

Interpersonal Circumplex Types

Interpersonal Type	Interpersonal Message	Adaptive Characteristics	Maladaptive Characteristics
Rebellious-Distrustful	"I distrust and distance myself from you because you are, or are sure to become, unworthy of my trust and esteem."	<ul style="list-style-type: none"> • Critical thinking • Creativity • Increased sense of personal freedom 	<ul style="list-style-type: none"> • Strong distrust of individuals & groups • Paranoia • Avoidance of close relationships
Self-Effacing-Masochistic	"I am a weak and inferior person."	<ul style="list-style-type: none"> • Modesty • Unpretentiousness 	<ul style="list-style-type: none"> • Strong feelings of inferiority • Low self-esteem • Masochism
Docile-Dependent	"I am a meek, admiring person in need of your help and advice."	<ul style="list-style-type: none"> • Respectful and trustful conformity 	<ul style="list-style-type: none"> • Helpless dependency • Avoidance of hostility • Excessive conformity
Cooperative-Over-Conventional	"I am a friendly, agreeable, and non-challenging person who would like you to like me."	<ul style="list-style-type: none"> • Extroverted friendliness • Loving & peaceful • One of the personality "ideals" in many Western cultures 	<ul style="list-style-type: none"> • Rigid and inappropriately agreeable • Refuse to accept or acknowledge negative emotions in themselves • Overly optimistic
Responsible-Hypernormal	"I am a strong, competent, and empathic person on whom you can count for understanding and emotional support."	<ul style="list-style-type: none"> • Mature & reasonable • Sympathetic • Strong motivation to affiliate with others • Good parents 	<ul style="list-style-type: none"> • Compulsively avoids aggression or passivity • Inappropriate attempts to help • Compulsive desire to serve
Managerial-Autocratic	"I am a strong, competent, and knowledgeable person on whom you may rely for effective leadership and guidance."	<ul style="list-style-type: none"> • Strong leadership • Respected • Concept of "hero" often falls here 	<ul style="list-style-type: none"> • Domineering • Compulsive attempts to control • Have difficulty relaxing and are active all the time
Competitive-Narcissistic	"I am superior to you and you, being the lesser person, are hardly worthy of my serious consideration."	<ul style="list-style-type: none"> • Socially skilled • Poised and confident • Prototypical successful professional athlete 	<ul style="list-style-type: none"> • Cold, smug, & selfish • Arrogant • Exhibitionism (flashy dress, intellectualism, excessive consumption)
Aggressive-Sadistic	"I am a dangerous and fearsome person and you are a suitable target for my wrath."	<ul style="list-style-type: none"> • Very assertive • Enjoy intense debate • Stern parent • Police officer who enjoys punishing criminals • Enforcer of rules 	<ul style="list-style-type: none"> • Inappropriately aggressive • Comfortable only when attacking • Threatened by own docile/tender impulses

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