

# AI-00146 Mosak's 14 life styles

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## Mosak's 14 life styles

Mosak's 14 lifestyles are a set of personality types or patterns of behavior that were identified by psychologists Stephen and Sharon Mosak. These lifestyles are based on the theory of Alfred Adler, a psychoanalyst and contemporary of Sigmund Freud. The 14 lifestyles are as follows:

1. The Ruling Type: These individuals seek control and power over others.
2. The Getting Type: These individuals seek recognition and approval from others.
3. The Avoiding Type: These individuals try to avoid pain, conflict, and responsibility.
4. The Socially Useful Type: These individuals focus on helping others and contributing to society.
5. The Dependent Type: These individuals rely heavily on others for support and guidance.
6. The Socially Useful Type-Assertive: These individuals are assertive and proactive in helping others and contributing to society.
7. The Negativistic Type: These individuals have a negative outlook and tend to resist the efforts of others to help them.
8. The Masochistic Type: These individuals derive pleasure from their own suffering and self-pity.
9. The Masochistic-Avoiding Type: These individuals avoid taking responsibility for their own lives and derive pleasure from their own suffering.
10. The Schizoid Type: These individuals are emotionally detached and prefer to be alone.

11. The Conforming Type: These individuals conform to social norms and seek approval from others.
12. The Innovative Type: These individuals are creative and enjoy exploring new ideas and concepts.
13. The Aggressive Type: These individuals are confrontational and enjoy dominating others.
14. The Self-Defeating Type: These individuals engage in behaviors that undermine their own success and happiness.

#### More

The Mosak's 14 lifestyles are not meant to label people, but rather to help individuals understand their own personality patterns and potential areas for growth and self-improvement. Here are some additional details about each lifestyle:

1. The Ruling Type: These individuals are often seen as aggressive, competitive, and controlling. They may struggle with interpersonal relationships, as they tend to view others as either allies or enemies.
2. The Getting Type: These individuals seek recognition and approval from others, often at the expense of their own needs and desires. They may struggle with feelings of insecurity and low self-esteem.
3. The Avoiding Type: These individuals may struggle with decision-making, as they are afraid of making the wrong choice. They may also have difficulty facing challenges and taking responsibility for their actions.
4. The Socially Useful Type: These individuals are motivated by a desire to help others and make a positive impact on the world. They may struggle with burnout and feelings of frustration if they feel their efforts are not making a difference.
5. The Dependent Type: These individuals may struggle with independence and self-sufficiency, as they rely heavily on others for support and guidance.
6. The Socially Useful Type-Assertive: These individuals share many characteristics with the Socially Useful Type, but they are more assertive and proactive in pursuing

their goals.

7. The Negativistic Type: These individuals may struggle with feelings of bitterness and resentment, and they may resist help from others out of a fear of being disappointed.
8. The Masochistic Type: These individuals may engage in self-destructive behaviors or have a tendency to put themselves in situations where they are likely to be hurt.
9. The Masochistic-Avoiding Type: These individuals may avoid taking responsibility for their own lives and may use their suffering as an excuse for not taking action.
10. The Schizoid Type: These individuals may struggle with intimacy and social connection, preferring to spend time alone rather than with others.
11. The Conforming Type: These individuals may struggle with being true to themselves, as they are more concerned with fitting in and being accepted by others.
12. The Innovative Type: These individuals are creative and enjoy exploring new ideas and concepts. They may struggle with practical matters or the implementation of their ideas.
13. The Aggressive Type: These individuals may be confrontational and may struggle with interpersonal relationships, as they tend to view others as potential threats.
14. The Self-Defeating Type: These individuals may sabotage their own success and happiness, often out of a fear of failure or a belief that they do not deserve success.

Give 3 examples of each

Sure, here are three examples of each of Mosak's 14 lifestyles:

1. The Ruling Type:
  - A CEO who uses aggressive tactics to achieve their goals
  - A coach who constantly criticizes their players and makes decisions without consulting others
  - A politician who seeks power and control over their constituents

#### 1. The Getting Type:

- A student who seeks praise and validation from their teachers and peers
- An employee who works hard to earn promotions and recognition from their boss
- A social media influencer who seeks likes, comments, and followers to boost their popularity

#### 1. The Avoiding Type:

- An individual who puts off important tasks until the last minute out of fear of failure
- A person who avoids confrontation and difficult conversations with others
- Someone who is indecisive and struggles to make choices in their personal or professional life

#### 1. The Socially Useful Type:

- A volunteer who works at a food bank or shelter to help those in need
- A doctor who dedicates their career to saving lives and improving health outcomes
- An activist who fights for social justice and equality for marginalized groups

#### 1. The Dependent Type:

- A young adult who still relies on their parents for financial and emotional support
- A person who constantly seeks approval and guidance from their partner in their personal life
- An employee who needs constant supervision and direction from their boss to complete tasks

#### 1. The Socially Useful Type-Assertive:

- A community organizer who takes charge and rallies others to create change in their neighborhood
- A teacher who advocates for their students and fights for better resources and support in their school
- A researcher who takes risks and challenges traditional thinking to discover new breakthroughs in their field

#### 1. The Negativistic Type:

- An individual who constantly complains and sees the negative in every situation
- A person who resists help and support from others out of a fear of being let down
- Someone who assumes the worst in people and is quick to judge others

#### 1. The Masochistic Type:

- An individual who engages in self-harm or risky behaviors
- A person who puts themselves in situations where they are likely to be hurt or abused
- Someone who derives pleasure from their own pain and suffering

#### 1. The Masochistic-Avoiding Type:

- An individual who blames their circumstances for their lack of success and refuses to take responsibility for their life
- Someone who is constantly making excuses for their behavior and avoiding accountability
- A person who is afraid to take risks or try new things out of a fear of failure

#### 1. The Schizoid Type:

- An individual who prefers to spend time alone and avoids social interactions
- Someone who lacks close relationships and emotional connections with others
- A person who has a hard time expressing their feelings and emotions

#### 1. The Conforming Type:

- A student who chooses their major or career path based on what their parents or society expects of them
- An employee who follows the rules and procedures of their workplace without questioning their effectiveness
- Someone who dresses, speaks, and behaves in a way that is consistent with social norms and expectations

#### 1. The Innovative Type:

- A scientist who develops groundbreaking new technologies or treatments

- An entrepreneur who creates a successful business based on a new idea or approach
- A writer who explores new genres or styles in their writing

1. The Aggressive Type:

- A bully who uses physical or verbal aggression to intimidate others
- A sports player who regularly fouls or provokes opponents on the field or court
- A boss who frequently yells at and belittles their employees to assert their authority

1. The Self-Defeating Type:

- An individual who sabotages their own success by procrastinating, making careless mistakes,