

Personality	Description	Spectrum	Includes Traits Of
Subserviently Abused	<p>They prioritize the needs of others over their own, often assuming little will be received in return. They dislike relying on others and may make decisions to remain subservient, regardless of the circumstances.</p> <p>They may try to please others, but in their own way, and tend to be socially deferential and self-abasing. They may struggle with feeling comfortable in themselves or their environment, and may not achieve their goals in an optimistic or self-actualizing way.</p> <p>Childhood and adolescent experiences of being demeaned and belittled can prompt this behavior, leading to a strong commitment to being submissive.</p> <p>They may escape into transcendent and mystical rationales to cope, but ultimately feel most comfortable when alone with their own beliefs and ideals.</p> <p>Despite preferring solitude, they may demonstrate a high degree of sensitivity to social relations and inner emotions.</p> <p>In extreme cases, entire societies may come to see themselves as subserviently abused, particularly in situations of poverty and deprivation.</p> <p>Individuals in such societies may become participants of martyr subgroups, engaging in self-destructive behaviors as an act of honorable defiance.</p> <p>Their inner emotional turmoil is often hidden from public view, and they may be reluctant to express their thoughts and emotions.</p> <p>This rich inner world may lead others to see them as mysterious and mystical, but may also cause them to avoid genuine concern for others and invite mistreatment.</p> <p>They may be reserved and sparing in exhibiting or communicating their feelings, which can come across to others as self-abasing or cool.</p> <p>They may view themselves as uninteresting and of modest competence, devaluing their own achievements even when meritorious.</p> <p>They may be hesitant to extend themselves socially, avoiding competitive encounters and acceding to the wishes of more assertive individuals.</p> <p>In public settings, they may behave in a reserved, self-effacing, and taciturn manner, leading some to perceive them as sullen or behaviorally limited.</p> <p>Despite these challenges, subserviently abused individuals often have a fertile imagination and a deep capacity for reflection and introspection.</p> <p>They may have rich inner lives and may be accurate observers of social dynamics and inner emotions. With support and guidance, they can learn to overcome the limitations of subservient abuse and achieve their goals in a more self-actualizing way.</p>	AAM	
Prudently Abused	<p>They are cautious and self-protective, avoiding problematic situations and seeking security and stability. They feel upset by the actions of others and judge it wise to minimize social discomforts and seek prudence, sensibility, and levelheadedness.</p> <p>They proactively shape their environment, plan strategies, and scan alternatives to optimize their ability to deal with difficult circumstances.</p> <p>Life experiences have sensitized them to depend on themselves, to avoid conflicts, and to be conciliatory and yielding, feeling discomfort and distrust of those who are not supportive.</p> <p>They are quietly accommodating and follow established guidelines, preferring to deal with factual and tangible matters.</p> <p>They are self-effacing, painstaking, and highly organized, often adhering religiously to the tried and true, and meeting what they see as worthy goals in a quietly efficient and timely manner.</p> <p>They rarely express their more fearful inner thoughts and feelings to others, keeping their private concerns and reactions well in check.</p> <p>They systematically arrange their affairs, finish their labors before relaxing, accept responsibilities, and express much of their energies in a practical and down-to-earth way.</p> <p>Despite being talented and competent, they hold the belief that others do not think well of them and that they do not deserve to be thought well of.</p> <p>They tend to become socially reticent, withdrawn, and reclusive or deferential and self-abasing, under social anxiety and fear of their own worst enemy.</p> <p>They rarely criticize or judge others, consistently underestimate their contributions and achievements, and unjustly assert that they have failed to live up to the expectations of others.</p>	AAM	RCC
Virtuously Aggrieved	<p>They are characterized by prideful selflessness and self-sacrifice</p> <p>They see their asceticism and self-denial as noble and righteous</p> <p>They reject the idea that their altruism diminishes their status and assert their specialness and veneration they deserve</p> <p>They feel aggrieved and resentful towards others and demand constant gratitude and attention</p> <p>They periodically exhibit pride and egocentrism, demanding to be seen as the master</p> <p>Their displays of narcissism are often shallow and concealing a deeper sense of low self-esteem and uncertainty</p> <p>They worry that any recognition they receive is manipulation rather than genuine appreciation</p> <p>They can exhibit both overt narcissistic features and dependent behavior</p> <p>Despite their self-approval and self-congratulatory tone, they continue to be self-sacrificing</p>	AAM	CEN, DAD
Possessively Aggrieved	<p>They are characterized by a constant need to give of themselves, but their actions are insinuating. They strive to be indispensable and draw others into a reciprocal dependency, disarming them with their intense concern and interest.</p> <p>They make others feel simultaneously needy and fulfilled, and control others through an obligatory dependence.</p> <p>They are overprotective and jealous collaborators who dominate those they possess by sacrificing themselves in every way others desire.</p> <p>They make ostentatious sacrifices and meddle in all areas of the possessed person's life to induce a sense of obligation.</p> <p>They believe they have proprietary rights and are justified in enveloping and possessing others, and their ulterior motives are often to bribe others to love them and become indispensable so that they can possess them.</p>	AAM	CEN, DRN
Oppressed Masochist	<p>They utilize both psychic and physical symptoms to manipulate their families and friends into feeling guilty.</p> <p>They may prompt compliance by inducing guilt, essentially saying "ignore my suffering and do what's best for you."</p> <p>They prevail by making others feel obligated and guilty.</p> <p>Their suffering is real, but it is often used as a tool to vent resentment and avoid responsibilities.</p> <p>They may exhibit features of depressive personality disorder and frequently merge with it.</p> <p>They may turn to hypochondriacal manipulations when other attempts to gain love and dependence have failed.</p> <p>They use illness symptoms as a reliable way to ensure attention and appreciation.</p> <p>They become an invalid to force others to provide care and nurture.</p> <p>They do not enjoy their suffering; it is a discomforting instrumentality to produce small benefits.</p> <p>They exaggerate minor discomforts to intensify their suffering and make it seem greater than it is.</p> <p>They find small secondary gains that make the process somewhat worthwhile.</p>	AAM	DFM
Self-Undoing Masochist	<p>They are individuals who unconsciously seek out circumstances that lead to their own suffering or destruction.</p> <p>They may not find pleasure in these behaviors, but they see them as the less distressing choice of two painful states.</p> <p>They apparently create or provoke circumstances in which they will experience misfortune or abuse.</p> <p>They are gratified by experiencing their own personal misfortunes, failures, humiliations, or ordeals.</p> <p>They exhibit the success neurosis, reacting to being successful by provoking intense anxieties and guilt, rather than pleasure and happiness.</p> <p>They undo their success by behaving in ways that provoke failure, humiliation, or punishment.</p> <p>They repetitively do the opposite of what is objectively in their best interests.</p> <p>They may find relief in sharing their troubles and failures rather than trying to live up to being successful and happy.</p> <p>They are akin to avoidant personalities in anticipating that they will ultimately fail or be disillusioned.</p> <p>They quickly undo themselves before they are undone by others.</p> <p>They prefer to be seen as a victim of unfortunate circumstance, largely self-created, than as someone who has sought rewards and gains and is expected to maintain them.</p> <p>Their developmental background may include learning that being ill is the more comfortable state and that suffering is greatest when things are going well.</p>	AAM	SRA