



## 6. PERSONALITY

The term personality comes from the word *persona*, (Latin) which relates to that theatrical mask performers wore to disguise or project different persona, in effect our nature. Our personality traits have a whole list of descriptions. There are I believe over 630 personality straits and primarily made up of how others see us and very often this matter to most of us.

**I can't list all the 635 or so, but a sample.**

But an example would be for negative and positive would be:

- ❖ Responsible - irresponsible
- ❖ Dependable - undependable
- ❖ Self-confident - insecure
- ❖ Self-disciplined - undisciplined,
- ❖ Restrained - unrestrained
- ❖ Caring - uncaring, ruthless, malicious
- ❖ Mature -immature
- ❖ Honest - dishonest
- ❖ Modest - vain
- ❖ Open-minded - close-minded.
- ❖ Tolerant - intolerant
- ❖ Optimistic - pessimistic
- ❖ Selfless - selfish
- ❖ Approachable - unapproachable

For an extensive list of personalities go to: <https://www.thelists.org/list-of-personality-traits.html>. Be honest with yourself, this is not a fault finding exercise but how we can moderate or delete negative traits that can hold us back from progressing in life.



## **PSYCHOLOGICALLY & BIOLOGICALLY**

But what makes up a personality? Consistency figures high. There's generally a recognisable sense of regularity and order within the behaviours and actions. People typically act in the same ways in the same or a variety of situations. Our personality is by a psychological construct a biological process based on our needs. Our disposition doesn't just affect how we behave and act in our environment and situations, but how capable we appear and more to the point how we feel.

### **Multiple expressions**

Our personality can also be seen in our beliefs, values, thoughts, feelings, our closest relationships and all other interactions. We are indeed a group of multiple expressions and needs, and this makes up our personality. Companies use psychometric testing, but now also do a variety of other tests to see if the prospective employee would fit within the construct of the company. I've done many and most covered a professional concept; they never included my other face, a mother, wife, sister, daughter, aunt, and friend.

### **We all wear two faces, or two hats.**

I had one persona for work and one for home, I was the therapist in my office, in my house I was the wife mother, grandmother and everything that made up my personal life. I was never the therapist in these roles, but my work gave me a better understanding of potential problems. However, these roles as a homemaker and woman positively influenced my job because I could relate to my clients better. But once I closed my clinic door and walked into the home, I was the homemaker again, and no longer the therapist, mentor or trainer. I wore two hats.



## **PERSONALITY FLAWS**

We all have personality flaws. Mine is impatience, what's yours? What small thing could you do to correct your personality flaws? Could you think before you speak? Could you speak truthfully and more softly? Be kinder? Are you bad-tempered, impatient or fussy? Do you blame others? Do you argue for the sake of arguing? My friend often played the devil's advocate to see the reaction. Whatever your flaws are, can you temper these for a few minutes a day, then extend this for longer, then stop altogether until you or someone else notices a difference.

### **Reiki Principles**

I like the Reiki principles of just for today do not worry, anger, work honestly, respect all others, etc. Although I tend to say, just for now, do not worry? In the beginning, even a minute is a long time; a day would be impossible. Maybe there should be one for all the personality traits, although the six principles would cover the 630 odd personality traits.

The R&S principles are simple concepts, just for today do not: (1) worry, (2) anger, (3) be grateful, (4) work honestly, (5) respect others, (6) love unconditionally would naturally temper and influence negative traits and enhance the positive ones as well.

It's said that our mental attitude toward life is one of the primary factors of our personality. Nearly every day, we're defining and evaluating the characters of those around us. We love to find out how we're rated, so personality quizzes have us seeking answers. We want to know if we are likeable and so we try to find solutions to how and why we react to certain situations. My friend had a lovely personality, warm, generous and kind, and people wanted to emulate her. Everyone said she got this from her mother.



## **POSITIVE OR NEGATIVE**

Confidence is contagious — surrounding ourselves with self-assured people make us feel like we can do anything we set our minds to. But, there is a thin line between arrogance and confidence. No one likes someone who doesn't listen. And no one likes know-it-all, and nothing turns people off more than an inflated ego.

So much potential and opportunities are lost when we don't temper our personality flaws, and in the long term, this will damage our reputation. It's a very lonely existence in the world of egos, arrogance, vanity which are the building blocks for narcissism. So how can we make those changes? Traits are specific characteristics that collectively create a likeable personality or not.

### **We tend to be consistent throughout our life.**

My mother said I was born confident, although the nuns said I was bold and I don't think they meant this as a positive trait, although my father did. What I do know is I've always felt able to stand up for myself, and yes, this has stayed consistently the same. I have friends I've known for fifty years, and they haven't changed, and why I like them, they've developed and grown spiritually, and all their positive traits are still there, but their negative ones have mellowed or gone.

But I was attracted to them because we were on the same wave-length. My children's and grandchildren's personality traits are the same. As mine have, they may even have increased as I did more courses to enhance my skills. I could feel my confidence growing. But, I was the same bold person with a sense of humour that's ironic at times. I knew that given the opportunities, I'd have the confidence to do things others found hard.



## **BORDERLINES**

But that's self-belief, my father always said a cat could look at a king, and I believe this indirectly enhanced my capabilities and my personality. However, there is a borderline between confidence and arrogance, and when we reach that tipping point, we can move into force instead of power. Both traits can make you successful, but power is more ethical while the other is not. Both personalities are like magnets, both capture attention, but one is very complex, and the other is transparent.

### **We all have flaws**

However, most of us temper these because we want to, but if you do have flaws like timidness, then you may look to the arrogant person for some support. If you're balanced and mature, "Awake from life's trances state" as I call this state, then you head straight to the confident person. That's why you must address personality defects such as feeling insecure, shy, immature, or pessimistic because all these and more attract controllers. Arrogance seeks weaker personalities.

### **The quickest changes we can make is to:**

- ❖ Be sincere
- ❖ Be approachable
- ❖ Be humble
- ❖ Admit to being flawed (honesty)
- ❖ Be collaborative

All this will have you avoiding the label arrogance. Have you noticed that arrogant people rarely give compliments and if they do, they are artificial, forced, while confident give and take compliments gracefully?



## SUMMARY

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Arrogance generally comes with a constant belief you're right, and others are wrong. Confidence balances your capacity to listen with the ear of the heart and soul and learn from people and situations. Being clear about what you know and what you don't know is humbling, but also liberating. Look at your flaws, and begin to correct them.

I spoke of impatience as my flaw, and I learned to temper this with meditation. Reiki healing and using my techniques, strive to be the first to smile, the first to compliment, the first to share, the first to care, and the first to forgive. I can't begin to tell you how liberating this is and how much pleasure you give others. These are catching; they make the world and home life a better place to live.

Follow your own Dreams

*Don't waste one more moment living someone else's life or dreams,  
Live your own life, follow your personal goals and dreams,  
For we have precious little time on earth as it is.*

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*Don't be trapped by dogma or doctrines,  
Which is other's conclusions and opinions, and don't let  
The cacophony of others beliefs smothers your inner voice.  
Follow your heart. Listen to your intuition,  
Dance with your soul  
For these are unique traits, we need for  
wellbeing and inner peace*

*Sylvia Lerigo*