

★ ° □ ♪ The three **Instincts**
- Silkenbunny

Instincts, also called **instinctual variants**, describe the fundamental drives that shape how we interact with life. Every person possesses all three instincts, but they exist in a hierarchy.

One instinct, your first (**xx/xx**), is dominating and receives the most attention.

One is secondary, (**xx/xx**), and supports the dominant instinct.

One becomes a “blind spot” and is often rather neglected (while still existing).

The three instincts are self-preservation (SP), social (SO) and sexual (SX). None are better or worse than the others — they simply prioritize different aspects of human experience.

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Self preservation (SP)

The core motivation behind this instinct lies in maintaining stability and ensuring one's own survival.

- Am I safe? Do I have enough resources?

Is my life sustainable and comfortable?

The **focus** is strongly on areas such as health, material security, personal routines, and physical and mental well-being, as well as independence and self-sufficiency.

Strengths: People with a strong self-preservation instinct are often practical, reliable and grounded. They excel at managing resources, creating stability and maintaining a comfortable and secure environment. Their long-term perspective and sense of responsibility help them build sustainable foundations for themselves and others.

Challenges: When overemphasized, the self-preservation instinct can make a person overly cautious and resistant to change. A strong focus on comfort and security may limit risk-taking and personal growth, leading them to stay within familiar routines and avoid new experiences.

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Social (SO)

The core motivation behind this instinct lies in creating connections, finding belonging and understanding ones place within groups and communities.

- Where do I fit in? How do I contribute well to others?

What role do I play within my community?

The **focus** is strongly on areas such as relationships, group dynamics, shared values, social roles, and building meaningful connections with others.

Strengths: People with a strong social instinct are often cooperative, empathetic and community-oriented. They excel at understanding group dynamics, building networks, and fostering a sense of belonging. Their awareness of others and commitment to shared goals help create strong and supportive communities.

Challenges: When overemphasized, the Social instinct can make a person overly concerned with approval, reputation, or fitting in. A strong focus on social expectations may lead them to neglect their own needs or become too dependent on the opinions and acceptance of others.

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Sexual (SX)

The core motivation behind this instinct lies in seeking intensity, passion, and transformation through meaningful experiences and connections.

- What makes me feel alive? What truly excites and attracts me?

Where can I experience depth and intensity?

The **focus** is strongly on areas such as one-on-one connections, personal passions, emotional intensity, attraction, adventure, risk-taking and experiences that foster growth and transformation.

Strengths: People with a strong sexual instinct are often passionate, charismatic and deeply committed to what matters to them. They bring energy and enthusiasm into their relationships and pursuits and are willing to embrace change, take risks and seek personal growth.

Challenges: When overemphasized, the sexual instinct can make a person restless and constantly in search of excitement or intensity. They may take unnecessary risks, struggle with routine and stability, or seek new experiences and relationships at the expense of long-term commitment and security.