deflated	Mature	Inflated
<input type="checkbox"/> Stoic <input type="checkbox"/> Rigid <input type="checkbox"/> Indifferent <input type="checkbox"/> Unmoved <input type="checkbox"/> Wooden <input type="checkbox"/> Numb <input type="checkbox"/> Depressed <input type="checkbox"/> Dry <input type="checkbox"/> Prudish <input type="checkbox"/> Frigid <input type="checkbox"/> Inflexible <input type="checkbox"/> Unloving <input type="checkbox"/> Withdrawn <input type="checkbox"/> Cold <input type="checkbox"/> Stuck <input type="checkbox"/> Impotent <input type="checkbox"/> Resistant to feeling the suffering of self/others <input type="checkbox"/> Careless <input type="checkbox"/> Apathy <input type="checkbox"/> Bored <input type="checkbox"/> Doesn't express feelings <input type="checkbox"/> Detached from feelings ("I don't feel anything")	<input type="checkbox"/> Expressive <input type="checkbox"/> Emotional and Feeling <input type="checkbox"/> Sensual <input type="checkbox"/> Joyous <input type="checkbox"/> Connected to self and with others <input type="checkbox"/> Artistic and Creative <input type="checkbox"/> Nurturing <input type="checkbox"/> Intimate <input type="checkbox"/> Romantic <input type="checkbox"/> Creative <input type="checkbox"/> Listener to external as well as with "the ears of the heart" <input type="checkbox"/> Forgiving <input type="checkbox"/> Playful <input type="checkbox"/> Compassionate <input type="checkbox"/> Appreciates beauty, music, the arts <input type="checkbox"/> Spontaneous <input type="checkbox"/> Sympathetic <input type="checkbox"/> Honoring of all emotions (fear, sadness, anger, joy) as essential human qualities in self and others <input type="checkbox"/> Empathic <input type="checkbox"/> Aware of the body as a trustworthy ally <input type="checkbox"/> Knowing ecstasy and sexual pleasure	<input type="checkbox"/> Clinging <input type="checkbox"/> Hysterical <input type="checkbox"/> Flooded with feelings/emotions <input type="checkbox"/> Compulsive <input type="checkbox"/> Addictive; "-aholic" <input type="checkbox"/> Seductive <input type="checkbox"/> Manipulative <input type="checkbox"/> Co-dependent <input type="checkbox"/> Jealous <input type="checkbox"/> Childish <input type="checkbox"/> Caretaker <input type="checkbox"/> Insatiable <input type="checkbox"/> Exploiter <input type="checkbox"/> Sex Obsessed: Porn, Promiscuous



**MIND**  
**Thinker/Head/Advisor/ "Sage"**

This part of us comes on line as we begin to reason and intuit, usually between the ages of 3 and 6. As we grow in this capacity we become capable of suspending a thought as hypothetical or metaphorical and we can draw logical conclusions. Fear (real or perceived threat) is the emotion that engages this quadrant.

This is the part of us that is willing and intentional about finding, investigating, strategizing, analyzing and playing in all kinds of knowledge. It gets answers.

Deflated	Mature	Inflated
<input type="checkbox"/> Stupid <input type="checkbox"/> Idiotic <input type="checkbox"/> Fearful <input type="checkbox"/> Foolish <input type="checkbox"/> Geeky <input type="checkbox"/> Ignorant <input type="checkbox"/> Going Dumb/Dense ("I don't know") <input type="checkbox"/> Fragmenting <input type="checkbox"/> Being confused <input type="checkbox"/> Out of touch with reality to extremes <input type="checkbox"/> Claiming ignorance <input type="checkbox"/> Refuses to guide	<input type="checkbox"/> Thinking and reasoning things through <input type="checkbox"/> Questioning and making critical judgments as well as intuiting and making metaphorical leaps <input type="checkbox"/> Determining that additional information is necessary <input type="checkbox"/> Generating options and alternatives <input type="checkbox"/> Using analysis and logic as well as creative imagination/intuition <input type="checkbox"/> Recognizing cycles and patterns <input type="checkbox"/> Assessing risk <input type="checkbox"/> Strategizes <input type="checkbox"/> Perceives <input type="checkbox"/> Evaluating <input type="checkbox"/> Judges <input type="checkbox"/> Guides <input type="checkbox"/> Seeks Wisdom and Sacred Knowledge <input type="checkbox"/> Thinker <input type="checkbox"/> Dreamer <input type="checkbox"/> Teacher	<input type="checkbox"/> Sneaky <input type="checkbox"/> Calculating <input type="checkbox"/> Phony <input type="checkbox"/> Lying <input type="checkbox"/> Secretive <input type="checkbox"/> Predatory <input type="checkbox"/> Hurtfully manipulative <input type="checkbox"/> Overly critical and judgmental <input type="checkbox"/> Cheating <input type="checkbox"/> Stealing <input type="checkbox"/> Being aloof <input type="checkbox"/> And/or taking very arrogant fundamentalist or idealistic positions <input type="checkbox"/> Engaging in black and white thinking <input type="checkbox"/> Controlling <input type="checkbox"/> False teachings <input type="checkbox"/> Uses humor as a weapon <input type="checkbox"/> Sarcasm <input type="checkbox"/> Intellectualizing <input type="checkbox"/> Vengeful



**STRENGTH**  
**Protector/Servant/ “Warrior”**

This part of us begins when we first discover that we can act independently. We experience ourselves as separate beings, and see that we can impact our world. Anger is the emotion that engages this quadrant.

This is the part of me that does what needs to be done. It is about boundaries and protection. It takes action to defend the walls of the realm (area of influence). It takes a stand and speaks the hard truth.

Deflated	Mature	Inflated
<ul style="list-style-type: none"> <li><input type="checkbox"/> Wimpy</li> <li><input type="checkbox"/> Cowardly</li> <li><input type="checkbox"/> Victimized</li> <li><input type="checkbox"/> Blaming</li> <li><input type="checkbox"/> Sarcastic</li> <li><input type="checkbox"/> Passive-aggressive</li> <li><input type="checkbox"/> Masochistic</li> <li><input type="checkbox"/> Incompetent</li> <li><input type="checkbox"/> Resistant</li> <li><input type="checkbox"/> Lazy</li> <li><input type="checkbox"/> Cheap</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Takes action and sets boundaries</li> <li><input type="checkbox"/> Defends and protects self and those we love</li> <li><input type="checkbox"/> Is of service</li> <li><input type="checkbox"/> Takes a stand for truth</li> <li><input type="checkbox"/> Engages conflict for what matters to us</li> <li><input type="checkbox"/> Determines who or what to include or exclude</li> <li><input type="checkbox"/> Is truthful, courageous, and loyal</li> <li><input type="checkbox"/> Endures and maintains discipline</li> <li><input type="checkbox"/> Empowered</li> <li><input type="checkbox"/> Confident and assertive</li> <li><input type="checkbox"/> Focused</li> <li><input type="checkbox"/> Motivated and action oriented</li> <li><input type="checkbox"/> Goal oriented</li> <li><input type="checkbox"/> Justice oriented</li> <li><input type="checkbox"/> Ambitious</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hostile</li> <li><input type="checkbox"/> Brutal</li> <li><input type="checkbox"/> Overly aggressive</li> <li><input type="checkbox"/> Winning at all costs</li> <li><input type="checkbox"/> Workaholic</li> <li><input type="checkbox"/> Abusive</li> <li><input type="checkbox"/> Greedy</li> <li><input type="checkbox"/> Hateful</li> <li><input type="checkbox"/> Vindictive</li> <li><input type="checkbox"/> Nasty, cruel</li> <li><input type="checkbox"/> Confrontational</li> <li><input type="checkbox"/> Defensive</li> <li><input type="checkbox"/> Violates boundaries internally and externally</li> </ul>