PILLARS OF STRESS AND RESENTMENT: «PER»

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Descriptions of the six "PER" types

It is easy to identify a "PER" type once the functions have been read, understood and internalized separately, but they can be slightly distorted or modified depending on the position in which they are found. This is why I have found it appropriate to develop more deeply individual descriptions of the personality types of this system.

Clone types:

We say two types are clone types when their second position is occupied by the same pillar; for example, MET and TEM, since both have 2E. Thus, we distinguish three pairs of clones:

- EMT and TME
- MET and TEM
- MTE and ETM

Clone types, sharing the second pillar, act similarly in critical and stressful situations; however, they differ in numerous aspects. Even so, they are easy to confuse because the weight that the second pillar has on the type is notably greater compared to the rest.

Important information:

All the descriptions presented here summarize general characteristics of the types. Although they are part of the system and must be taken into account, the individual descriptions of the positions and the pillars will prevail forever over the general descriptions of the types; that is, if according to the theory I identify with 1M, 2E and 3T —resulting in the MET type—, even if I do not identify one hundred percent with the description of the type, the positions will have more importance.

Likewise, I recommend reading not only your specific type, since I often add some nuances or comparisons of one type with another in the descriptions of other types. So, for example, if I identify myself as TEM, I recommend reading, at least, the description of its clone type —the MET—, although it is always better to read them all!

Type EMT, the Paranoid

The Paranoid rarely yells or acts aggressively in the face of adversity. He implicitly makes comparisons between himself and other people —especially the number one subtype—, and places himself below. He never raises his voice and often commits the sin of not fighting for his own interests, as he prioritizes the wishes of others as long as they do not threaten his safety, at which point he is inflexible —thanks to anger in the first place, he will never be blunt or dry, but will present a series of arguments in a friendly and submissive way, and will expect a positive and understanding reaction—. In general, he is a kind, assertive, gentle, servant and loyal person, while submissive, anxious, apathetic and paranoid, as he often needs to feel protected.
Anger in first position is slightly altered by fear in second, especially rejection. In the EMT-2 and EMT-3 types, the first position is manifested without too many changes: humble, assertive and disciplined, they are capable of maintaining cordial relationships, and it is not a major problem for them to assume leadership in social situations. However, in the EMT-1 type, this last characteristic is slightly distorted, since the fear of feeling rejected or of seeing their place in the group endangered makes them prefer to act from a distant plane, without the need to assume leadership —since that would force him to make decisions, to be sure and to have to express his opinion about the topics that are dealt with—. Still, given comfort and an environment in which to feel safe, he can be a good leader, although he is prone to need constant appreciation and acceptance from his peers.
Fear in second position makes this type look for a feeling that provides security at all times. In extreme cases, they make use of amulets and turn to the unconscious or supernatural world to feel protected. Any household chore can become a source of stress or potential source of danger if left to the Paranoid's imagination. In a way, the second subtype is more affected than the other two, since their constant state of hypochondriasis makes sadness more present in third position, facilitating the entry into those loops of discomfort.
The sadness in third position is not a very big problem in the day to day of these people; however, if it happens to mix with the daily dose of paranoia provided by second fear —even more so with EMT-2, as I have already commented— it can

generate very dark and depressing times similar to a tunnel without exit. Anxiety causes bitterness and apathy: these feelings mix and generate very emotionally intense moments. Despite everything, in this position, sadness is fluctuating, so it will not generate particularly prolonged negative situations.

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Type TME, the Sincere

One of the most notable characteristics of this type is the ease with which he imbues his social circle with his state of mind. Perhaps not so much in the TME-1, who tends to hide his emotions a bit in search of balance and social harmony so as not to feel that his place is in danger, but, both in the TME-2 and in the TME-3, the reaction to external stimuli and feelings is immediate: if the TME feels pain, he expresses it; if he likes something, he does not hesitate to praise it; if he feels concerned, he asks.
Emphasizing the third subtype —in uncertainty—, it is the most frank and direct subtype of the three, the most “unfiltered”. The second subtype —pain— is not necessarily direct, although he can be. Compared to the EMT-2 —his clone type—, he is more open with his concerns about his health, since he is not ashamed to ask if the hypothetical conditions are normal or not: "Is it normal that I have pain here?" .
Likewise, the first subtype —rejection— is, of the three, the one that disguises his words the most if he thinks he may offend someone —in any case, he will not hesitate to express his feelings if they are positive—.
The sadness in first position manifests itself openly and without limits. Being direct people, without holding back, they are excellent advisers. They can provide both emotional support and practical solutions to a problem. Somehow, the second pillar —fear— is slightly offset by the ease of changing his mood, since this type does not feel sad for long periods of time.
The fear in second position varies depending on the subtype. TME-1 is slightly less sincere than the other two, but he is not a liar, just a pious one. He is not so direct with his criticisms and can even go so far as «to dress them up» a bit —in a metaphorical sense, obviously—. The second subtype will not hesitate to pepper those

close to them with all the doubts they have about their unsuccessful self-diagnoses. If he feels sick to his stomach, for example, he will make sure that all his friends or family let him know that he will be fine and that nothing will happen to him: it is his way of feeling safe and protected. The third subtype does not interfere in any way with the anger in third position —the cause of the TME's sincerity or directness—; hence it is the most direct of the subtypes. This characteristic is especially manifest when someone tries to change their plans, at which point the TME-3 will be clear and concise: they do not want to change or modify their routine or their plans.
Little remains to be added: the anger in third position makes the type a bit critical of the exterior. Although this is true, we have already seen how fear in second position, depending on the subtype, "distorts" or modifies this last position in a certain way. Let's remember that it is a *fluctuating* position, so anger is not too present. Let's add to this the sadness in first position and we will obtain a sincere, transparent, cordial, smiling and cheerful character although impatient, distrustful, harsh and/or distressing —depending on the subtype—.

3

Type MET, the Leader

The Leader exudes an aura of contagious security and self-confidence. Depending on the subtype, the MET will find it easier to function in which field, but it is not difficult for him to adapt to any one in particular. Excellent speakers, publicists or entrepreneurs for the MET-1; great nurses, doctors or athletes for MET-2 and free, adventurous and creative souls for MET-3. Frequently and due to fear in the first position, the subtypes themselves show qualities of the other two; that is, the MET-1 also has the qualities of the pain and uncertainty subtype, and the same occurs with the rest of the subtypes. If there is something that, on some occasions, prevents the MET from using one hundred percent of its potential, it is the ease with which it reacts to each situation, without thinking twice. Their impulsiveness —a direct consequence of anger in second place— involuntarily leads to situations of tension or disagreements that could be easily avoided. However, he knows how to accept his mistakes and can't stay angry for too long, which leads him to apologize often, even when he thinks he's right.
Feeling listless, unmotivated and sad is not something that frequently affects the Leader, however, when it does, it does so abruptly and intensely. The fear in first position is quite uniform in the three subtypes since they all have attitudes of all three. This creates strong and determined characters, somewhat susceptible due to anger in second place but, with a little work, can lead to fully assertive and

self-critical people who flood their environment with charisma. Anger in second position manifests itself in this type as a kind of suspicion. The Leader can sometimes come across as a know-it-all because of the way he expresses his opinions. If it is guilty of something, it is so of being impatient —especially MET-3, whose imagination branches out to continue dispersing and expanding—. The objectives proposed by subtypes two and three may be slightly more realistic —note the emphasis on "slightly" because, as already said, the subtypes are not very different from each other—.

The sadness in third position does not give much to talk about. Still being *fluctuating*, it is slightly more absent than present. If it appears, it is usually influenced in some way by the second position anger. Similar to the TEM type, anger in the second position "wakes up" the third position—fear in the TEM, sadness in the MET—: whether it be small clashes, large outbursts of anger, or hints of envy, certain discontent that ends in short can be generated. —but intense— phlegmatic or depressing stages. In any case, the fear in first position is, as it were, offsetting the weight on the other side of the scale, and makes it possible to repress unwanted feelings such as anxiety, depression —as a feeling, not as a disorder—, sadness or catastrophizing.

4

Type TEM, the Dualist

Examples of the dualistic doctrine are good and evil, light and darkness, matter and spirit or the *ying* and the *yang*. Thus, something similar occurs with the TEM type —hence its name—, where we distinguish courage from fear and shyness from gregariousness. It's almost like the Dualist's character is a fusion between two other "*subcharacters*" —permit me this word that I made up— completely independent from each other. So fragile and so robust, so sociable and so shy, so generous and so interested, TEM flows between two states that overlap each other. This feature is ridiculously extreme in TEM-1 —being relatively minor or milder in the other two subtypes—. Despite the volatile nature of TEM, there is something that does not usually change easily: the joy it gives off. The TEM tries to be happy, because it does not enjoy sadness. They are energetic and smiling people who enjoy humor. Something that completely differentiates it from its clone type —the MET— is the abysmal difference between its subtypes: TEM-1 is the most volatile of the three.

Perhaps it is the feeling of not quite belonging that causes these mood swings — when fear and anxiety, usually generated by uncomfortable social situations, take over completely— that differentiate it from TEM-3 and TEM-2. The TEM-3 does not lose the battle against fear, but if he lets himself be carried away by the flow of circumstances, he ends up feeling frustrated and apathetic, a product of the lack of order and schematism. Finally, the TEM-2 is the most stable of the three. Their "fear" is not fear per se: it translates as a lack of interest in health-related situations, so it does not involve a radical change in behavior. Something the Dualist does have in common with its aforementioned clone type is impulsiveness. Here it manifests itself as "action-reaction": after the complaint or the angry outburst come grief, remorse and fear at having offended the feelings of the interlocutor.

The sadness in first position is responsible for his jovial personality and his lack of seriousness —in a good way— in many daily areas. Being around one of them can be exhausting: the Dualist in his "normal" state exhibits a verbal incontinence as amazing as it can be overwhelming, as he is a constant source of ideas, anecdotes, and plans. When these people are comfortable and confident, they are the life of the party, although they can become a bit more shy in large groups.

The anger in second position makes a bridge between the sadness in the first position and the fear in the third: this is the cause of the dualism of the type. After arguing or exploding, even if remorseful, the Dualist may not feel the need to apologize immediately. He realizes that he should, but only when he manages to empathize —often in one of those states where he is not himself, but fear taking over him—. This situation is extremely common in the rejection subtype, TEM-1, and not so much in the others, which do tend to feel the need to apologize almost instantly.

There is not much left to say about fear in third position: it makes TEM-2 and TEM-3 more stable and less "dualistic" —as far as it goes—, so panic does not usually take over them so often. TEM-1, on the other hand, flows more between his gregarious facet and his reserved and shy appearance. Despite this, and as previously mentioned —see the introduction to the system—, identifying with one subtype more

than another does not imply that characteristics of all of them cannot be present —for example, an EMT-2 is inherently hypochondriac, but it can also be loyal and submissive, a characteristic of rejection in second position—. In short, TME-2 is the most stable, TME-3 is "in Limbo", not being particularly volatile or particularly stable, and TEM-1 is the most Dualistic of the three.

Type MTE, the Actor

The Actor's inner struggle is remarkably greater than that of any other type. Despite the position of sadness, fear in the first position creates a facet that overshadows the most vulnerable positions. In a way, the MTE is a genuinely self-confident person who shines by his own light. MTE-1 is an exceptional host, MTE-2 is incredibly healthy and gives great advice on the subject, and MTE-3 has a thirst for adventure in his blood, making him an expert motivator. It is, however, a great pity that sadness in second position makes his negative emotions a knot that cannot be released. The

Actor will do everything so that nobody glimpses his vulnerability. It's common for second-place sadness in this type to manifest as an automatic gap-seeker. The Actor, unlike his clone type —the ETM— does not express his apathy, but swallows it until he explodes; this is the moment when the anger in third position enters the scene: this type is critical of everyone when he feels that his facet is in danger. It's more common than it may seem at first glance for people of this type to blurt out things like “Stay out of my business!" or "And what does it matter to you how I feel? I'm fine, I don't need any help” as they ache to fall into someone's arms and be seen for who they really are.

Fear, with any of its subtypes, manifests itself safely and unshakably. It is what this type uses to hide his shortcomings and concerns, which is why he appears as someone confident.

The sadness in second position is overshadowed, in the background, by fear. However, it is the pillar that generates so many restlessness and periods of sadness and “phlegmatism”. The Actor envies many things at the same time, of which he sees himself lacking, but it is not an envy that pushes him to hatred and suspicion, but one that makes him situate himself below in an implicit hierarchy in his mind. Any bad news is a bullet to the heart, a vile rose thorn between the walls of his throat. As if that weren't enough, hiding his sadness and not letting it out only puts more of a distance between him and the possibility of making things right.

Anger in third position is not the same as that of the TME, since the MTE does not have to be so critical: this position manifests itself as harsh, cutting, sharp, and sharp responses for the sole reason of not showing itself vulnerable or willing to deal with his feelings. The Actor prefers to drown his own boat, wander and disassociate with his own concerns and his attempts to surrender and not give in to his desire to free himself and show his soul naked.

Type ETM, the Sorrowful

It is extremely complicated, practically impossible, to see the Sorrowful prevail over someone. He is an extremely calm person, often sweet and even fragile. He is moderately demanding of himself, but never expresses hatred or dislike for anything or anyone. Sometimes it is too soft and can be pushed around without much resistance —especially the ETM-2 and ETM-3 subtypes—. The sadness in second position, especially with the rejection in third —ETM-1— is expressed in the form of questions in search of approval: it is common for the Sorrowful to recount, in an exaggerated and dramatic way, all those experiences that bring him to his head, believing that it will be helpful for their relatives and loved ones to be aware of their misfortune, and then asking for advice or an opinion: "What do you think I should do to remedy it?" This is especially noticeable in the subtype of uncertainty in third position —ETM-3—. The Wretch wants justice and equality: he dreams of a world without pain in which he can express his melancholy without feeling judged, in which peace reigns and in which everyone gets what they deserve, be it a reward for their pure soul or a vile punishment for the damage caused. The ETM can come to feel external pressure, but often it is not able to discern where it comes from, because no one pressures it more than himself.

Anger in the first position means that, if there is no trust, the ETM appears serene and polite, more distant. It is not until he creates a bond that he considers trustworthy that he reveals his sadness in second place, responsible for a myriad of misadventures that the Sorrowful will not hesitate to narrate without leaving out a single detail. He is good with terminology, and his explanations on topics that arouse his interest are extremely simple, correct, and appropriate to the interlocutor. The ETM may show a certain taste for writing, as they like to share knowledge —which is normally accompanied by feelings and emotions that they consider to be deep—.

The sadness in second position is responsible for unconscious regrets that the Sorrowful accepts as if they were part of him: although he complains about many things, he does not always realize that he is doing it, for him it is something natural and without remedy. The ETM needs advice and help, even when they think they know what to do and end up choosing to follow their instincts. His melancholy is part of him to the point where he can enjoy it.

Fear in third position is quite absent. The pain subtype —ETM-2— is slightly more closed-band than the other two, because it doesn't find as much to be sorry about. Meanwhile, the ETM-3 complains more from the point of annoyance —although it

does not neglect its drama—, and the ETM-1 is the one who most needs to feel supported and covered by advice from his loved ones.

8

Additional Information:

It took me a little longer than expected to write this section, but I'm pretty happy with the results. For any questions related to the system, I will be active where I always am: *@raverinn* on Tik-Tok. The truth is that I am quite proud of the good reception my work has received, and it has motivated me a lot to continue writing about PER. At the moment there is nothing more to add to the system, I think it is quite complete and I don't want to complicate it too much, but I have a couple of ideas about type compatibility that I would like to develop further. Many thanks! Love you!

~@raverinn ;)