

Relating to Types

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Type One:

- Admit your mistake first; it makes it easier to admit mine.
- Show me that I'm lovable, even when I'm "imperfect".
- Focus on the 98% done "perfectly", instead of the 2% done imperfectly, and help me see it.
- Don't humiliate or tease me about my shortcomings.
- Help me lighten up with humor, but don't mock me.
- Poke fun at your own shortcomings. I have a "comparing mind" and it helps me to know that you know you have shortcomings too.
- If you see I'm stressed, pitch in and help me. Don't criticize me for being stressed out.
- Schedule in fun – remember, I can't have fun until the work is done, so help me get the work done first.
- I can hurt you unintentionally by appearing "harsh" or having an "edge" in my voice or in my vibe. Use I-Messages to tell me I've hurt you.
- Remember when I criticize you. it will eventually come back to me feeling badly for doing so and criticizing myself.
- Help me see other perspectives as equally valid – that is, that there isn't just one right way of viewing a situation.
- Encourage practices that "quiet" the inner critic by helping me see that this "critic" is not my friend.

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Type Two:

- Please be gentle with negative feedback; I'm sensitive to disapproval.
- Give me lots of reassurance, but also ask how I feel about myself in any given situation. I can be addicted to your feedback and have trouble assessing how I feel about me.
- Share fun times with me.
- Be good with your boundaries, I'm not good with mine. Set your boundaries with reassurance that it is about your need, not about me.
- Take an interest in my problems, though I will try to refocus onto yours.
- Remind me to "just listen" if that is what you need when you share your problems with me. I love giving you my advice.
- Show me that I'm loved for who I am, not what I do for you.
- Help me tolerate being unliked, rejected, or disapproved of....help me see that, in the long run, being true to myself is more important than being liked.
- When I say "yes" automatically when asked to help, help me think through whether it will really work for me.
- Support me when I take care of myself and my own needs, and don't make me feel guilty – remember, I think that taking care of myself means I'm selfish.

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Type Three:

- Show me your approval for *me*, not just for my accomplishments.
- Don't say things like "you've really changed" or "you don't seem like yourself" when I open up to darker feelings.
- Give me kudos for being honest and truthful, not for making a great impression.
- Join me in accomplishing things, and help me pause and take a breath during the process.
- Show me and help me see the benefit of being together, not just doing together.
- When I fail, remind me that you love me for *me* and not my accomplishments.
- Encourage me to share my more vulnerable feelings (those that risk disapproval) with you and a few friends that can accept ALL of me, not just the "winner" me.
- Give me your approval for my inner journey. Even go with me on the journey.
- Encourage me to try and stick with things I am not particularly good at, but that I enjoy.
- Help me have humor about my natural competitiveness without mocking me.
- Support me in my quieter and artistic endeavors and help me see that process can be more important than product.

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Type Four:

- Give me space so I can manage my inner moods without affecting you negatively, but don't withdraw your affection.
- Give me special recognition, I need it from you even if I don't need it from the crowd.
- Listen but don't advise me, I will figure it out, but would like your understanding.
- If I sense something going on with you, and there is, please be straight with me. Underneath the sensitivity, I am an emotional weight-lifter.
- When I get emotional, keep the faith that it will pass and I will be able to work through the issues.
- Support my creativity in whatever form it comes – it is my way of working with my inner experience.
- When you can and want to, contribute to the emotional layering of conversation so it isn't on me to pull it out of you.
- Don't tell me, "You're too sensitive." I may have heard that a lot in my life and it hurts to feel your disapproval of what I can't help.
- If I say "no" to a movie, or reading the paper, it may be that it is just too disturbing to me. Respect my need to protect myself and not be taken down by the negativity in the world.
- Ask how I look at things – you may be surprised by my insight, and it means a lot to me that you ask.

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Type Five:

- I need a lot of privacy, so please don't take this personally.
- Be independent and have your own interests to fill you emotionally so you do not depend on me for that.
- Let me know what to expect in terms of time and energy expended, and then honor what you say (if you say we're going to stop in for an hour, keep it to an hour)
- I respond better when you talk to me calmly without too much emotion.
- I may be disconnected from my feelings (if I have a Six wing), so describe the progression of feeling as logically as you can.
- It helps me if you can connect to what I'm interested in, and through that connect to me.
- Tell me what you want and expect – I don't need a saga. Then give me a chance to give it to you in my own way and own time.
- You can trust me with your secrets, and make sure to not share my confidences with anyone..
- Respect my introversion, and work on your own anxiety about it in social situations. If I am fine with just being with someone and not talking, let me be.
- I can support you being you as long as you are straight about yourself.
- I'm good in emergencies, so lean on me in those situations.

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Type Six:

- Do what you say you're going to do. This helps me immensely in trusting you.
- Authenticity – don't bullshit me. I'd rather you tell me the truth, even if it's a hard truth to share. Again, this helps the trust you.
- Don't say I am "negative". I see myself as a realist, who needs to understand the "how".
- Don't put me on the spot, I need to be prepared. If you know, tell me calmly what I might expect in a given situation.
- Try to be rational, or at least not too emotional, when you talk to me.
- Transitions or changes are difficult for me, give me time to adjust.
- I may say "no" at first as I get used to an idea or a change – give it a few days and then ask if I have given it more thought.
- I can have "paralysis by analysis", so help me take the "action" step.
- Don't take advantage of my loyalty. It is not one-sided for me. I want a mutuality in loyalty.
- Trust me with secrets. I can keep them and want you to do the same for me.
- Encourage me to do body oriented practices. This may be the way into my feelings.

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Type Seven:

- Join me on adventures – I like having fun with the people I am in relationship with.
- Since I love adventures, help me see introspection as its own adventure.
- Give me more than one option or possibility. I don't like to be limited or confined.
- Get me out of my mind and into my body – ask what sensations I have versus what I feel to get me started.
- Take a pause when you are with me, and help me to do the same. Your calm can help me settle.
- Express your needs, and if I'm not listening, keep expressing until I do listen.
- Speak to me in I-Messages when I rationalize hurting you, and stick to the emphasis on you so I can't continue the cycle of rationalization.
- Don't rain on my parade. I love thinking about all the positive possibilities. Join me on my mind trip and then help me figure out what is actually reasonable.
- Give me kudos when I stick with something that is painful or boring – and help me see the growth that comes from this.
- Say what you want to do, and don't let me spin it into what I want to do.

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Type Eight:

- I trust you when you take an equally assertive stance.
- Don't turn away or back down when I get angry – I need someone to trust with my anger.
- Be seated in your own power, I don't like dependent or weak people.
- You don't have to agree with me, even though you may feel that you do.
- Fighting can clear the air for me, though it may not for you. Give me guidelines on what you can handle, and hold your boundaries with me if I get out of control.
- Be tender with me when I show you my vulnerable, innocent sides.
- Encourage me using my power to empower others – volunteering together for the “innocents” in society might be a start.
- Acknowledge that I often see the truth in situations that others don't see, and help me to call this out in ways that will be well-received.
- Encourage physical activity that will help me release my abundance of energy.
- Moderation is difficult for me. Tell me when you are tired or have had enough activity for the day, and ask that I respect that.

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Type Nine:

- I may need you to energize me at times – it can be hard for me to get going on my own.
- A structured life with my input is helpful to me.
- When I say I'll do something and don't, check in with me about what I might want or feels.
- Let me talk for as long as I need to when I'm trying to express difficult feelings. It takes me awhile to sort it through and I'm tentative about sharing.
- Be patient as I try to determine what I want. I vote with my feet– I need to experience a situation to know if it's right for me. Visit the campus or go to the company headquarters – check it out with me so I can get a “body sense” of what I want.
- Encourage my expression of anger – listen, listen, listen – and don't defend as I will then merge with your experience rather than stay with mine. See it as just two different perspectives.
- When I get stubborn, it may be a sign that I am angry and might not know it. I may not like what you said, or what you insist I do. Check this out with me without aggression.
- I will have as lot of trouble telling you that I am angry with you. Please listen to me without interruption, and try to not be defensive by seeing my point of view.
- When I procrastinate, help me figure out what I want and the “How” of getting it. A plan can help me, but not if you impose it, so let me lead the conversation.