

Outward Lifestyle vs.

- Social Involvement -----
- Active, assertive -----
- Maintaining a separate identity -----
- Feeling state -----
- Goal-directed behavior -----
- Lack of self-consciousness; realistic self-appraisal
- Adaptability -----
- Facing up to pain and anxiety with appropriate affect and response -----
- Self-fulfillment -----
- Personal sexuality -----
- Searching for meaning and transcending goals -----

Inward Lifestyle

- Isolation
- Passive, victimize orientation
- Seeking a merged identity and fusion
- Cutting off or withdrawal of affect; impersonal relating
- Seeking gratification in fantasy; self-denial; self-destructiveness
- Hypercritical attitudes toward the self; vanity
- Nonadaptability (Rigidity)
- Using substances and routines as painkillers to avoid feelings
- Self-denial
- Impersonal, masturbatory or addictive sexuality
- Narrow focus