

Smalley Relationship Center
Smalley-Swift Personality Profiling System (SSPS)

A PROFILE REPORT by David A. Swift, Psy.D.

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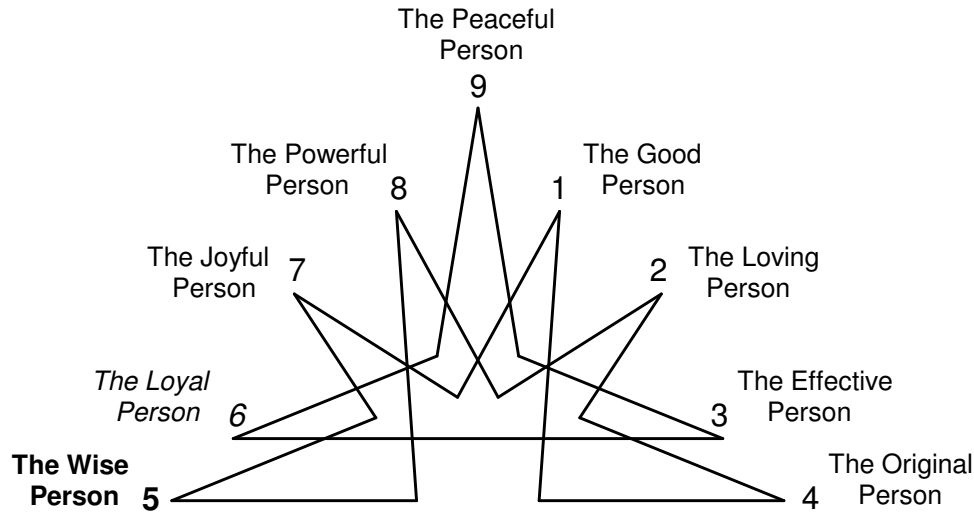
Version 1.000

Name: Chief

Age: 28

Gender: Male

Administration Date: 04/07/08



SSPS Style Summary: Style 5 Wing 6

	Total Score	Resourceful Characteristics Score	Non-Resourceful Characteristics Score
Style ONE: The Good Person	7.2	1.2	52.0
Style TWO: The Loving Person	5.1	10.8	5.5
Style THREE: The Effective Person	1.5	1.8	2.2
Style FOUR: The Original Person	7.9	13.6	12.4
Style FIVE: The Wise Person	81.1	81.7	72.9
Style SIX: The Loyal Person	56.4	14.7	84.8
Style SEVEN: The Joyful Person	28.1	9.3	65.5
Style EIGHT: The Powerful Person	40.8	18.2	69.7
Style NINE: The Peaceful Person	68.5	25.5	89.4

Fives
Relationship Profile
WISE PERSON

Innovative, inventive, and autonomous thinkers, Fives are excited by learning. Possessing knowledge is exciting and powerful. Their ability to concentrate accentuates their desire to learn. They are kind, perceptive, open-minded, faithful, and mostly self-sufficient. Their perceptive ability allows them the gift of prediction. Not the first to be heard by others, they often possess valuable, original ideas. Like the Four they are global thinkers; however, Fives base their ideas on knowledge, foresight, and experience. They are reality based and see events and processes as they really are.

Wings

This section refers to the personality types just to the left and right of your type. Your wing type is printed in italics on the Crown on the front page of this report. The easiest way to explain the idea behind the wings is to look at them as a "personality softener or hardener". The Five with a Six wing would appear tougher than the Five with a Four wing. This is better understood as you get to know the traits of each type on the Crown.

Fives with a more developed *Four Wing* tend to be more creative, humanistic, perceptive, empathic, and self-absorbed.

Fives with a more developed *Six Wing* tend to be more dependable, apprehensive, suspicious, and careful.

Traits

Remember that all personality traits present on a spectrum. In other words, a trait can go from one extreme to the other. Let's consider someone who is organized. Under stress, organized behavior may turn into obsessive-compulsive behavior. This once great trait becomes a hindrance. Recognize that if your Non-Resourceful number is higher than your Resourceful number (located in the lower half of the front page), then you are more likely to be using more of the negative traits, than the positive traits.

Best: Inquisitive, Analytical, Determined, Sensitive, Wise, Unbiased, Aware, Perceptive, and Self-Contained.

Worst: Selfish, Inflexible, Distant, And Critical Of Others, Unassertive, Disapproving, and Intellectually Overbearing.

Your World View

"Privacy is golden. The world is intruding, and I need time to contemplate and refuel my energies."

Primary Will *What you desire most:* To understand...everything

Primary Concern *What you fear most:* To be intimidated or overwhelmed by someone else

What to Expect

It's time to take a closer look at your personality

Fives learn through observation and reading, not necessarily doing. Interaction with others interferes with this process. Believing knowledge is power, Fives search for special information. Their intelligence lies beyond the boundaries of thought. Craving privacy, they are often alone with their thoughts and content without others. In order to maintain the opportunity for privacy, they minimize interaction, because interaction with others creates obligation. Low contact, low interaction, and low visibility are the goal. Reaching out is not a common practice. Groups drain the Five's energy, and they will need time to re-energize alone afterwards. They will "tighten their belt" to maintain their independence. However, life is not all intellect, as emotion plays an important role in who they are.

Fives are also minimalists. This means they can do without, and are able to survive with very little. Their keen sense of perception helps them manage day to day living. Most would rather not be involved in other's activities, which poses a dilemma because emotion demands involvement. Fives like emotional control, which can best be managed in private. However, watching life as an outside observer may eventually lead to feelings of detachment, abandonment, and isolation; and too much of a good thing can be bad. Even though the Five prefers to be alone, they are not exempt from desire. No one is free from boredom.

Once the desire sets in, watch out. Fives will work hard to get what they want. They dislike having "needs", so they have a tendency to quickly identify their needs and fulfill them. Books, trinkets, or people; they become necessary to possess once the desire sets in.

This pattern develops an odd type of process. The Five will work for solitude, gain and maintain it, then desire an emotional connection, almost lusting for an intense, brief encounter. To the dismay of their partner, they will complete the cycle by returning quickly to their isolation. The Five will share these intimate moments with those who understand. However, for those who don't, it may send a mixed message of "love on my terms only".

The surprise of the Five is the underlying problem of greed. How can the one who "does without", want more. Fives, like Eights, are motivated by the need to resist domination. The Eight resists through aggressive confrontation, where the Five resists, just as forcefully, by withdrawing. The need for dominance is exactly the same for both, but the method of defense is very different. Since the "home is the castle" for the Five, they will probably exercise some control over their domestic relationships. When things are secure, the Five is able to be more commanding within their environment.

Childhood

We believe every individual has their own unique qualities. However, we also believe that there are core traits that each of the 9 types on the Crown are born with. This section takes a quick look at what type of home you may have grown up in. Now remember, this doesn't necessarily explain why you are the way you are. It could in many cases mean that this is the way your home was because of the characteristics you were born with. Think about the question "Which came first, the chicken or the egg?". Was your home this way because of your parents, or was it like this because of the way you've responded to them?

Withdrawal is the key. Now the reason a child withdraws is the real question. On one end of the spectrum, Fives may have come from families where parents were unavailable. For whatever reason, the Five had to spend time alone. Their ability to detach from feelings may have either helped them deal with the absence, or may have emerged as a form of survival.

On the other end of the spectrum, the Five may have come from a home where other members of their family engulfed them. Flight was the only way to gain silence. Family can be so intrusive. This could be confounded with large families, or a small living space. This retreating process is seen in all areas, mentally, physically, and most profound, emotionally.

Emotions get in the way of independence. Try to love someone without needing them. The Five learns very early to disconnect from their emotions. Less emotion equals less pain. Emotions are too demanding and involve too many commitments from other people.

Questions, questions, questions. Why this, why that...could drive your parents insane. The Five child is the classic bookworm. Their interest is usually focused on things that stimulated their minds, not necessarily their bodies. Their grades would reflect their interests, but their social lives might leave little to the imagination. Even at a young age, people drained their energy. Stimulation came from objects, not people. Staying on the outside of the group was much less demanding, and safer.

No one likes to be alone all the time. The Five child would usually tolerate one or two special friends. They may not have enjoyed going places and doing many things outside the home, but could enjoy limited time with their good friends.

par It is not unusual to find these children in front of a computer, or playing video games. Both serve to isolate and challenge which is just right for a Five. Projects that are demanding and usually unpopular (chess club, science fair, chemistry) are attractive. They will be good at it. Their will to conquer difficult activities is strong and is very rewarding for them. It increases their self-esteem.

Parents of Five children are often very anxious about their children's lack of interest in social gatherings. Most Five children will put up a strong resistance to anything that deals with people or physical activity. Sports, teams, and popular clubs are not attractive to Fives.

Relationships

*This section addresses common behaviors displayed by the average Five personality.
This section will also be helpful to your partner.*

Conforming to the expectations of others doesn't sound typical of a Five, but it may be the easiest way to get along with others. Fill the role, don't make too much noise, and they'll probably just leave you alone. Keeping low and out of sight is key. The less demands from others, the better.

There is safety in the mind. It doesn't argue, and it rarely ever makes you do something you don't want to. The mind is sufficient to keep the Five company. When they decide they want something they will work towards getting it.

The middle of the road is tough for the Five. You will either have all of their energy for a short time span, or hardly any of it. They usually don't need much from their surroundings and work hard to protect their small areas of interest. They can, at times, be greedy about their privacy.

They can be a source of good friendship, and advice. However, you must be seeking independence and not be demanding of the Five's emotion to get the best from them.

There is a real sense of insecurity here. Fives do not feel like they can live up to the expectations of others. It creates a sense of helplessness and incompetence. This is very serious to the Five and what they work hard to avoid. However, in their effort to learn as much as they can, they tend toward stagnation (slowing to a complete stop). It comes from learning and not doing. It is hard for the Five to know when they've learned enough not to look stupid. The more they read, the more they realize they don't know. It can create a circle that keeps them embedded in their pursuit and noticeably absent from healthy relationships.

Fives are more prone to engage with others when they find someone who is equal or superior in their intellect or knowledge of a common subject. At this point, they can be very social and engaging. It might be however, a different type of sharing. This exchange is about facts, figures, and concepts. It probably won't be about their feelings. Talk to a Five and see how long it takes them to mention how they feel about something.

It is easy to impose on a Five. They are usually not overly concerned with social formalities. They do not worry much about being disconnected from others. Fives don't need help, nor would they want it even if they needed it. They are generally content with their lack of connection and simply choose to focus their energy in other areas.

Do not mistake the above information as stating that Five's do not feel. This is about avoidance. They do not find much value in emotion and therefore look to divert it elsewhere. Fives often do have deep reserves of emotions, but

typically choose to bypass the experience.

Honoring Others

These points directly address the pitfalls that are naturally created with our personalities. Remember there is always good with bad. This section will help you grow. Our best assets can become our liabilities under stress. (For example, Ones can figure out the details to getting things done. Ones focus too much on the details when they are under stress)

~1~ Try more observation and less analysis. Understand that the world does NOT operate on intellect alone. Interpreting your surroundings without including how others “feel” or failing to consider how others might interpret your answer will cause you endless grief. Observation is your gift. Use it to examine the reactions of those around you instead of immersing yourself in “book knowledge”.

~2~ There is often a lot of nervous energy bound up inside you. This creates the appearance of someone who is high-strung and very intense. This will discredit you. Make an effort to relax and unwind. Learn to calm yourself in healthy ways. Exercise or use relaxation techniques, biofeedback, or yoga. These methods are very useful and can also be practiced alone.

~3~ Take risks and don’t avoid conflicts. Your motivation for avoidance is to prevent looking foolish. Take a stand. Nobody expects you to be right every time, except yourself. You create more problems with others by holding back. They will resent you more for holding back than for having the wrong answer.

~4~ Because you tend to analyze everything, you may find it hard to choose among the possibilities. Too much information clouds the process. Learn to trust those around you who are capable of making accurate judgments. Trusting someone else is difficult for a Five. Do not be so naive to believe others can’t make good decisions because they don’t take time to think or because they tend to consider “feelings” as a factor. Many of the personality types are good decision-makers. Some are even better than you.

~5~ You may have a tendency to resist changing your opinion. This can be caused by your drive to be correct. Changing your opinion means you may have been “wrong” to begin with. New information becomes available every day, and it should be expected that opinions and things change. Consider even the most common example, which is meeting people. How much information flows about the individual on a continual basis? Keep an open mind and learn how to give yourself and others a second chance.

~6~ Remember that having conflicts with others is normal. The healthy thing to do is to work through the issues and not to withdraw from the situation at hand. Learn how to trust people and open up with them about how you feel. Make yourself accessible. Being inaccessible places you among the minority in the personality types.

~7~ Although difficult for you, learn to be nurturing and supportive. Almost everybody needs this from a relationship. The reality of life is that emotions do play an integral role in almost everything. Try to become more cooperative and trusting, and less of a loner. Learn to concede to others graciously, without feeling you have lost intellectually. Nobody likes to place themselves in a vulnerable position, but life can not be lived to its fullest without doing so.

~8~ Your brilliance or power of knowledge can be intimidating to others. Couple this with some Fives who have a tendency to lack social graces, and you have someone who makes others feel uncomfortable. Teach yourself to ask about other’s interests, and learn how to take the “one down” position (where you allow the other to be the expert). Otherwise others may be put off unnecessarily.

~9~ You may have a tendency to look down on those who are not as intelligent as you are. Keep in mind that intellect is literally in the “mind of the beholder”. Social, emotional, and relationship expertise (the Five’s weakness) is highly valued by many people. Your superior intelligence does not give you the right to judge others in a cynical or harsh manner. Use your gift of intellect to help others, not “put them down”. Use your intellect to develop compassion for others. By doing so, you may find it easier to produce or display your own kind feelings. This will make you appear more approachable and invite more rewarding relationships.

~10~ If you find others avoiding you, consider the possibility that it is your actions that have driven them away. Your tendency may be to blame them for their shortcomings and dismiss the broken relationship as their problem, not yours. Broken relationships are the responsibility of both parties. Above all else, do not be afraid to be wrong.

Social Being

*How does this type fit into society? Where are they most comfortable?
How do they interact with others and how are they seen by others?*

What do you call someone who knows what they're talking about? The Five will be known as someone who is very intelligent and an expert at what they do. Their drive is to be the best. If they can't be the best, they may move to another interest.

The Five may appear as reclusive and detached. In groups, you might even find them sitting away from their peers. It is almost as if they are observing the group and not participating in the process. When the discussion is on a topic they know about, they may migrate more toward their peers. One of their fears is looking stupid. So if the Five is given time to prepare, they will engage. Understand that most of time, the topics are beneath their level of expertise and are probably seen by the Five as boring or a waste of time.

The Five will sometimes avoid sporting events or anything that requires physical activity. Again, the Five wants to be the best at what they do, and there always seems to be someone better at most any sport they try. Changing to something more complex and demanding of thought will probably grab their interest. Games that are difficult like computer games that don't come with instructions have been known to attract the Five. Unique games that most of us have never heard of might lure their interest too.

Now this is not to say that Fives will not be found in front of groups of people. If the Five becomes an expert on a topic or say, playing a musical instrument, then their comfort level can change. Even then, the Five may try to find a position on stage that blends into the backdrop. If they have to be out front, they may adopt a persona or well-rehearsed position that gets them through the presentation.

Intimacy

How does intimacy fit into this personality type?

If their primary defense system is that they "don't feel", how in the world can intimacy fit in to a Five's life? This is a conflict of concepts. The body needs sexual attention, but the mind needs privacy. Here lies the most obvious example of how easily Fives are misunderstood.

Fives feel, just like everyone else! They just don't like it. They work very hard to avoid, ignore, or minimize the impact of their emotions. But then there's intimacy. This one is tough to ignore. The Five struggles between desire and fear of rejection. Yes, many people struggle with this, but most of the other personality types have systems in place that help deal with rejection. Remember they want to be the expert. They just fail to realize that this subject (relationships) doesn't have many experts, and failure rate is high.

Their tendency may be to approach with caution, but be ready for them to retreat at any given moment. This whole process can seem very dangerous to the Five. There is a high risk of failure, and lots of anxiety. Their inexperience may show as they may reveal a range of feelings to the party of interest. Be careful as they may withdraw if they sense rejection. They are sensitive and probably won't pursue their mate like many of the other types on the Crown. The Five is looking for someone who can withstand the isolation, and the uniqueness of their personality.

As noted on the Social page, they can take on roles that move them through the situation. Fantasy and imagination may play a big role in the Five's game of intimacy. Their focus and intensity can translate into the sexual realm and provide for strong emotional contact.

Ultimately, contact may not be as frequent as the Five's partner would like. Isolation is still a mainstay for the Five. Once their intimate needs are met, it is likely that the Five will move back into their world of thought. So

encounters will be infrequent and may appear as an “on my time” process. It is important for the Five to realize their pattern is usually very different from their partner. They should try to understand the needs of their partner, and adjust accordingly.

Motivators

*The following ideas can help the “Five” to be their best.
These suggestions may also play a substantial role in improving relationships.*

~1~ If at all possible, provide a space in the home that is private. If the space is not available, then understand that private time is very important and has nothing to do with rejection of their partner. The Five will interpret the privacy as a reward.

~2~ Minimize interruptions. Fives appear to have a limited energy source; however, it is related more to interaction with others than it is to their tasks (things to do). Keep in mind that it does take more “energy” for a Five to interact, and they may need to recharge their batteries more often than the other personality types.

~3~ Give the Five the opportunity to learn about their specific field of interest. The more intellectually challenging the project, the better. They love to visit places that provide more knowledge about their interests. Especially those that enhance their expertise.

~4~ Give notice. Allow them time to prepare before putting them in front of others. If the Five is committed to attend a party, provide as much information about that party as possible. Give the Five as much notice as possible. This will minimize their tendency to remain silent and maximize their opportunity for valuable input.

~5~ Minimize change in their surroundings. This mainly includes their responsibilities. Try to keep their responsibilities consistent. Also, understand that they will need time to process or think about major changes concerning the family. The Five will probably retreat for a while when faced with major decisions about the family.

~6~ Allow the Five time to think before requiring an answer. Their first forced answer will not be their best. They may even “freeze” when surprised by an unexpected question. Their hesitancy is not about whether they know the answer. It is usually about wanting to provide the best answer.

~7~ Avoid confrontational interactions with Fives. Stay very tuned to the style of approach used when forced to confront an issue with the Five. They may respond by building “walls” to protect themselves.

~8~ Fives are almost always involved with facts, figures, and answers. Avoid including emotions in decision making that involves the Five’s responsibilities. They respect decision-makers that can respond in this manner. They usually see through flattery, so be sincere and specific when bringing attention to their good work.

~9~ The Five’s gift is their quest for knowledge. If you need something from them, highlight the opportunity it provides for them to increase their knowledge base.

Honoring Fives

This section will be helpful to your partner. It is designed to give both of you ideas on how to make Fives feel good about the relationship. These ideas may seem to be useable with any personality type, however, understand that they are designed specifically for the traits of the Five.

~1~ Understand that Fives explore many things alone. One of those can be love. They can use their solitude to get in touch with feelings that are difficult to share in the social world. Sharing intimate emotion with a Five might be accomplished by presence alone. Simple presence. Even without a word spoken. Nonverbal communication may be their main avenue of telling you how they feel.

~2~ Fears are common with the Five. Their unique approach is to “focus”, not on the emotion of fear, but on the actual thing that scares them. They may become obsessed with gathering information on the topic. That topic could be you.

- ~3~ Fives value the unknown. They are constantly searching to discover more. Others that appear calm, peaceful, and confident might irritate the Five. The Five can often take pleasure in “stirring the pot” for these people. They may introduce new research that contradicts a particular belief, or present an extreme point of view, just to provoke.
- ~4~ When Fives feel uncomfortable, they tend to retreat. View this retreat as a way to find a comfort zone. Provide a safe place for them to return that is not too demanding of emotional input. It is hard for them to express how they feel.
- ~5~ There is a confusing process taking place in the Five. They often struggle with wanting and not wanting to be with you. As they withdraw, they may look to you to pull them out. Isolation is okay up to a point.
- ~6~ Be prepared to be separate from various parts of the Five’s life. They often like to categorize the subjects in their life, and you could be one of them. The Five tends to keep these things apart and not intermix them with each other. You may never know about a particular interest that the Five has spent multiple hours researching.
- ~7~ Communication will most likely be clear, succinct, and directed right at you. There probably won’t be much “beating around the bush”. You may find yourself shell shocked if you’re hit with new information from your Five.
- ~8~ There is a chance that the Five may become emotionally dependent on you. In other words, the only safe place to talk about the fear surrounding emotion is with you. You are most likely their salvation or lifeline. They can become protective and watchful over you, maybe even to the point of smothering you.
- ~9~ Being “clingy” doesn’t work with this type. Calm is an act. Although they may appear calm, Fives are usually shy and feel awkward most of the time. Someone who clings will demand too much of the time.
- ~10~ People usually drain the Five. Understand that things like parties, events, and activities that excite other types on the Crown, do the exact opposite for the Five. On the other hand, they may well enjoy lectures, concerts, and visits to places like museums or particular points of interest.

If this profile does not seem to fit you, your second highest score may indicate a type that fits you better. You can check the report for your second highest score on your computer screen by selecting “Personality Styles”, from the “View” menu at the top of the screen.

END OF REPORT