



# Level One Episode Guide

## EPISODE 7: The Depths of Personality: It's More Than Just Traits! Creating a world of work where people discover their significance and purpose

**Personality:** The enduring and unique structural constellation of one's characteristics, styles, and traits which asynchronously interact with the socio-circumstantial environment to manifest in varying behavior.

### Type

Personality Category

Categorical similarities and differences- a good place to begin

### Traits

Constellation of Multiple Facets

Uniqueness

No two people are exactly alike

### Self-Concept

How you think about and view yourself

How we relate to our own self

Our inner dialogue

### Psychological Values

Individual's unique psychological needs that contribute to a sense of security in one's identity

Basic human strategy for making sense of fundamental existence

Core needs to make sense of the self-world relationship

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How do you go beyond just Type to understand yourself and others?

Consider times when your behavior seemed inconsistent with your Personality characteristics. How might this behavior have been impacted by deeper aspects of your personality beyond traits; for example, unmet needs, self-concept etc.

Who else can you enroll to help uncover the deeper parts of your personality?