

	PERFECTIONIST TFB	PLEASER FBT	DISTRACTOR BFT	UNSEEN STRONG BTF
DOORS PERCEPTION	They must get it right. They need to INTEGRATE unconditional acceptance of themselves.	Others come first; their own need and desire is insignificant, they must be "good". They must INTEGRATE their value of themselves is above the opinion of others.	They must keep trying. They need to INTEGRATE being present to themselves (with feelings and words) in success is of inherent value from which all potential grows.	I must do it alone, and stand alone. And not necessarily succeed. They must INTEGRATE their own feelings and needs as part of their strength.
PRIORITY (Historically)	To Progress/ Action/ Doing. Doing everything to get it right. Can be quite isolated (pedestal)	Others needs' first.	Demonstrate and be witnessed in their effort.	Don't feel.
PREDICTION	Being wrong/ failing / losing results in loss of relationship and value.	Everything will collapse if I don't keep the order by making everyone else happy.	Success is intself an indulgence and will lose them relationship.	I will be overwhelmed and collapse if I feel my feelings and needs.
PERMISSION	You can be You. You can be with others (as yourself). You can feel all your feelings. You can take your time. You can be playful. What's important to you is important to me. You can stop and celebrate.	You can be you. You can have needs. You can be important. You can think and create your own reality.	You can be close. You can be your current age and true capacity. You can reach a goal and take joy in that. You can feel what you feel. You are recognised and important whether there is success or failure.	You can feel. You can have your own needs. You can be important. You can think. Your presence in community matters. You can cocreate.
PROTECTION	Ways to stay in relationship even when things don' tgo well. Plans are guides not rigid structures.	"What if"... start with small dreams (outcomes) and then show the process, lighting the path to possibility. Lots of strokes! Rewqards of recognition, affirmation and So/Far to go processes. Celebration - they secretly love to be in the lime light!	Non-judgement. Especially of "fails". Short or medium term goals. Use positive reinforcement (thinjking)with playful feeling and behaviour. Not losing relationship or value when things don't go well.	You can feel, we can think and create, Trust in the process - progress is valuable enough.
POTENCY	You can enjoy the process, without rushing, controlling and stay in relationship and process. The conection is the value.	To notice their desires and the reality of a path towards them. To name desires without judgement - trusting the process and guidance of PT. Being present (enopugh) to cocreate the process with the PT. To let go of valuing the opniion of others to write their life.	They can enjoy successes. They can feel and put words to the exoperince, by feeling they are still in connection/ relationship. Indulgence is not necessary - they can experience fullness and joy in the experience moderation. There's no all or nothing - remmeber the AND.	You can be separate and together; feel think and be grounded.
HELPFUL TRAINING STRATEGIES	Short term goals; stop to celebrate and recognise and connect;	Lots of Decision Latiitude using 4T's	Challenge to 8RPE then use tempos , ISO'setc. Having periods of time in a session, or ina a month when there is no need to go forwards or backwards.	You can lean in as well as cocreate. Challenge is in staying with the feeling (high reps at 7.5+ RPE) and knowing okayness. Breathe softly and slowly. 1RM less challenging!
SOMATIC STRATEGIES	SLOOOOOW DOWN. Lots PNS at start and end.	Incorporate strength to feel power. Be present in co-created porcess.	Lots of naming. Modelling this shows them the way and gives them permissions they need.	Connect sensations to groundedness.Yopu can be with this. You are Here. Lots PNS start and end.