

C - The Analytical

THE FOURTEEN ARCHETYPES

You are the Analytical, the administrative and systemic oriented person. You are an introvert and task oriented. You prefer *data and concrete things* over feelings. You need to disassociate from your emotions in order to make decisions. *Your job is to always look for what's missing.*

You are risk averse trying to avoid doing things “wrong” or “incorrectly”. You may be a perfectionist, which leads to procrastination, which can lead to paralysis.

You are very, very hard on yourself. When something doesn't go right, you turn in inward. You feel like you should have known some fact, should have thought things through. And you are “should-ing” all over yourself.

The tendency is to be “in your head” thinking about what's happening instead of experiencing what's happening. It is a challenge for you to trust your own experience, because experiences are tied to *feelings not facts*. You often try to interpret an experience before it happens. **You always want to know.** You must “know” data in order to act.

Your greatest gift is you are meticulous and thorough.

Your deepest wound is criticism of your work.

The challenge in working with your team may be creating collaboration. You prefer to work alone and solve problems in isolation.

The key to productivity is to take a chance and have an experience. Stay out of your head and stay connected .

The key to growth is to remember to stay connected with the relationships around you. Facts aren't feelings. Try not to over think everything. Stay connected to how you *feel* as well as how you think. Stay in the *experience of events*, instead of the *story of the event*.

The conscious mind can only make models. It cannot create experiences. Staying present in the moment is the key to trusting your decisions and interpretation of events. Sometimes your internal narrator cannot be trusted. Involve others and stay attached to the relationships around you.

Stop beating yourself up. Be kind and gentle with yourself.

