

Personality	Description	Spectrum	Includes Traits Of
Anxiously Shy	<p>They are private and consumed by their own anxious thoughts and feelings. They interpret events and relationships through a subjective lens shaped by their inner world of worries and anxieties.</p> <p>They tend to withdraw from others, especially in new situations, preferring privacy to avoid discomfort. They lack assertiveness, are not practical-minded, and avoid confrontation or conflict.</p> <p>They are sensitive to external evaluation and criticism, which compounds their self-criticism and feelings of personal inadequacy.</p> <p>They view themselves as socially uninteresting, of modest competence, and tend to devalue their own achievements.</p> <p>They may appear disengaged, indifferent, reserved, and taciturn in public settings, leading others to view them as limited in behavior and cognition.</p>	SRA	
Imaginatively Shy	<p>They have a rich and complex imagination expressed through daydreaming and fanciful problem-solving. They seek social peace and predictability, avoiding problematic situations and troublesome relationships. They cope with problems by quickly reacting and planning strategies and alternatives through their imagination.</p> <p>They are pragmatic, systematic, and objective, focusing on practical events and details but may become lost in minor details.</p> <p>They have a non-competitive and self-sacrificing style, believe that others do not think well of them, and are socially reticent and submissive.</p> <p>They can be closed to promising innovations created by others and occasionally feel that their life can only get worse.</p>	SRA	AAM
Hypersensitively Reticent	<p>They are hyperalert to signs of rejection and abuse and display excessive weariness</p> <p>They experience intense and variable moods, prolonged periods of edginess, and self-deprecation</p> <p>They expect people to reject and disparage them, leading to profound gloom and irrational negativism</p> <p>They may withdraw from threats to their emotional balance and maintain a safe distance from emotional involvements</p> <p>They are thin-skinned, deeply resentful, and find it difficult to bind their anger towards those who seem unsupportive, critical, and disapproving</p> <p>They are watchful, on guard against ridicule, and ever-alert to signs of censure and derision</p> <p>They detect even the slightest traces of annoyance expressed by others and make a minor and passing slight into a mountain of personal ridicule and condemnation</p>	SRA	MPP
Phobically Reticent	<p>They desire close relationships but fear and distrust others</p> <p>They use external objects to divert their anxiety away from awareness</p> <p>The objects they displace their anxiety onto often have symbolic significance</p> <p>They may keep their phobias hidden to avoid humiliation</p> <p>Finding a phobic object may be a way to deter rejection and abandonment</p> <p>They tend to avoid social attention and support, fearing ridicule and abuse</p>	SRA	DAD
Conflicted Avoidant	<p>They struggle between the desire for detachment and the fear of being independent.</p> <p>They desire close relationships and affection but anticipate pain and disillusionment, leading to deflated self-esteem.</p> <p>They exhibit petulant and negative behavior, attacking others for failing to recognize their need for affection and nurturance.</p> <p>They report feeling misunderstood, unappreciated, and demeaned by others, and often have a deflated self-image.</p> <p>They may jump the gun with impulsive hostility, exhibiting a cyclical variation of constraint followed by angry acting-out, remorse, and regret.</p> <p>They are unable to orient emotions and thoughts logically and may become lost in personal irrelevancies, alienating them further from others.</p>	SRA	DRN
Self-Deserting Avoidant	<p>Self-deserting avoidant individuals tend to withdraw from social interactions and turn inward as a means of avoiding the discomforts of relating to others. This inward focus may initially involve using fantasy as a coping mechanism, but over time, it can lead to a heightened awareness of inner sorrows and past traumas. While fantasies may provide temporary relief, they eventually become less fulfilling, and the individual may feel increasingly disconnected from others and their own sense of self-worth.</p> <p>As this process continues, self-deserting avoidants may experience a merging of avoidant and depressive personality features, characterized by social aversion and self-devaluation. They may create a protective barrier from the outer world, but the inner world they withdraw into proves to be no less problematic and disparaging. They may increasingly distance themselves from their own thoughts and feelings, becoming neglectful of their own well-being and ultimately failing to fulfill even the basic acts of self-care.</p> <p>This flight from self-awareness can result in a splitting of consciousness, a breaking up of the interconnected parts of the self into exchangeable pieces. This fragmentation can lead to a blending of avoidant and schizotypal personality traits. As self-deserting avoidants regress and fragment further, they may become outside spectators, observing their own transformation but remaining disconnected from themselves and others. Some may become overwhelmed by their anguish and despair, while others may experience emotional numbness and disconnection as a habitual way of life.</p>	SRA	ESS