



## F I E L D   N O T E

# Measure to Understand... or Measure to Hide

A Behavioral Look at Current Self-Location Systems

When a person wants to understand where they stand—emotionally, in their relationships, and in their decisions—they often seek some form of measurement. Something that tells them, "You are here." A point on the map. A reference. The market is filled with options: tests, typologies, styles, languages, profiles. Some originate from academic psychology, others from symbolic traditions, and some from pop culture dressed as science. They all promise clarity. And many deliver it... but at a cost. They explain without exposing you.

## The Most Common References Today

If one approaches this with a behavioral laboratory mindset—not with faith, nor with mockery—three major families of tools emerge that people use to "locate" themselves.

### Typological Systems

These assign you a type. Four letters. A number. A combination that sounds significant. The result often arrives as a code that, let's be honest, no one remembers: INTJ, ENFP, 4w5. Codes that resemble the ones sent by banks to access your account when you forget your password. You know they are yours, but you wouldn't be able to explain what they mean without looking back at the email. They work because they simplify human complexity, but they fail because they halt observation. Once you "are" a type, the conversation freezes.

### Narrative Systems

Here, you don't receive a code. You receive a story: deep motivations, original wounds, emotional styles. They are more seductive, more sophisticated, and often feel "truer." The problem isn't the narrative. The problem arises when the narrative becomes a shield. When

understanding yourself replaces taking responsibility. When the explanation becomes so elegant that there's no room left for accountability.

## Preference Systems

Models that describe how you like to receive or give something: affection, attention, validation. They are useful as a shared language but dangerous as an excuse. Because a declared preference does not guarantee congruent behavior. Saying the right thing can become a very sophisticated way to divert focus when there is real conflict.

## The Problem Isn't the Model: It's What They Allow You to Avoid

From a behavioral perspective, the problem isn't that these systems exist. The problem is that most:

- Do not measure friction.
- Do not observe repetition.
- Do not distinguish between calm and pressure.
- Do not confront incongruence.

They work very well when everything is fine. But life isn't decided there. It's decided when you're tired, when you're activated, when there's desire, fear, ego, or loss. And there, curiously, types and codes often fall silent.

## Identities vs. Patterns

A basic principle of behavioral analysis is this: People do not sink because of what they are. They sink because of what they repeat. Your type doesn't sabotage you. Procrastination when there's exposure does. Your narrative doesn't limit you. Repeating the same decision while expecting a different outcome does. That cannot be seen with labels. It is seen when someone speaks clearly about your behavior, without insulting you but also without anesthesia.

## Measurement Without Layers

There is another way to measure—less popular, less comfortable—that doesn't start from identity or belonging. It starts with simple yet difficult questions:

- What do you consistently do well?
- What do you repeatedly do poorly?
- What elevates you when you are centered?
- What sinks you when you are activated?
- Where do you lie to yourself with the most style?

This type of measurement doesn't box you in. It doesn't group you. It doesn't give you a code to remember. It does something more direct: it speaks to you.

# **The Role of the Editorial Framework**

Almost any system can disguise itself as scientific or symbolic. Even complex models can degrade if the language is complacent. Therefore, the problem is never just the model's foundation. It's how it is edited. A poor editorial framework turns any tool into a horoscope. A good editorial framework turns even a symbol into an instrument of observation. The difference is simple: Does it leave you comfortable, or does it leave you thinking?

## **Measuring Well Doesn't Define You: It Leaves You Without Excuses**

A good measurement mechanism doesn't tell you who you are. It shows you what you're doing. It doesn't promise belonging. It doesn't applaud you. It leaves you with a decision: to stay the same... or change something. It is not rude, but it is not complacent either. Those seeking labels have options. The market is full of systems that soothe and moisturize the ego. There will always be a test that makes you feel understood without demanding anything. This approach does not compete with that. Because measuring honestly is not a customer service. It is an act of clarity.

At the end of the day, when you turn off the lights, the question won't be who you are according to an internet test, but: What did you do today with what you say you are? Any system can tell you where you stand, but none will get you out of there if you don't respond honestly: What part of your life is sinking just because you're afraid to stop repeating the same story?

This Field Note is part of the Self Love Club editorial framework.  
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