**Reformer**

**Self-Preservation**

I keep things in order to feel at ease.

I quietly carry the burden of responsibility, rarely asking for support.

I manage my time and resources with discipline and precision.

I often sacrifice comfort to meet my standards.

Staying in control of myself helps me feel safe in a chaotic world.

**Sexual**

I feel compelled to correct what’s wrong, no matter the cost.

Intensity fuels my drive to reform people and situations.

If I care deeply, I challenge others to live better.

Conflict doesn’t scare me — I use it to push for truth.

My convictions burn bright, and I expect others to feel the same fire.

**Social**

I lead by example and hold myself to the highest standards.

I strive to be a model of integrity in the eyes of others.

Serving the greater good gives me strength and purpose.

I watch how people behave and try to inspire better choices.

I live by a deep sense of duty to improve the world around me.

**Helper**

**Self-Preservation**

I make myself useful — it’s how I earn my place.

I focus on meeting others’ needs while silently ignoring my own.

I show love by doing, fixing, and giving.

If I’m not needed, I feel invisible.

My energy goes into creating comfort and care for the people around me.

**Sexual**

I want to feel desired — I pour my heart into one special connection.

I shape myself to match what you want, hoping you’ll never leave.

I use charm, passion, and attention to create closeness.

I fear being rejected more than anything else.

I feel powerful when I can stir deep feelings in someone else.

**Social**

I sense who needs help and step in without being asked.

I earn love by being indispensable to a group or cause.

If people depend on me, I feel worthy.

I often forget where my own needs end and others’ begin.

I crave belonging, and I try to create harmony wherever I go.

**Achiever**

**Self-Preservation**

I channel all my energy into being productive and successful.

I quietly accumulate results — not for show, but for security.

I need to feel efficient and in control of my environment.

I fear failure, so I prepare thoroughly and work harder than anyone else.

Achievements are how I prove my value and earn respect.

**Sexual**

I want to be the best in the room — admired, desired, unforgettable.

I read people and shape myself into what they’ll respond to.

Attraction is power, and I use it to win.

I thrive on attention and feedback, even if it’s fleeting.

If I’m not impressive, I feel like I don’t exist.

**Social**

I know how to climb the ladder — I play the part perfectly.

I adapt to every room, every group, every expectation.

Being seen as competent and likable is everything to me.

I lead by being efficient, charismatic, and results-driven.

I measure success by how others perceive me — and I aim high.

**Individualist**

**Self-Preservation**

I feel safest in solitude, where I can fully experience my inner world.

I often struggle silently, seeking beauty and meaning in the pain.

I crave comfort but fear I don’t deserve it.

I use creativity to survive emotional highs and lows.

Even when I feel invisible, I hold tightly to my uniqueness.

**Sexual**

I long for a soul-deep connection that will awaken my identity.

I test the depth of others’ feelings to feel alive.

I can be intense, passionate, and deeply vulnerable.

I fear being ordinary — I want to feel special, chosen, unforgettable.

I express what others can’t say — my emotions are my truth.

**Social**

I feel different from everyone else and secretly long to belong.

I carry a sense of being misunderstood, yet I keep seeking community.

I observe people carefully, comparing myself constantly.

I share my feelings hoping someone will finally see the real me.

I want to inspire others through my authenticity and depth.

**Investigator**

**Self-Preservation**

I withdraw to preserve my energy and peace of mind.

I collect knowledge and tools to feel safe in a confusing world.

I prefer solitude and minimal needs — it gives me freedom.

I fear intrusion, so I guard my space and time.

I feel strongest when I am self-sufficient and unseen.

**Sexual**

I seek one intense bond that allows me to share my inner world.

I reveal myself only to someone who has earned my trust.

I want to merge minds, exchange ideas, and explore meaning together.

I can seem distant, but I crave depth and intimacy.

If the connection isn’t real, I’d rather be alone.

**Social**

I understand systems, patterns, and how everything connects.

I stay quiet in groups, but I’m always observing.

I contribute ideas more than emotions — clarity is my gift.

I seek a community of intellect, not shallow socializing.

Being competent makes me feel worthy of belonging.

**Sentinel**

**Self-Preservation**

I prepare for everything ,worst-case scenarios are always on my radar.

I rely on routine, structure, and trusted sources.

I don’t trust easily ,I test people to see if they’re truly reliable.

Safety means knowing what’s expected and sticking to it.

When things feel uncertain, I tighten my grip on what I can control.

**Sexual**

I attach strongly to those I trust , but I need constant reassurance.

I challenge others to prove their loyalty.

My emotions can shift fast , I want closeness but fear betrayal.

I am passionate, protective, and fiercely committed once I open up.

I may push and pull, but it’s only because I care deeply.

**Social**

I look for rules and systems that help me feel grounded.

Belonging to a loyal group gives me courage.

I often second-guess myself but feel safer when others validate my choices.

I want to contribute, but I need clear roles and expectations.

I stay alert to danger and try to protect the people I care about.

**Enthusiast**

**Self-Preservation**

I fill my life with fun, plans, and comfort to avoid feeling trapped.

I fear boredom , it feels like dying inside.

I stay upbeat and distracted, even when things get tough.

I pursue pleasure with intensity but avoid what’s painful or heavy.

Being spontaneous helps me feel alive and safe.

**Sexual**

I want passion, adventure, and someone who can match my energy.

I chase new experiences to avoid emptiness.

I flirt, spark connections, and then pull away if it gets too deep.

I’m addicted to intensity and hate feeling confined.

I can be magnetic , but sometimes I burn too bright, too fast.

**Social**

I’m the life of the party, always bringing energy to the room.

I want to lift everyone’s spirits and keep the mood light.

I use humour, charm, and stories to keep people close.

If the group is happy, I feel secure , even if I’m struggling inside.

I bounce from idea to idea, but I always include others in the ride.

**Challenger**

**Self-Preservation**

I protect what’s mine ,my people, my space, my boundaries.

I work hard, stay tough, and take no shortcuts.

If I sense weakness, I compensate with more control.

I don’t show vulnerability unless I feel completely safe.

I trust my instincts , I know how to survive and win.

**Sexual**

I seek powerful, consuming bonds that test my strength and passion.

I challenge and seduce , I want someone who can handle me.

I won’t respect you unless you stand your ground.

When I love, I love fiercely, and I expect the same in return.

Intensity is my language, and emotional honesty is non-negotiable.

**Social**

I lead the pack and fight for what I believe is right.

I earn respect by protecting the weak and confronting the corrupt.

I’m not afraid to take charge, someone has to.

I push people to be stronger, smarter, and braver.

If you cross the line, I won’t stay silent.

**Peacemaker**

**Self-Preservation**

I keep my world peaceful by keeping things simple and predictable.

I avoid tension and retreat into routines.

I blend in to avoid being a target for criticism or conflict.

Comfort and calm matter more than ambition.

I rarely express my own needs, they just don’t seem urgent.

**Sexual**

I soften to please , I lose myself in those I love.

I often mirror others to keep the connection alive.

My focus drifts, but I crave being deeply seen.

I fear confrontation, even if it means suppressing myself.

I disappear into the relationship to feel whole.

**Social**

I’m the peacemaker in the group , I smooth over problems.

I support others without needing the spotlight.

If everyone’s okay, then I’m okay.

I struggle to speak up unless others really need me.

Harmony matters more than being right ,or even heard.