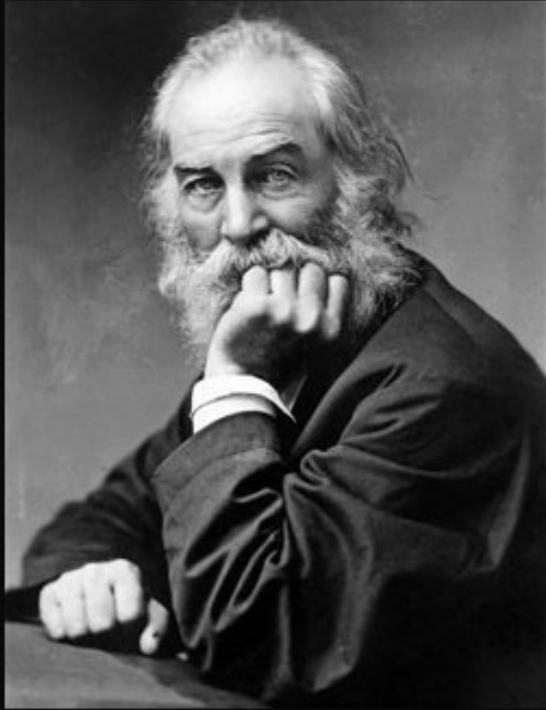


multiplicity of mind

Margaret Moore, MBA
Founder, CEO, Wellcoaches Corporation
Co-Founder, Chair, Institute of Coaching

Moore ©



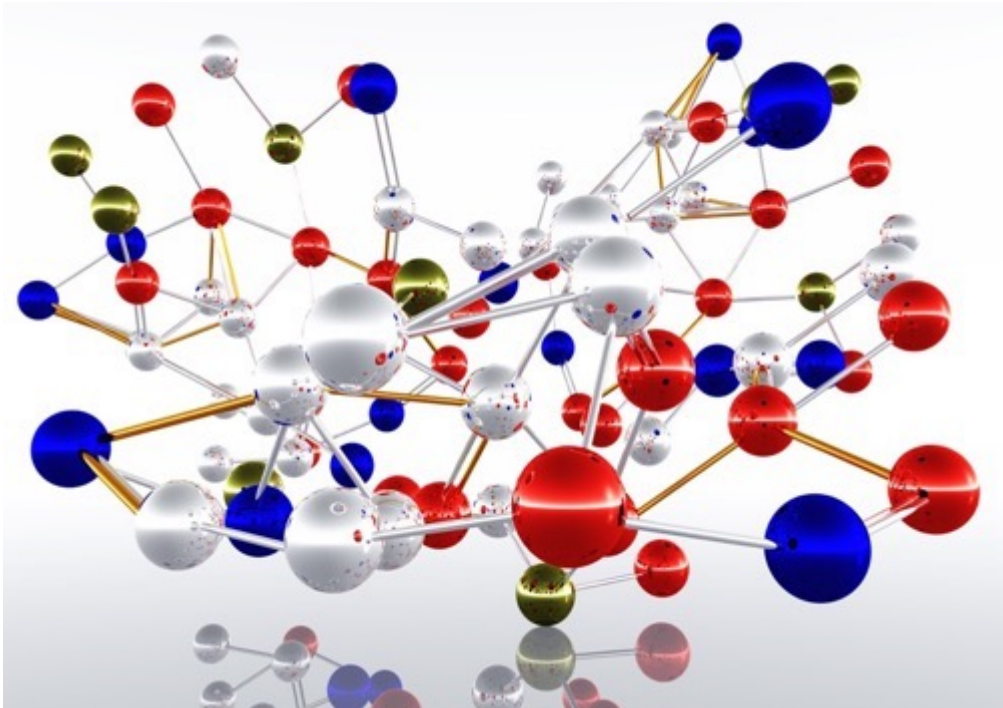
Do I contradict myself? Very well, then I
contradict myself, I am large, I contain
multitudes.

(Walt Whitman)

izquotes.com

Can I get caller ID for
the voices in my head?

personality: complex system of components



JOURNAL OF
Personality

The System-Topics Framework and the Structural Arrangement of Systems within and around Personality

John D. Mayer

First published: September 1995 | <https://doi.org/10.1111/j.1467-6494.1995.tb00503.x> | Citations: 21

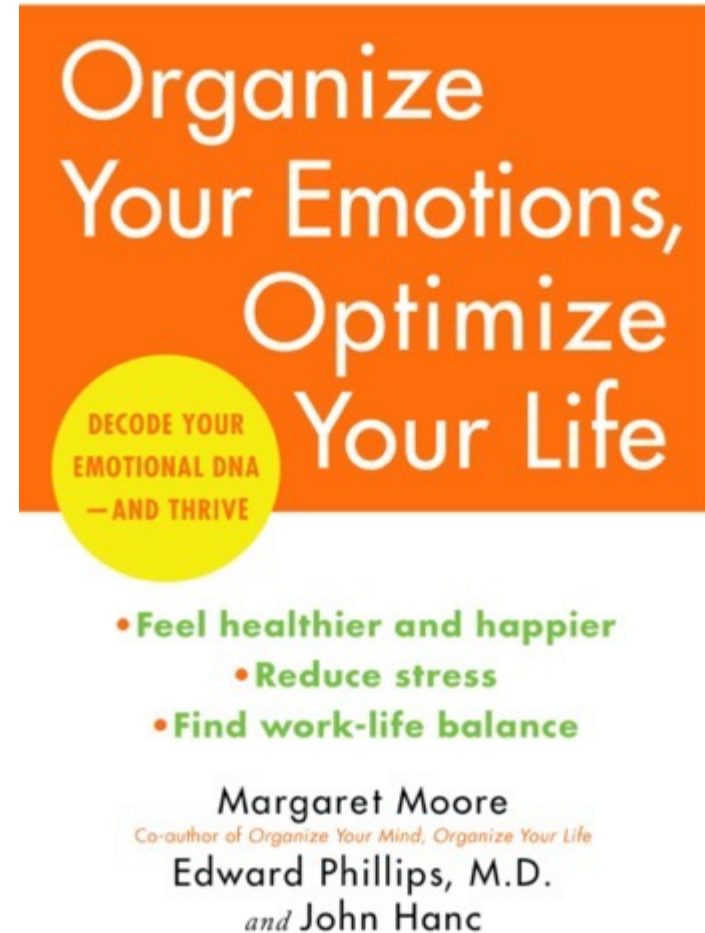
HYPOTHESIS

🌐 **Coaching the Multiplicity of Mind: A Strengths-based Model**

训练思维的多样性：优势模式

Formando la multiplicidad de la mente: un modelo basado en los puntos fuertes

Margaret Moore, MBA, *United States*



a Harvard Health book published
by William Morrow (2016)

resource integration

Carl Jung types

www.cognitiveprocesses.com

Myers Briggs types

www.myersbriggs.org

Big Five Ten Factor

www.understandmyself.com

Howard Gardner intelligences

www.multipleintelligencesoasis.org

Enneagram types

www.enneagraminstitute.com

Inner family

www.organizeyouremotions.com



**Personality models
are conceptual not
concrete.**

**Beware of
hardening of the
categories.**



*standard
setter*



*executive
manager*



core self



relational



autonomy

inner family



*body
regulator*



adventurer



confidence



*meaning
maker*



creative

Carl Jung mental processes	Enneagram type core drive	Myers Briggs 1 st brain function 2 nd brain function	Inner Family (Moore)
introverted feeling	1 reformer	INFP, ISFP, ENFP, ESFP	Autonomy
extraverted feeling	2 helper	ENFJ, ESFJ, INFJ, ISFJ	Relational
introverted intuition	9 peacemaker	INTJ, INFJ, ENTJ, ENFJ	Meaning Maker
extraverted intuition	4 individualist	ENTP, ESFP, INFP, ISFP	Creative
introverted sensing	6 loyalist	ISFJ, ISTJ, ESFJ, ESTJ	Regulator
extraverted sensing	7 enthusiast	ESFP, ESTP, ISFP, ISTP	Adventurer
introverted thinking	5 investigator	INTP, ISFP, ENTP, ESFP	Executive Manager
extraverted thinking	3 achiever	ENTJ, ESTJ, INTJ, ISTJ	Standard Setter
confidence	8 challenger		Confidence

multiple roles of personality parts



functions



drives



strengths



talents

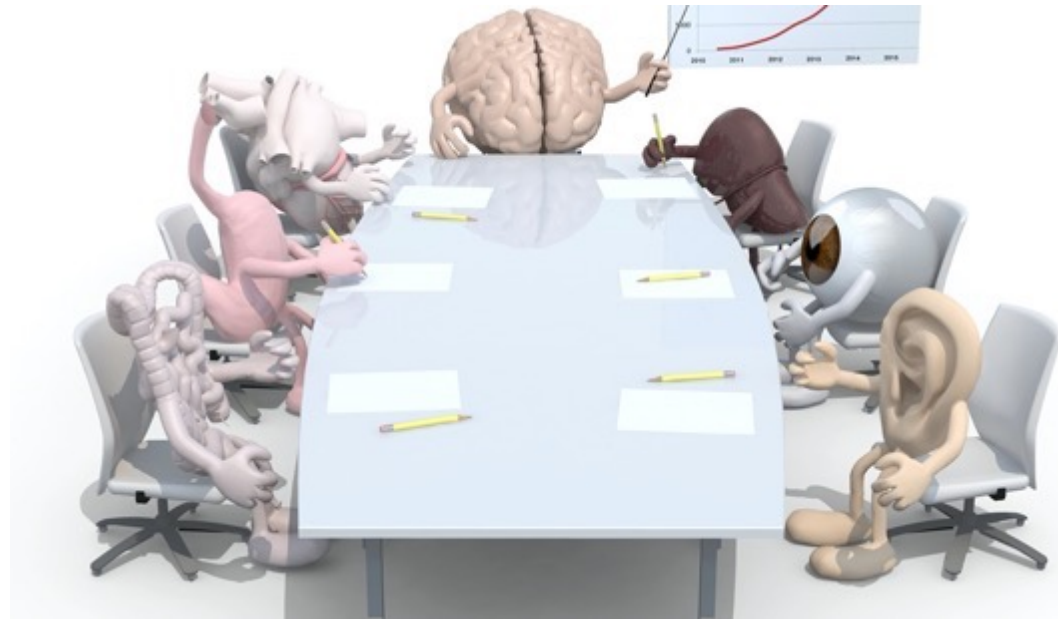


ego (identity)

PRINCIPLE #1:
know your strengths & ego



PRINCIPLE #2: consider nine perspectives





PRINCIPLE #3: navigate inner conflict

PRINCIPLE #4: seek more balance



PRINCIPLE #5

seek more
wholeness &
thriving



PRINCIPLE 6: expand consciousness



unconscious forces controlling the mind



integrated
conscious mind controlling mind's forces

meet nine personality parts

talk to yourself in 3rd person

Kross, E., Grossmann, I. (2012). Boosting Wisdom: Distance from the self enhances wise reasoning, attitudes, and behavior. *Journal of Experimental Psychology*. Vol. 141, No. 1, 43-48



sky is collective consciousness

imagine your mind is a solar system

sun is your soul

planets are your personality parts



autonomy

introverted feeling

put self first
personal values
moral values
what's right & wrong
judgmental
self worth
march to own drummer
freedom to choose
self determination



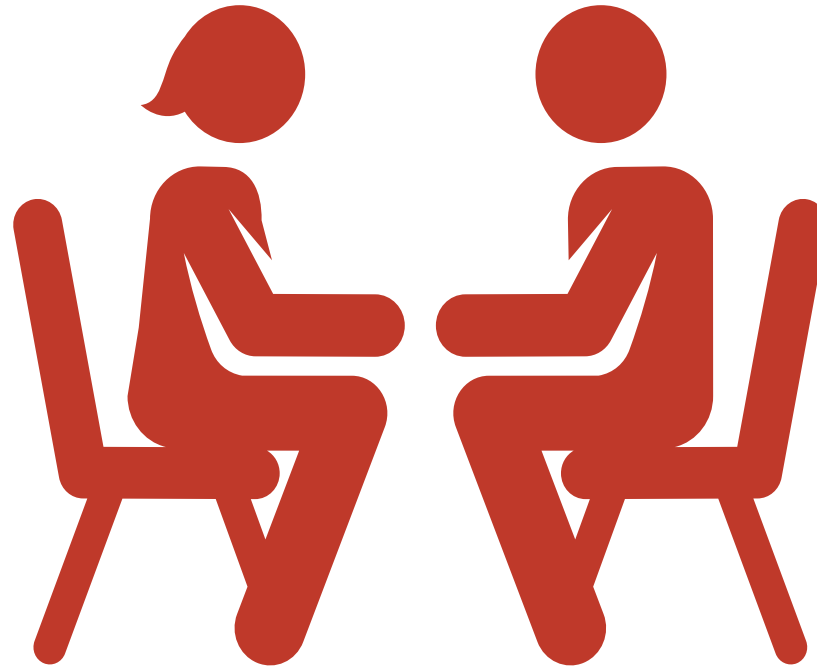
enneagram 1 reformer
I Ching - Fire
INFP, ISFP
ENFP, ESFP

defense mechanism
reaction formation – espouse the
opposite of true, unacceptable feelings

relational

extraverted feeling

put others first
meet others' needs
benevolence
compassion
connection
loyalty
trust



enneagram 2 – helper
I Ching - Water
ENFJ, ESFJ
INFJ, ISFJ

defense mechanism

repressed needs
hide true needs from self

regulator

introverted sensing

vitality
health
balance
stability
safety
homeostasis
sustainability
details



enneagram 6 – loyalist
I Ching - Lake
ISFJ, ISTJ
ESFJ, ESTJ

defense mechanism

projection
attributing to others
what one can't accept in self

adventurer

extraverted sensing

open
experiencing
curiosity
seeks novelty
risk
adventure
change
zest
explorer



enneagram 7 – enthusiast
I Ching - Thunder
ESFP, ESTP
ISFP, ISTP

defense mechanism

rationalization
justifying things to
avoid negative feelings

thinker

introverted thinking

analyze
reflect
think through
figure out
understand
clarify
problem solve
evaluate
find order



enneagram 5 – investigator
I Ching - Mountain
INTP, ISTP
ENTP, ESTP

defense mechanism
detachment
to avoid negative feelings

standard setter

extraverted thinking

ambitious
achieves
direction
sets the bar
measures



enneagram 3 – achiever
I Ching - Wind
ENTJ, ESTJ
INTJ, ISTJ

defense mechanism

identification
attached to roles of success to
avoid feelings of unworthiness

creative

extraverted intuitive

spontaneous
nonlinear thinking
imaginative
generative
sees interconnections
playful
finds humor
inventor



enneagram 4 – individualist
I Ching - Heaven
ENTP, ENFP
INTP, INFP

defense mechanism
introjection
take on others' feelings

meaning maker

introverted intuition

quest
find meaning
find harmony
higher purpose
gratitude
foresight
wisdom
inner coach!



enneagram 9 – peacemaker
I Ching - Earth
INFJ, INTJ
ENFJ, ENTJ

defense mechanism

numbing
repetitive activity
that is numbing

confidence

strength
competence
confidence
power



enneagram 8 - challenger
any Myers Briggs

defense mechanism

denial
deny vulnerable feelings to
be strong



**One's own self is
well hidden from
one's own self.**

**Of all mines of
treasure, one's
own is the last to
be dug up.**

Neitzche