

# Inner Team Polarities

## The Supporting Cast

<b>Artist:</b> the part with an irresistible desire to imagine, create, express yourself beautifully	<b>Pragmatist:</b> the part which is straightforward, practical, and grounded
<b>Chameleon:</b> the part which reads social cues, mimics behavior, and blends in	<b>Zebra:</b> the part which will not change its stripes
<b>Comfort Seeker:</b> the part which responds to threats by retreating into what's comfortable and familiar	<b>Thrill Seeker (Adventurer):</b> the part which wants to experience aliveness, challenge, and new experiences
<b>Competitor:</b> the part which has a single-minded focus on winning	<b>Collaborator:</b> the part which forms partnerships for mutual benefit
<b>Controller:</b> the part which takes charge and asserts influence to achieve a feeling of control and personal agency	<b>Allower:</b> the part which yields, finds safety in radical acceptance of whatever is occurring
<b>Independent:</b> the self-reliant part which can shoulder individual responsibility	<b>Dependent:</b> the part which can receive help and support
<b>Indulger (Spender):</b> the part which seeks immediate pleasure from indulging desire	<b>Restrictor (Saver):</b> the part which limits and restricts the choices we can make
<b>Judge:</b> the part which discerns, evaluates, and forms opinions about right and wrong	<b>Neutral:</b> the part which refuses to take sides, remains neutral and reserves judgment
<b>Loyalist:</b> the part which is committed, values loyalty, tenacity, and grit	<b>Free Agent:</b> the part which claims freedom to choose, rethink, change your mind
<b>Material:</b> the part which trusts only what can be seen, touched, measured, or known with five senses	<b>Spiritual:</b> the part which connects to the non-physical, intangible world of faith, meaning and purpose
<b>Minimizer:</b> the part of each of us which downplays importance and urgency	<b>Maximizer:</b> the part which generates energy to respond rapidly to threats and opportunities
<b>Participant:</b> the part which wants to join in, engage with others and affiliate	<b>Observer:</b> the part which withdraws from social interactions, preferring the view from the sidelines
<b>Planner:</b> the part which anticipates, prepares, and organizes to influence future outcomes	<b>Improviser:</b> the part which responds in the moment, makes it up as you go along
<b>Rule-Follower:</b> the part that conscientiously follows rules, traditions and norms	<b>Rebel:</b> the part which wants to experience the freedom to make individual choices
<b>Warrior:</b> the part which wields power through direct, principled action	<b>Peacemaker:</b> the part which seeks and creates harmony

## The Protagonists

<p><b>PERFECTIONIST</b> The part which strives to reach an ideal state of flawless excellence</p>	<p><b>MESSY</b> The part which celebrates being imperfect and beautifully flawed</p>
<p><b>PLEASER</b> The part which wants to earn approval and inclusion by being of service to others' needs</p>	<p><b>BOUNDARIED</b> The part which attends to your own needs by setting and enforcing clear boundaries</p>
<p><b>PROTECTOR</b> The cautious part which scans for risk and appropriateness, and shows you the path to safety and security</p>	<p><b>TRUSTING</b> The optimistic part which extends trust to others</p>
<p><b>PUSHER</b> The part which prompts action and generates urgency to get tasks done</p>	<p><b>BEING</b> The part which pauses, rests, reflects, aspires to be present in the moment</p>
<p><b>RATIONAL</b> The part which uses intellect, analysis, and rational deduction to make sense</p>	<p><b>FEELING</b> The sensitive, receptive, intuitive part whose first language is emotion</p>
<p><b>RESPONSIBLE</b> The part which is committed to fulfilling obligations and keeping your word</p>	<p><b>PLAYFUL</b> The eternal child within which can have fun anywhere and turn anything into a game</p>
<p><b>EXPERT</b> The part which believes you already know enough to form confident opinions</p>	<p><b>LEARNER</b> The humble part which remains curious and open to learning</p>
<p><b>SPECIAL</b> The part which wants to stand out and be seen as unique and precious</p>	<p><b>ORDINARY</b> The part which finds joy in the everyday, and delights in your similarities to other people</p>