

TAYLOR-JOHNSON FLESH TRAITS

Nervous—The belief that something bad is going to happen, so I protect myself through anxiety to get me ready; the degree to which one internalizes stress and is overwhelmed by fear. Food, drugs, medication are often the way to escape pressure.

Composed—The need to give the appearance of being in control and that everything is okay; if I appear or feel okay, then I am okay; the need to remain relaxed, calm, and tranquil.

Depressive—The degree to which one is experiencing feelings of sadness, despair, and unhappiness. Depressed individual is frequently pessimistic, discouraged, or dejected, resulting from trauma or persistent loss; the grieving & loss of something or someone; anger turned inward; a form of self-pity.

Light-hearted—The degree in which one is optimistic, cheerful, and happy when the pressure is on me, as a means of covering up pain or deny reality.

Active/Social—The degree in which one stays busy and depends on relationships to escape pain and avoid problems; extroverted; likes to take part in social events and stays active.

Quiet—Withdrawal pattern, interpreted by others, at times, as rejection; the degree to which one needs quiet and inactivity; cares little for social interaction and would rather be alone.

Expressive/Responsive—The degree in which one openly demonstrated feelings of warmth and affection and can receive them; talkative; friendly; and is able to express oneself in intimacy; needs to communicate feelings, especially when hurt or upset.

Inhibited—The inability to express tender feelings; the tendency to be reserved, restrained, and emotionally cautious or repressed; inability to maintain intimacy in relationships, which is often interpreted as rejection; inability to be vulnerable and transparent.

Sympathetic—The individual's level of compassion for others that fosters co-dependent relationships, where the individual attracts "needy" people, in either caretaking, rescuing, fixing, or saving. Their personal needs get met through people depending on them, as the "needy" individual responds with gratitude, and the caretaker feels a sense of love, acceptance, and adequacy.

Indifferent—The individual lacks sympathetic interest in others; a tendency to be strict, thoughtless, inconsiderate, and slow to recognize the needs of family and friends. Lacks empathy; an inability to put oneself in another's place; can be interpreted as rejection.

Subjective—The degree in which a person is unable to think objectively about themselves or others. Their objectivity is short-circuited by their emotions as they depend on their emotions to evaluate and process. A tendency to over-react and blow things out of proportion. They can be illogical, self-absorbed, overly sensitive, have difficulty remaining impartial; introspective; jealous; suspicious; self-conscious; easily embarrassed; inclined to daydream, hold grudges, or misinterpret motives and behaviors of others. Can be on-guard with others and project their feelings and thought on others; expect the worst.

Objective—The degree in which one functions primarily through facts, reasoning, and intellect; has trouble recognizing their feelings and seeing their own weaknesses; the degree in which one is able to see themselves, which would be subjective, and, as a result, blames others.

Dominant—The characteristics of self-confidence, self-assuredness, self-sufficiency, self-motivation, and competition to meet personal needs; generally, possess a generous self-image. *Dominant/Hostile Pattern: forcefulness and sufficient confidence to justify angry feelings with interpersonal conflicts.*

Submissive—The degree in which one needs to please others and tends to be passive, compliant, and avoids making waves for fear of conflict that might result in rejection; lacks a positive self-image.

Hostile—The degree in which one is angry; the tendency to be critical, argumentative, sarcastic, overbearing, impatient, undiplomatic, and disrespectful. *Hostile/Dominant Pattern: extra-punitive. Hostile-Anxiety/Depressive/Subjective Pattern: intra-punitive.*

Tolerant—The degree in which one will put up with something that should otherwise be addressed; tendency toward leniency to avoid conflict and rejection.

Self-Disciplined—A need for neatness and order; a need to set goals; the ability to organize and make plans; can be inflexible or lack spontaneity; can be rigid and lack adaptability; can be perfectionistic, and make unrealistic demands on self and others in an effort to maintain a sense of order and security; uses self-discipline to protect self.

Impulsive—The inability to think before acting; lacks self-control; impetuous, or hasty in making decisions; the tendency to take chances and get oneself into trouble—especially with finances; easily tempted; poor planner; vacillates, and has difficulty in making decisions, and reaching goals or keeping commitments (high risk in completing counseling); tendency to lose or misplace things.

TAYLOR-JOHNSON PATTERNS

1. **Anxiety Pattern**--Nervous/Depressive/Subjective

Usually associated with a fear of failure. They feel inadequate, dependent, disapproved of, and try to compensate by being efficient, overly conscientious, insisting on extreme accuracy; driven to reach goals and meet unrealistic standards of success (their own).

2. **Withdrawal Pattern**—Quiet/Inhibited/Subjective/Submissive

May be introverted, self-conscious, restrained, and emotionally inhibited. Because of low self-esteem (or unhealthy esteem), they see themselves as unworthy or unwanted. Hurt, inadequacy, anticipate rejection, pre-occupation with self.

3. **Emotionally Inhibited (Blocked) Pattern**—Inhibited/Sympathetic

Warm feelings exist; however, they find it difficult or are unable to express or share these feelings or tenderness with others. Suggests emotional blocking. Feelings not expressed. They are emotionally insulated to protect themselves from fear of hurt and rejection.

4. **Emotionally Repressed Pattern**—Inhibited/Indifferent

Emotional withdrawal; suppression out of fear of rejection; defensiveness; lack of childhood affection carries into adulthood; the individual is unable, or finds it difficult to express warm-hearted feelings; denies, or does not allow the existence of such feelings.

5. **Socially Effective Pattern**—Active-Soc/Exp-Respons/Sympathetic/Tolerant

Individuals in this pattern are likely to be open, outgoing, socially skillful, and successful in social situations. They tend to have a depth of inner-feeling capacity, along with the ability to express warmth and tenderness. Individuals in this area are often involved in the helping professions as ministers and counselors. They may use this activity to gain self-worth.

6. **Dependent-Hostile**—Submissive/Tolerant

Suggests the individual depends on others for direction; prone to be antagonistic toward person being depended upon; common in the workplace—power differential.

7. Dominant-Hostile Pattern—Dominant/Hostile

This combination of traits deserves special comment. Because of its harmful and sometimes destructive effect on personal, marital, and parental relationships, individuals who score high in both Dominant & Hostile are generally unpleasant and inevitably alienate those around them. Dominance provides confidence for expressing hostility, and they can have angry outbursts of temper. They display little tolerance for points of view other than their own. They can be argumentative and lack objectivity, are emotionally driven and lack validity.

- **Dominant-Hostile-Indifferent Pattern**

This pattern is common in people with deep hurts and results in a lack of concern and consideration for others; they can be unsentimental, suspicious, distrustful, stern, arrogant, rude, demanding, headstrong, rebellious, and cruel. Such individuals have a hard time trusting people.

- **Dominant-Hostile-Inhibited Pattern**

Difficulty expressing any warm, tender, or sympathetic feelings. They may also be unsentimental, distrustful, unconcerned with making friends. They can be unforgiving, overly critical, unwilling to accept blame. They are prone to attack contrary points of view, demand attention, and seek revenge. They often have physical illnesses caused by internal conflict and stress, frequently accompanied by other symptoms such as high blood pressure, headaches, and anxiety.

- **Dominant-Hostile-Subjective Pattern**

Preoccupied with self at the exclusion of others; may take stands and offer arguments too prejudiced or emotionally biased; likely to express their feelings, however distorted.

- **Dominant-Hostile Impulsive Pattern**

Lacks self-control; expresses anger without considering the consequences; will need to experience consequences; may become depressive, but must take responsibility for behavior.

- **Dominant-Hostile/High Attitude**

Denial of weakness or problems; resists behavior change; tends not to accept blame.

TAYLOR-JOHNSON ATTITUDE SCORE

Low Score/ 1, 2, or 3

Suggests a tendency to be self-deprecating, or to be unduly negative about self. When a person wants to impress the counselor with the gravity of the situation, or seeks sympathy from the counselor, and so over-emphasizes the negative aspects.

Middle Score/ 4, 5, 6, or 7

Indicates that the counselee answered in a fair, unbiased manner. This individual is trying to be as honest as possible. A score of 4 may indicate that they are being a little hard on themselves.

High Score/ 8, 9, or 10

When a person has given oneself the benefit of the doubt in answering the questions. The tendency to deny the existence of a problem, and is unable to be objective about oneself; a strong defensive attitude and an unwillingness to see oneself honestly; a tendency to give what are considered to be socially desirable answers; has anxiety about what other people think, and is concerned with making a good impression.