

Personality	Description	Spectrum	Includes Traits Of
	<p>They primarily seek to be attractive and pleasing to others in order to become close to significant others. They aim to be captivating and appealing through well-intentioned behaviors, striving to be congenial, faithful, comely, and fetching.</p> <p>They are highly attentive to how others react to them, seeking abundant reciprocal appeal and affection. Their altruistic intent is genuine, as they genuinely want to do useful and good things for others and provide helpful services to enhance their existence.</p> <p>Generosity and charity are central to their sense of self and everyday aspirations. They extend themselves to others in the hope that their magnanimity and unselfishness will be returned. They focus on the positive attributes in others, preferring to ignore their deficits and unattractive traits, hoping that others will do the same for them.</p> <p>Many of these individuals have deeply embedded reservoirs of affection and goodwill, leading to a generalized attitude of philanthropy and helpfulness towards others.</p>		
Altruistically Deferential	<p>They readily attune to the needs and welfare of others, express empathic compassion, and are willing to be considerate and charitable to those who are suffering.</p> <p>They are accepting and non-judgmental, seeking ways to encourage others to be the best version of themselves.</p> <p>Many of them may become benevolent and compassionate social leaders, using their warmth and generosity to inspire and motivate others to actualize their potentials.</p> <p>However, they are constantly looking for signs of acceptance in their relationships and may become frantic in their efforts to elicit favorable responses.</p> <p>If they are unable to receive the desired recognition and appreciation for their acts of empathy and caring, they may be hesitant to ask for what they need from others.</p> <p>This can lead to overextending themselves, becoming exhausted and disorganized in their efforts to please everyone.</p> <p>They may experience brief breakdowns and physical ailments as a result of unrequited efforts, claiming that their suffering stems from their beneficence and unselfishness.</p> <p>They are characterized by submissiveness and a reliance on others for affection, nurturance, and security.</p> <p>They often experience fear of being abandoned, which leads to excessive compliance and obliging behavior.</p>	DAD	
Accommodatingly Deferential	<p>They may cope by being socially gregarious and superficially charming, seeking attention and engaging in self-dramatizing behaviors.</p> <p>They can be compared with Appeasing Sociables as they exhibit similar behaviors such as graciousness, neighborliness, benevolence, and eagerness to please.</p> <p>They display obliging and agreeable behavior in their relationships with others.</p> <p>They differ from Appeasing Sociables in their strong tendency to be self-sacrificing and adopt a submissive role, even portraying themselves as inferior and subordinate to others.</p>	DAD	SPH
Childlike Attached	<p>They prefer and engage in childlike activities, find satisfaction in relating to children, and may seem incapable of or averse to activities that are commonly associated with adulthood.</p> <p>They exhibit immature, undeveloped, and inexperienced traits.</p> <p>They may prefer to remain oriented to the world of childhood and adolescence, finding comfort in a more tranquil existence without the demands, strivings, competition, and responsibilities of adulthood.</p> <p>There could be various reasons for these preferences, such as constitutional predilections or early life experiences that reinforced a preference for a childlike existence.</p> <p>Some individuals may lack ambition, energy, or autonomous behaviors, making the expectations of adulthood overwhelming and frightening.</p> <p>Others may have overly passive and easygoing personalities, lacking confidence in assuming adult roles and responsibilities.</p> <p>Gender identity may also play a role, with some individuals lacking a strong gender identity and finding the assumption of adult roles distasteful or frightening.</p> <p>They may generally be pleasant and sociable, as long as they are allowed to remain in their pre-adult preferences and activities.</p> <p>They not only subordinate themselves to others, but go a step further by merging themselves completely with another person or institution, losing their own identity in the process.</p> <p>They willingly give up their sense of self as independent individuals in order to gain a sense of significance, identity, emotional stability, and purpose in life through their attachment.</p> <p>As this process of total identification with another becomes established, these individuals fail to develop their own distinctive potentials.</p> <p>Their own sense of self becomes less significant, and whatever they do is done primarily in service of extending the status and significance of the person or institution they are attached to.</p> <p>They may deny or dissociate from any impulses and potentials that might have existed for them as independent persons, and instead fully merge with the other, as if they have no self of their own, becoming non-beings except for their coupling with another person.</p> <p>Their existence is not denied, but rather becomes an extension of the person or institution they are now a part of.</p>	DAD	
Selflessly Attached	<p>They may exhibit confidence and self-assurance, but only as it reflects the achievements and powers of the person or institution they are identified with.</p> <p>They have not lost their sense of self-worth, but rather have acquired and assumed the qualities of the person or institution they have identified with.</p> <p>Many selflessly attached individuals feel fulfilled by their attachments.</p> <p>They willingly submit to the values and beliefs of their significant attachments, and their sense of being depends on it.</p> <p>The more they are fused with the idealized object, the more emotionally attached they become, and the more they feel that they exist as persons with significance in the world.</p> <p>Due to the insecurities that result from their loss of self and the vulnerable position they have placed themselves in, they are likely to have acquired some features of the depressive personality.</p> <p>Even though no actual loss may have occurred in the past, these dependents have learned to live on the edge of such possibilities.</p> <p>They may experience the loss and consequent hopelessness that would ensue from such an eventuality, and elements of a depressive character may have infused into their basic dependent style, interjecting expectancies and reactions that would have occurred had these losses become a reality.</p> <p>They exhibit a general lack of vitality, low energy level, fatigability, and a weakness in expressiveness and spontaneity.</p> <p>They reflect a mixture of both dependent and schizoid characteristics.</p>	DAD	DFM
Ineffectual Dependent	<p>They may exhibit persistent aloofness from social interactions due to anhedonic temperament, lacking interest or pleasure in social activities.</p> <p>They do not want to be isolated from close personal relationships.</p> <p>They may seek closeness and care but lack the drive and staying power to pursue solutions to problems.</p> <p>They may exhibit deficiencies in adult-like skills and may be unwilling to tackle even minor problems.</p> <p>They are prevalent in institutional settings.</p> <p>They exhibit behavior characterized by submissive dependence, self-effacement, and noncompetitiveness.</p> <p>They rely on others for guidance and security and assume a passive role in relationships.</p> <p>They also exhibit intense apprehensiveness and fearfulness, overlaying a lack of initiative and anxious avoidance of autonomy.</p> <p>They reflect a combination of dependent and avoidant personality styles.</p> <p>Distinctive features include restlessness, being easily disconcerted and fretful, experiencing a general sense of dread and foreboding, and being apprehensively vulnerable to fears of abandonment and loneliness unless near nurturing figures or accessible to supportive institutions.</p>	DAD	AAS
Disquieted Dependent	<p>They are highly dependent, needing attention and support from others to maintain their emotional balance, and being particularly vulnerable to separation from those who provide support.</p> <p>They may express tensions through outbursts of anger towards others for failing to appreciate their needs for security and nurturance, which can undo the very security they seek.</p> <p>They may also exhibit a pattern of withdrawing from social encounters and building a defensive armor to dampen excessive sensitivity to rejection.</p> <p>They may experience loneliness, isolation, and emotional dysphoria, with underlying feelings of anxiety, sadness, and guilt.</p> <p>They may have a persistent search for support and reassurance, expressing complaints of weakness and easy fatigability, which may reflect an underlying mood of depression.</p> <p>Due to past experiences of rebuff and fears of isolation, they may continue to exhibit clinging helplessness and struggle with simple responsibilities, feeling that life is empty but heavy, and experiencing pervasive anxiety and fatigue.</p>	DAD	SRA