

## A Note on Terminology

Some research on Opposite Strengths uses terminology that refers to Opposite Strengths as either “Bi/Polar” or “Thomas Concept.” These two terms – “Bi/Polar” and “Thomas Concept” – were utilized in the years preceding the adoption of the current trademark of “Opposite Strengths.” “Bi/Polar” and “Thomas Concept” are synonymous with “Opposite Strengths.”

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COMPARISON OF TWO THEORIES OF PERSONALITY -  
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by

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Comparing two theories of psychological structure and activity first requires an understanding not only of the structures of the two systems but an acute awareness of the meanings and limitations of the stated and assumed basic concepts. Two theories which employ common terms may appear very similar in a surface comparison, but important differences arise due to the assumptions placed on the meaning of the terms. Likewise, meanings and values may be inherent and similar in both systems, but one may have more importance attached to certain parts than the other. Thus, although theories may appear similar, radically different bases may be postulated and account for wide discrepancies in insight and actual meaning. A complete study requires delving to the depths of the philosophies put forth and correlating the actual similarities while pointing out the differences between disparate materials. An overview of each system is essential for an initial understanding.

The traditional system to be outlined is that of Carl Jung's psychological types, discussed fully in his book Psychological Types and alluded to in other works. The two main divisions of human psychological existence are found in the unconscious and the conscious. The conscious is the main determinant of personality because the dominant attitude and function are located there. The other functions are of the opposite attitude and are under control of the ego-less unconscious. The unconscious activity of a person is not available to that person for inspection for, by definition, it lies below the level of his general awareness. However, the unconscious is important to the psychological make-up as it contains an existence of

its own which influences indirectly conscious activity, and the activity of the unconscious is often visible in its effects when the behavior of a person alters radically. The components of psychological activity (found in both the conscious and the unconscious) are divided by Jung into two attitude-types - extravert and introvert - and the four function-types - thinking, feeling, sensation, and intuition. The attitude-type refers to whether a person is outer-directed (extravert) or inner-directed (introvert). The attitude does not denote any form of activity - only an orientation. The functions are further separated into two categories: the rational functions of thinking and feeling, and the irrational functions of sensation and intuition. Jung specifically states that there is no bias implied in the labels rational and irrational. The purpose of the labels is to point out that the rational functions involve logical control by the person whereas the irrational functions are controlled by the happenings of the world - which may be rational but have no specific drive in that direction.

J. W. Thomas' system of Bi/Polar Psychology is based on the existence of a theoretically perfect being - Ultimate Creative Strength (also called God or Being Itself). This perfect being is composed of a perfect blend and balance of polar strengths and is the ideal toward which every growing individual strives but never reaches. Man shares a similarity with Ultimate Creative Strength in that the components parts of an individual's psychology, while always limited and out-of-balance, are exactly the same as those found operating in Ultimate Creative Strength. Man always strives for the ideal and can experience creative growth, but his basic imperfection disallows his ever attaining the ideal.

The first pair of Bi/Polar strengths are Bi/Polar Thinking and Bi/Polar Risking. Bi/Polar Thinking is that activity of the mind which plans,

evaluates, and theorizes. It is logical and moves from step to step with a definite purpose. Risking is that strength which more closely correlates with emotion and feeling but involves much more. As its name implies, risking is a dynamic strength, reaching out and moving and testing. Besides these two Bi/Polar strengths (Bi/Polar because each is seen as the product of two component processes found at two poles on a continuum) are the four polar strengths derived from the basic nature of Bi/Polar Thinking and Risking. The two poles of Bi/Polar Thinking are practical and theoretical thinking. Practical thinking implies a strong reality orientation and ability to deal with facts and plans. The practical thinker is in no way naive and constantly strives for more concrete information. Theoretical thinking involves dreaming, seeing possibilities, and organizing disparate ideas or facts into a general theory. The process of theoretical thinking is synthetic and bears no loyalty to things as they are - possibilities and new ways of seeing are its aims.

Bi/Polar Risking also involves a pair of polar strengths - independent risking and dependent risking. Independent risking is that strength of the soul which allows one to stand apart and assert his/her individuality and distinction as a separate and complete individual. The risk involved includes the possibility of standing alone and being rejected by others. Other possibilities are the gain of self-confidence and self-esteem. Dependent risking is the action of reaching out to another person for trust, love, or even simple advice. The risk here too is the possibility of being rejected, but the positive alternative is a meaningful shared relationship. Both dependent and independent risking are equal in value and necessary for a creative life in the Bi/Polar view - neither is sufficient by itself, and each has its own value. The same is true for practical and theoretical thinking - every person has and uses both to a varying degree, and each is

as important as the other. And finally, Bi/Polar Thinking and Bi/Polar Risking are each necessary for the other to be expressed creatively.

#### Basic Theoretical Assumptions

The most telling concept of Jungian psychology is the belief in both a conscious governed by the ego and an unconscious which does not have an ordering center of power. In fact, Jung says "The conscious mind is based upon, and results from, an unconscious psyche which is prior to consciousness and continues to function together with, or despite, consciousness." (Integration, p. 13). So, Jung considers the conscious part of the mind to be, in effect, the child of the unconscious, whereby the unconscious is a storehouse for all of man's instincts and the collective memory of the human spirit. And further, the unconscious, in its attitude and volition, is compensatory to the conscious and exhibits traits which are opposite to those of the conscious. In this way, the unconscious is seen to be the polar opposite of the conscious in its attitude. For instance, Jung considers the two attitudes to be extraversion and introversion. In a single individual, if the attitude of the conscious is extraverted, the counterbalancing attitude of the unconscious will be introverted, in effect working against the extraverted conscious from becoming too much so. Jung further states that the more completely the conscious attitude approaches extraversion, the more "infantile and archaic the unconscious attitude will be." (Psy. Types, p. 338). The important point here in Jung's theory is that the more the conscious exerts its influence in the direction of its particular attitude, the more the unconscious will fight back to exert the influence of its opposite attitude. Jung makes no suggestion as to how the two can work together to strengthen both (thus postulating the theory as one of total psychological growth) but only that

a person whose consciousness becomes polarized on its own attitude can experience psychological decay.

Bi/Polar Psychology also postulates that man has a polar relationship with the world but the basic structure and the actions of the psyche are different. Each psychological strength and its opposite are important to the well-being and growth of the whole personality. If one polar strength gains dominance and the psyche shuns the use of the opposite polar strength, then a need for the expression of the opposite one will arise. If this need is continually ignored by the psyche, then a process of psychological decay will set in. The ignored strength will strive more and more to be expressed, only to be blocked by the use of defense mechanisms by the dominant strength. But the solution to the conflict does not arise by reducing the expression of the major strength, but rather by elimination of the defense mechanism through allowing the expression of the minor strength being blocked. In Bi/Polar Psychology the use of one strength without the use of the other results in decay while the use of one to build on the other is the very heart of psychological growth. The use of defense mechanisms coincides sharply with the Jungian concept of an infantile and brutal unconscious, but the solution of the problem is different. For Jung, the expression of the attitudes must be held within limits, but Bi/Polar insists on an immediate growth of each by their full expressions, the theoretical end of which is Ultimate Creative Strength.

Both theories believe that the basic personality of a person is inherent and unchangeable. Bi/Polar Psychology postulates that personality is an inheritable, biological, and continuously varying trait. Environment is a factor in shaping the growth of a particular personality, but if that person tries to be different from and devalue his true nature, psychological decay will set in. Jung also believes that human personality is biologically

based and that a person who is untrue to his real nature will experience neurosis or exhaustion. Again, environment may determine the direction of personality but it cannot determine or change its basic nature.

#### Types and Classifications - Jung

Jung orders psychological classification in two different ways - the dominant attitude and the dominant and auxiliary functions. Attitude denotes the orientation of the individual in the universe (either outer - or inner - directed), and the function comprises the type of psychological activity.

An extraverted type is not a pure type but actually has two attitudes - an extraverted conscious and an introverted unconscious. The extraverted conscious attitude, dominant by virtue of being expressed by the ego, requires that the individual seek the truth of things through a medium other than his own being. He prefers to be with people and puts a high degree of trust in others and in the world around him. His subjective wants and needs are lacking. One consequence of this attitude is the leaning toward a practical nature - he seeks that which is "objectively possible" (Psy. Types, p. 335). He may be described as objective, as his criterion of judgment comes from what is in the world around him, not what his own mind tells him. "The moral laws governing his actions coincide with the demands of society, that is, with the prevailing moral standpoint." (Psy. Types), p. 334). In a sense, the extravert lives outside himself, deriving meaning and values from that which is not a part of himself, and actually shuns any form of introspection. And while the conscious extraverted attitude deals with those things outside the domain of the inner self, the introverted unconscious does what it can to satisfy those repressed desires and impulses found within. Jung describes this attitude of the unconscious as "primitive, infantile, and egocentric." (Psy. Types, p. 338). As it is precisely the subjective factor that is being left to the essentially unorganized unconscious,

the dominant conscious attitude will try to corner all the psychic energy for its own purposes and leave the unconscious so sapped of energy that it "can do nothing but wish." (Psy. Types, p. 338). This process occurs in an individual in which the conscious attitude has taken control, and it generally ends with the infantile unconscious demands leading the individual into a neurosis (psychological decay). For Jung, a non-decaying process (but not a growing one) is one in which neither the extraverted conscious nor the introverted unconscious exert repressive behavior on the other.

The introverted type has an introverted conscious and an extraverted unconscious. The orientation of the conscious is to the subjective needs and biases of the individual, and it evaluates information on the basis of the subjective mode. The conscious attitude is not concerned with what other people think nor with the established ways of the world - its function is to evaluate the world and its own thoughts and feelings in accordance with its own subjective criteria. And the attitude is most basically subjective in the sense that this factor is "that psychological action or reaction which merges with the effect produced by the object and so gives rise to a new psychic datum." (Psy. Types, p. 375). In the widest sense of the word all information to the introvert is relative to his own perception of it. In this sense the introvert has definite independent leanings - independent from other people and the world and loyal to its own notions.

Besides having a conscious orientation which is either extraverted or introverted, every human being shows use of each of the four functions - thinking, feeling, sensation, and intuition. However, in a single individual, one of the four functions will be conscious and dominant over the other three unconscious functions, and it is this dominance which further distinguishes the personality. Usually there is an auxiliary function which exerts its influence more than the two remaining unconscious functions and further

characterizes the personality. Thus, Jung's first classification is according to attitude and then to the class of the dominant function - either rational (thinking or feeling) or irrational (sensation or intuition). The final typology is according to the actual dominant function and its auxiliary function. Extraverted rational, extraverted irrational, introverted rational and introverted irrational are the four preliminary types, each of which has its own peculiar characteristic.

The extraverted rational types "are characterized by the supremacy of the reasoning or judging functions." (Psy. Types, p. 359). Nothing is left to chance for that would be to relinquish control over the happenings of one's life. There is dependence on what the prevailing social attitudes consider to be a good life for these types are object-oriented. The extraverted irrational types do not judge but rather see themselves as formed by experience with the happenings of the world. Insofar as the happenings coincide with natural law, they are reasonable; but chance happenings are equally as important to experience, and they are not subjected to reason. An extraverted irrational type goes with the flow of the world and adjusts to it while an extraverted rational type must understand what is going on before he will allow himself to be moved. Far too often the two types will not understand one another, the extraverted rational type seeing the other buffeted and battered by irrational happenings and the extraverted irrational type seeing the other as cold and calculating, missing out on the varied experiences of the world. With these thoughts neither recognizes the inherent value of the other.

The introverted rational type is a judging and logical type, but the basis of his thoughts is to be found within. He does not depend on the events of the world but hears and heeds his inner voice as to what is right and what should be done. He stands apart from the outer world, depending on it only for data that the personal factor will either discard or keep,

according to its subjective value. He will not heed world opinion but will only agree to what is personally judged to be true and meaningful. The introverted irrational type is influenced by subjective events rich in their ever-changing appearances. The reason that this type may appear cold and distant (even shallow) is due to the fact that "What is going on inside them is so captivating, and of such inexhaustible charm, that they simply do not notice that the little they do manage to communicate contains hardly anything of what they themselves have experienced." (Psy. Types, p. 403). They delight in the happenings of their minds which occur unbridled by "burdens" of reason or logic. People of this type have an active inner vision, and it assumes much of their psychic activity.

An extraverted rational type is seen to be outer-directed and judgmental. But there are differences within this type according to whether the dominant function is thinking or feeling. An extraverted thinking type depends on objective data and incorporates it into an intellectual ruling principle for his life. Every action he takes proceeds from intellectually considered motives. Good and evil and all moral questions are judged by how they fit into the intellectual schema. This type, being extraverted, will be less concerned with his own being and those around him as he will with the world at large (whatever can be most easily objectified and intellectualized). The least developed function (the inferior one) will lie in the unconscious and will always be the one most opposed to the superior function. In this case, the superior function is thinking, and feeling will always be the inferior function, incessantly at odds with thinking. And it is this arrangement which gives this type his problems - his lack of feeling and the understanding of events that feeling may enhance. But the intellectual formula rules out the influence of feeling because it interferes with the smooth operation of the formula. This type of thinking is productive or synthetic, discovering new facts or conceptions about the world. Being object-oriented allows it

to see the problems and facts of the world easily. In this sense, it is practical in nature, though it also uses theoretical thinking to visualize generalities about objective data. While the inferior function is always feeling in this type, the auxiliary function is always irrational, either sensation or intuition. Sensation leads to a distinctive practical nature in the thinking while intuition instills a speculative or theoretical nature.

An extraverted feeling type is object-oriented and depends on his feelings as a guide throughout life. The feelings are influenced by the external conditions of the world and flow in that direction. Harmony with the world is important, and feelings are often adjusted to fit this picture. Thinking, always being the inferior function and in the domain of the unconscious, is largely undeveloped and antagonistic to feeling for if too much objective thought is developed, it could disrupt the smooth pattern of feelings. As "feeling has developed into an adjusted function subject to conscious control" (Psy. Types, p. 356), the individual will be able to channel his feelings in any direction desirable. This control combined with the extraverted attitude allows the person to mold his own feelings and desires to coincide with those of his immediate world. Friendliness and a desire to relate to many people make this person out-going and usually well-liked. But lacking conscious strength in the subjective mode creates a lack of depth in feeling. People will see that this person is so easy to relate to not so much because his inner feelings are strong but because his desire for good feelings and actions that lead to them are great. He is not cunning but really honest in what he desires and creates.

The extraverted sensation type is the most practical and realistic type. Because of his object-orientation and the superior function of the perception of his senses, he is constantly on the search for worldly experiences. This type can have a highly developed artistic and aesthetic

sense, though his ability to create art is stifled by the fact that intuition is always the unconscious inferior function. This type has no desire to explore happenings other than to the point of pure experience. If something occurs to which he is indifferent, he will simply move on, searching for the pleasure of his perception. This person's susceptibility is to be drawn into a pattern of devaluing that which produces his sensation and overvaluing his own personal sensations. "He develops into a crude pleasure-seeker, or else degenerates into an unscrupulous, effete aesthete." (Psy. Types, p. 365). But at best this type is well-adjusted to the world, happy, outgoing, and with plenty of friends. In this type, if thinking is the auxiliary function, he will tend to intellectualize about his experiences and even use his thinking ability to search out that which will please his senses. If feeling is the auxiliary function, he will develop feelings toward the outer world and an emotional depth will be added to his sensations.

The extraverted intuitive type relies on external situations, as does the sensation type, but the psychic activity is very different. Instead of looking for real experiences and being satisfied with those, the extraverted intuitive is always after possibilities. Mere experience is not important, and in fact, once the experience can be understood it is no longer of any importance. This type is constantly enthralled with visions and with new and better ways to do things. But his shortcomings lie in his lack of judgment, the almost total repression of the rational functions. And without this influence he is unable to stay with any one thing for too long, always jumping on a new band wagon. His value lies in his ability to begin new projects and vision out many varied solutions to problems. His weakness is in carrying out those plans for he will already be spending his time on something in the making. Another problem with this type is his proneness to paranoia as his intuitive strength leads him to unfounded suspicions.

caused largely by the repression of the unconscious inferior function, sensation. The extraverted intuitive can have one of two secondary functions, either thinking or feeling, but these are to a large extent repressed. If thinking is the auxiliary function, then a stability will creep into the person's life, and he will be able to evaluate the perceptions he receives. This speculative thinking that ensues can be a very powerful tool in an innovative enterprise. An auxiliary function of feeling gives a varied and highly potential aspect to his emotions - his chance for many highly developed relationships is possible, but he still remains true to the visions of the outer world.

The introverted types can also have as dominant any of the four functions, the difference being that all data and activities are analyzed and accorded their place through the subjective mode. Although the functions are the same, the inner criteria gives them a totally new outlook.

The introverted thinking type is oriented by his subjective attitude, and this fact makes him less susceptible to influences from other people and objective reality. He is caught up in his own thoughts and often is seen as a very private and somewhat cold individual. He does not seem to care what others think of his ideas and indeed seldom offers them for scrutiny because of this. Criticism of his thoughts by others can be construed as a personal attack since his ideas are oriented by the subjective factor. This only serves to reinforce his ideas of being personally misunderstood and of the general stupidity of mankind. He will retreat further into his own world which he believes to be right. This type builds theories but never subjects them to external verification for the objective criteria is devalued and in the domain of the unconscious. "Intensity is his aim, not extensity." (Psy. Types, p 383). He would rather be alone and let his mind wander and develop unopposed by other people and objective

reality. Jung believes that this type deals with primordial images which do approximate the truth of the eternal archetypes of the instinctual unconscious, but his ability to relate these truths to external situation is lacking. As a result, his ideas become more and more valid only to himself, and he distances himself further from others. His unconscious, being extraverted, is constantly calling on him to reach out into the world, but his naivete usually leads him astray. He can be strongly influenced and even exploited by others, but if he can retain his own ideas, he is satisfied. This type always has feeling as the inferior function under the control of the unconscious, as his feelings would interfere with the broad scope of his intellectualizing. His auxiliary strength can be either sensation or intuition, though these are both largely under the influence of the unconscious in this type. Sensation would serve to make the type more open to outside influences while intuition would help him to feed on his theoretical nature.

The introverted feeling type shows an intensity of feelings which are kept within and not revealed to others. This individual will appear cold and reserved due to the predominance of the subjective factor. At best, relations with other people will simply move along smoothly as long as the relationship does not disrupt the inner feelings or inspire strong emotions. The feelings of this type are for the individual alone, and there is a half-concealed contempt for those people who desire a deep relationship. This is not to say that this type does not possess deep feelings - he does, but they are kept within, safe from the unconscious objective influences. But the more the feelings become internalized and the ego gains strength, the more the devalued objective influences come to the fore. The situation becomes destructive when the ego tries to hold on to its pre-eminent spot, resulting in schemes toward the removal of the object and eventually paranoia. The inferior function of thinking is repressed in the unconscious as it

may provide strength of its own and place feeling in a position lower than the ego wishes. The auxiliary function, either sensation or intuition, is largely repressed in the unconscious. Sensation would serve to make this type more amenable to outside influences, and intuition would enhance the variability of feeling.

The introverted sensation type depends on the external stimuli of objects, but unlike the mechanism of the extraverted sensation type, the object goes through a subjective screening which results in a devaluation of the object. What this type is left with is the subjective reaction to the object which may be far removed in meaning from the original object. Many artists are of this type, and the variety of artistic expressions reveals the varied influences of the subjective factor on external sensation. Since the actions of this type are not subject to rational judgment, it is impossible to tell what objects will be influential and to what degree. The sensations will evoke in him subjective reactions which, by their very nature of being irrational, will fluctuate in manner and degree of expression. This type cannot be described as objective as a result of the primacy of sensation for the objects never reach him untouched by the translation of the subjective factor. The inferior function of intuition is extraverted and archaic, its expression being of a suspicious and dangerous character. The auxiliary function can be either thinking or feeling. Thinking provides a rational judgment to the expression of the subject while feeling allows for a translation of sensation into an emotional mode.

The introverted intuitive type disregards the inner perceptions which give rise to the intuitive possibilities and concerns himself only with those possibilities. The inner sensations are important only so far as they reveal to him myriad images of what might be. A lack of strength in the judging functions prevents the products of his labor - his vision -

from becoming shaped into a meaningful whole. The production of inner images from sensation is his aim, and the fact that sensation lies in the unconscious and is extraverted in nature further removes him from the truth of the object. This type is typical of a prophet, dreamer, or unconventional artist. He is not concerned with others - only with the images that creep into his consciousness from the inner perception. Thinking or feeling can provide the rational judgment he needs to make his visions relevant to his life. Otherwise, he is subject to irrational images which freely come and go with no specific direction or meaning.

This delineation of Jung's types allows for a mechanical division that exhibits all the types possible and includes the dominant attitude, the primary function, and the auxiliary function.

#### I. Extraverted Rational Types

Extraverted/Thinking/Sensation  
 Extraverted/Thinking/Intuition  
 Extraverted/Feeling/Sensation  
 Extraverted/Feeling/Intuition

#### II. Extraverted Irrational Types

Extraverted/Sensation/Thinking  
 Extraverted/Sensation/Feeling  
 Extraverted/Intuition/Thinking  
 Extraverted/Intuition/Feeling

#### III. Introverted Rational Types

Introverted/Thinking/Sensation  
 Introverted/Thinking/Intuition  
 Introverted/Feeling/Sensation  
 Introverted/Feeling/Intuition

#### IV. Introverted Irrational Types

Introverted/Sensation/Thinking  
 Introverted/Sensation/Feeling  
 Introverted/Intuition/Thinking  
 Introverted/Intuition/Feeling

### Patterns and Classification - Bi/Polar

The basic premise of Bi/Polar Psychology is that for every strength that a person possesses, there exists a polar strength which is similar and necessary to but the polar opposite of that strength. This assumption allows for a rapid dissemination of the basic theoretical construct, Ultimate Creative Strength, into its components which form the system of Bi/Polar Psychology.

The two main strengths involved in Ultimate Creative Strength are Bi/Polar Thinking and Bi/Polar Risking. Any one individual will possess and make use of both Bi/Polar Thinking and Bi/Polar Risking, but the extents to which each is used will always be unequal, due to the innate imperfection of man. A person whose primary strength is Bi/Polar Thinking will have the secondary strength of Bi/Polar Risking, and he will exhibit a much different personal psychology from one whose primary strength is Bi/Polar Risking and secondary strength is Bi/Polar Thinking. The worth of each as a person is the same, but the methods each uses to deal with the world will be different.

The main attribute of a Bi/Polar Thinking pattern is his stability and the primacy of reason in his life. He will think through a problem thoroughly before he will begin to implement a solution. He sees the world through his mind rather than his heart, his emotions being less a guide to him than the activity of logic. His shortcoming lies in his failure to act at the proper moment. He will tend to rely on his thinking strength too much and plan and analyze long after he should have turned his thought to action. If he does tend to depend on Bi/Polar Thinking too much and depreciate the value of his Bi/Polar Risking strength, his thinking will stagnate as the necessary touchstone of action is removed. He will become simply a dreamer or a planner, being further and further removed from reality as his Bi/Polar

Thinking simply turns back on itself for strength that is rapidly waning. The basic imperfection of man dictates that this is the tendency of all Bi/Polar Thinkers who are true to their primary strength, but the degree to which each is affected varies according to his own personal level of psychological growth and awareness.

The polar opposite of Bi/Polar Thinking is Bi/Polar Risking, the dynamic feeling pole of Ultimate Creative Strength. People who are stronger in Bi/Polar Risking are action-oriented, and their most obvious general trait is the ability to make decisions and get things done. Although Bi/Polar Thinking is and must be a strength in these people, it is secondary to Bi/Polar Risking. A Bi/Polar Risker is outgoing and can inspire others, as well as himself, to move into action. He will be impatient with Bi/Polar Thinkers as they will seem to him slow to act (a Bi/Polar Thinker will see the Risker as hasty in judgment and decisions). If he depreciates the value of Bi/Polar Thinking, his tendency will be to move out and make decisions with little forethought. Sometimes he will chance on the right decision, but often he will find himself caught in difficult situations that he could have avoided with restraint and thinking things through. Again, a Bi/Polar Risker who is true to his nature will always have the problem of acting too quickly, but the degree to which he does this depends on the strength he has in both Bi/Polar Risking and Bi/Polar Thinking.

Bi/Polar Thinking, as its name implies, is composed of two types of thinking, theoretical and practical, which are themselves complementary and polar to one another, the same as Bi/Polar Thinking and Bi/Polar Risking are complementary and polar in nature.

Practical thinking deals with reality and facts. Its main concern is with how things work and what it takes to get something to work. Planning and organizing are important activities of the practical mind as it seeks to

arrange a functional world. Practical thinking resists change and innovation as these activities upset the smooth flow of the status quo. Being conservative, it initially rejects new and untried ideas and can be termed basically objective in the sense that it stops at a desire for ways for things to work. However, a person who becomes polarized on the practical end of Bi/Polar Thinking will stagnate as nothing new enters his life. The daily routine of life becomes a mechanical process whose smoothness of operation becomes more important than the content of life itself. This is the inherent tendency of all practical thinkers, and a healthy respect for and use of theoretical thinking is necessary for a creative life.

Theoretical thinking is that process of the mind concerned with possibilities and the way that things might be. A theoretical thinker is interested in the why rather than the how of things, and the theoretical base of any operation is more important than its practical application. He has a keen sense for anything new and in the making and will readily sacrifice what he has for what he might gain. The danger in becoming polarized on theoretical thinking is the increasing inability to see things as they are. This situation can lead to great trouble as it encourages irresponsible and impractical actions. Without planning and observing practical realities, the theoretical thinker can postulate patently absurd theories that have no connection with reality. As a result, he distances himself from those people who are more reality-based than himself and eventually from reality itself. But the more theoretical thinkers rely on their practical thinking strength, the more they will be able to line up the visions they have with the real nature of the world.

Bi/Polar Risking is also composed of two polar strengths - dependent and independent risking. Both strengths are found in every person and are essential for a growing, creative life. Neither is more important than

the other, and overvaluation of one at the expense of the other is depreciatory to both.

In the argument of those who insist that man is an inherently social animal, dependent risking is the cohesive force that binds men together. It is that activity of reliance on another person for any one of a myriad of reasons - advice, a favor, or friendship. When a person risks dependently, he is expressing a natural desire to be a part of the world. The dependent risker is group-oriented, cooperative, and usually involved in activities which include drawing strength from others or giving it. A person can become polarized on dependent risking, and the result is a loss of self as too much is given to the other person. The dependent risker has crossed the line of a healthy relationship and entered into the sphere of losing his own distinct personality in the personalities of others. The ramifications are a loss of self-respect as well as the respect of others. Dependent risking alone is noncreative and leads to a destructive diffusion of the personality.

Independent risking is dependence on the self. People strongest in independent risking are not afraid to express their own views as their self-confidence and self-respect are high. Their need for others is not as great as in dependent riskers, and their usual position as a member of a group is as its leader. But a person who becomes polarized on independence may suffer from an inflated ego and distancing from others. He will be uncooperative, stubborn, and will reinforce his position through rationalizations that depreciate the value of others. He will lose the respect of others which in turn increases his need for rationalization as his ego has only itself for support. Psychologically, this person will decay further and further until he uses his independent risking strength to foster healthy relationships with others.

The four basic strengths just outlined form the elements of Bi/Polar Psychology, but it is the relative use of each of these strengths which determines a particular individual's psychological profile. No two people show the exact same development in terms of these strengths, a fact which affirms the Bi/Polar concept that each person is unique. But people do show similarities in the relative use of strengths, and this observation permits a classification of eight types of personality in terms of the relative development of strengths. Patterns I, II, III, and IV lead with Bi/Polar Thinking and are therefore stable in nature while Patterns V, VI, VII, and VIII lead with Bi/Polar Risking and characterize a dynamic personality.

A Pattern I personality utilizes practical thinking as its lead strength within Bi/Polar Thinking and dependent risking within Bi/Polar Risking. Theoretical thinking and independent risking are the secondary strengths within their respective groups. What results from this arrangement is a personality that is primarily realistic and practical in nature but also warm and outgoing in personal relationships. He is able to accept advice and is genuinely concerned with what others have to say. His planning and organizing abilities are high, and he makes a very effective administrator. His lesser strength of theoretical thinking makes him resistant to change and less able to provide innovation in his life. The lesser strength of independent couraging creates a low self-confidence and an inflation of the value of other people.

Pattern II's are strongest in Bi/Polar Thinking and in practical thinking within Bi/Polar Thinking. But their leading Bi/Polar Risking strength is independent risking, thus creating a practical personality that is more independent than a Pattern I. He follows his own convictions and less readily the advice of others. He tends to be more withdrawn and holds his feelings within. He is very efficient, and the smooth running

of an operation will be more important than the people involved. With this orientation his tendency is to overestimate his own value and be critical of others. His confidence lies within, and he is reluctant to delegate too many responsibilities to others.

A Pattern III is different from either a I or a II in that his lead strength within Bi/Polar Thinking is theoretical thinking, but his similarity with a Pattern I lies in his lead Bi/Polar Risking strength being dependent risking. This structure creates a personality who is intellectual, philosophical, and warm in relationships. He will readily discuss an interesting abstract concept but avoid any kind of small talk. He is sensitive and aware of other's feelings but tends to hide his own. His problems lie in a low self-image and overvaluation of other people's strengths. He can tend to get lost in a dream world if he does not draw on his practical thinking strength. As a philosopher he deals with abstract ideas that others have developed and is not the innovative force in new ideas. He passes on knowledge to others easily and thus is effective and comfortable as a teacher.

Pattern IV's lead with Bi/Polar Thinking, theoretical thinking, and independent risking. Their strength lies in the formation of new concepts which are drawn mostly from within. They are highly individualistic and can be relatively naive in their dealings with other people. This type is personified by the lone philosopher, intent on refining and developing abstract ideas about the world. He prefers answering his own questions, and what other people offer him isn't as valuable as his own developing ideas. And everything must conform to one theory or another for the intellectualized life is self-satisfying. Other people may see him as cold, distant, and unrealistic, and he may not even know it. He doesn't pay as much attention to practical, real occurrences because his vision of the world begins and largely stays in his mind.

These first four patterns wield Bi/Polar Thinking as their lead strength, and it gives a stable and logical framework to their lives. The other four patterns use Bi/Polar Risking as primary strength, and a dynamic, moving personality results.

Pattern V is naturally strongest in Bi/Polar Risking, dependent risking, and practical thinking. The personality that ensues is friendly and outgoing. He likes to work with others, and they reward him with their trust. He is diplomatic and sensitive to the feelings of others. He deals with the practicalities of life, being rooted in practical thinking, and is especially effective as a coordinator of any type of activity. He sometimes allows others to rule his life through over-extension of his dependent risking strength and thus suffers in self-confidence. Social life is important to him, and being in a crowd of people is much more pleasing than being alone. This pattern will usually put others before himself and be more concerned with their happiness than his own.

Pattern VI leads with Bi/Polar Risking, dependent risking, and theoretical thinking. Like Pattern V this pattern is outgoing and friendly, but he is more idealistic and theoretical in nature. He is very effective in assessing the needs of others and indeed enjoys living in a world full of people. People of this pattern are often found as performers and actors as they are able to combine their dependent risking and theoretical thinking strengths to produce insightful and original roles and acts. And they love the attention. They are also effective in public relations and diplomatic work as they are able to bring people together and offer solutions to common problems. This pattern can be blind to the real weaknesses of others in his tendency to idealize people. His is a charismatic personality, drawing people to him through his intuitive perception of who they are, and he very much enjoys the crowd.

The Pattern VII personality leads with independent risking and practical thinking. His aggressiveness pushes him ahead with the practical plans he has developed. He has trouble relating to people who are as independent as he for there will be a clash of independence-seeking personalities. He strives to be in leadership positions but once there has difficulty delegating authority to other people. He sees practical solutions to practical problems and will put his entire self behind his ideas, thus revealing his high self-confidence. Nothing stimulates him more than a challenge, and nothing bores him more than a routine day. He shows entrepreneurial qualities and continually abandons one project in favor of another. Once his ideas have become planted, he no longer takes an interest for he has gone on to another project. His outspokenness continually asserts his own personality, and he seldom backs down in a debate. The realities he sees are the important ones, and he will continually strive for their sake. He is extremely subjective and generally will see the merits only in his own plans.

Pattern VIII will be as independent as a Pattern VIII but will be idealistic and theoretical due to the dominance of theoretical thinking. He has much in common with a Pattern VI in having a charismatic and charming personality but will be less interested in the good will of other people than in his own. He is aggressive and can incite people's loyalty to his dreams. He can be seen as a mystical dreamer, leading people through his visions. But he has trouble delegating responsibility to others and generally exhibits a takeover attitude in any situation with which he is involved. He is aptly described as a promoter, proselytizing his interests with his dynamic and persuasive personality. He can easily suffer from an inflated ego and tend to depreciate the value of others. He also tends to act too quickly without having sufficiently thought out a plan of action, and his dreams fail when

too far removed from reality.

The eight personality patterns of Bi/Polar Psychology can be listed in terms of the three major strengths each possesses as follows:

#### BI/POLAR THINKING PATTERNS

Pattern I - Bi/Polar Thinking/Practical Thinking/Dependent Risking  
 Pattern II - Bi/Polar Thinking/Practical Thinking/Independent Risking  
 Pattern III - Bi/Polar Thinking/Theoretical Thinking/Dependent Risking  
 Pattern IV - Bi/Polar Thinking/Theoretical Thinking/Independent Risking

#### BI/POLAR RISKING PATTERNS

Pattern V - Bi/Polar Risking/Dependent Risking/Practical Thinking  
 Pattern VI - Bi/Polar Risking/Dependent Risking/Theoretical Thinking  
 Pattern VII - Bi/Polar Risking/Independent Risking/Practical Thinking  
 Pattern VIII - Bi/Polar Risking/Independent Risking/Theoretical Thinking

#### Discussion of Theory

The two systems seem to have a lot in common in terms of descriptions of patterns and types, but there are crucial differences in theory beyond this. These differences have much to say about the orientation of each to the issue of psychological growth and decay processes.

The main theoretical assumption that Bi/Polar makes about psychological strengths is that they are Bi/Polar in nature - that is, for every quality or strength of personality there is a strength not only complementary to the first but essential to its proper growth and expression. The use of any strength creates a need for the expression of another by producing a fruit whose full value is realized only when used by another strength. This feeding process is central to the Bi/Polar theory of growth and can be demonstrated in a number of ways. For example, a person uses his dependent risking strength to relate his own ideas, the fruits of his theoretical thinking, to other people. These people may provide constructive criticism which will help that person improve his ideas. Or a practical

thinker will yield the fruit that consists of his observation of reality to his theoretical thinking strength to glean different ways of looking at it. In every case, a fruit is produced by one strength and consumed by another, which in turn yields another fruit. The process is infinite. Psychological decay sets in when the feeding process is interrupted by a strength holding on to its fruits. An independent risker may develop an inflated ego, or a theoretical thinker may lose himself in his dreams. In the former case, the dependent risking strength has been devalued, and the person suffers in a lack of relationships. By using the fruits of his independent risking strength (e.g. self-confidence), he can brave new relationships. In the latter case the practical thinking strength has been devalued, and only subjecting the myriad dreams to practical realities will allow the process of psychological growth to resume.

Jung hints at a growth process in his writings, but a clear conception of it doesn't come out. The dominant function is under the control of the conscious while the inferior functions are under unconscious control. This orientation implies that the dominant function will reign to the exclusion of the others, not needing them for its own creative expression. In fact, Jung says, in speaking of the extraverted thinking type, "...the thinking of this type is the main channel into which his vital energy flows. The steady flow of life manifests itself in his thinking, so that his thought has a progressive, creative quality. It is not stagnant or regressive." (Psy. Types, p. 352). And if the thinking function does not retain its place in the conscious, resulting in a takeover by another autonomous function, thinking must decay. "Since the creative element is now lodged in another function, thinking no longer progresses: it stagnates." (Psy. Types, p. 352) So, although the other three subordinate functions exist in the personality, they are under unconscious control and of a different attitude than that of

the dominant functions. Under these conditions it would seem likely that the other functions would offer little but resistance to the dominant functions. In speaking of the intuitive type, "Thinking, feeling, and sensation are then largely repressed, sensation being the one most affected, because, as the conscious sense function, it offers the greatest obstacle to intuition. Sensation is a hindrance to clear, unbiassed, naive perception..." (Psy. Types, p. 3666) But Jung does believe that psychological decay can result from the overuse of the dominant tendency, even though this is the natural order of things. "This is the extravert's danger: he gets sucked into objects and completely loses himself in them." (Psy. Types, p. 336) In this case the introverting tendency is so weak that the self is lost. So, in both Jungian and Bi/Polar terms, a person experiences psychological decay when he becomes polarized on one strength. In Bi/Polar terms, the extravert (dependent risker) would have to draw on his independent risking strength to allow for a proper distance between himself and the object. Jung offers no specific solution but realizes that the extravert has given too much of himself.

The feeding process is the core of Bi/Polar psychological growth and decay. Jung recognizes that all functions come into play in a particular personality but emphasizes the distinction of each one from the others. In fact, creative power is centered in one strength, and the others are unconscious, archaic, and infantile. Bi/Polar strengths are all of equal importance in the functioning of an individual, and a breakdown anywhere in the feeding process leads to decay.

This difference in approaches can be resolved when it is seen that the Jungian functions do not produce fruits for the other functions to work with. Thinking is opposed by feeling, and although sensation and intuition can combine with thinking to produce practical thinking and speculative thinking, respectively, there is nothing produced by any of

the functions that requires help and assistance from the others. As was noted before, the functions operate autonomously and even in opposition to the other functions. Each strives jealously to reign in the conscious, and the personality is as strong as its dominant conscious function. A Bi/Polar personality is only as strong as the weakest link in the feeding process. For one strength to strive to be totally dominant would be to cut itself off from its source of creativity, the other strength.

What correlation can be made between Bi/Polar strengths and Jungian attitudes and functions? Although there are great similarities permeating the terms, a one-to-one correlation is not readily available. There are aspects of a particular Bi/Polar strength which are found in more than one of Jung's terms and vice versa. The following discussion will attempt to isolate the common components.

Bi/Polar Thinking is conceived of as a combination of the polar activities of theoretical thinking and practical thinking. Each requires the other to experience creative perception, and one alone is doomed to failure. In the Jungian system only when the thinking function blends with either sensation or intuition do practical or theoretical (speculative) thinking occur. By themselves neither sensation nor intuition are recognizable in Bi/Polar terms as they are irrational in nature and do not imply an activity but rather happenings which the individual can either accept or reject. This difference is important as it points to the fact that Jung considers these (almost passive) functions to be as important to the determination of personality as the rational functions. Bi/Polar theory affirms the assumption that Bi/Polar Thinking and Bi/Polar Risking are the primary polar strengths determining personality, and they have a limited correlation to the rational-irrational dichotomy. Bi/Polar Thinking is composed of mental activities and use of logic and reason which produce fruits like perception of reality and original ideas. (These fruits of

the Bi/Polar Thinking activity are exactly what Jung defines as irrational functions of personality.) On the other hand, Bi/Polar Risking is the activity of the personality which grows out of the feeling and emotional side of life. It allows a person to seek his inner soul or the souls of others through relationships and also gives that courage to be able to act (risk) in spite of the limitations of logical knowledge. While Jung considers feeling to be rational, feeling as it is used in Bi/Polar terms is arational. Thus, the concept of Jungian feeling is vastly different from Bi/Polar Risking, which, in fact, shows some similarity to the Jungian interpretation of the irrational functions. Insofar as sensation and intuition are not connected with a logical process, they are similar to Bi/Polar Risking in nature (though not in content).

An extravert is out-directed, has a positive relationship with the object, and affirms its importance. He always relates to people in some way because that is his preference. What happens in the world means more to him than what does on in his own psyche. To the extent that dependent riskers are people who relate to others and depend on outside conditions they can be described as extraverted. Similarly, introverts are independent riskers due to their mutual reliance on the subjective mode. Here an interesting point develops. It would seem that extraverts would be practical thinkers (outer-directed, reality-oriented) and introverts would be theoretical thinkers (Jung says that introvert's attitude is abstracting and theorizing), but Jung believes that both introverted and extraverted thinking types can equally well possess practical or theoretical thinking because the logic of thinking is not affected by the attitude. An extraverted thinking type can be interested in facts or theory as determined by others, but the process of thinking cannot be called practical simply because the conscious attitude is extraverted. An introverted thinking type will

be interested only in the interpretation the subjective (independent risking) mode allows it. The process can be either practical (sensation) or theoretical (intuitive), but it will be accorded its importance by the subjective mode. The ambiguity of the exact relation between practical thinking, theoretical thinking, extraverted thinking, and introverted thinking leads to problems in the correlations of patterns and types.

A Bi/Polar Pattern III displays great similarity to a Jungian extraverted thinking type with intuition as the auxiliary function. A Pattern III deals with abstract historical concepts or current ones produced by others and theorizes from them, as does the extraverted thinking type. Although the Pattern III may appear introverted from his strength in Bi/Polar Thinking, his orientation is to look outside himself. Bi/Polar tends to elevate the idea that a Pattern III is introspective due to his theoretical and thinking nature, and Jung also hints at it in describing an introvert's attitude as abstracting and theorizing. But for both, the deciding factor is the attitude or stronger Bi/Polar Risking strength.

A Bi/Polar Pattern I also shows similarities to the extraverted thinking type, but the auxiliary function must be sensation. Although all Bi/Polar Thinkers show characteristics similar to what Jung describes as introverted (while Jungian thinking types can be either extraverted or introverted), these two Bi/Polar Thinking patterns show greater extraverting tendencies. Jung specifically states that thinking types do not inherently show introverting tendencies, but as concerns the general descriptions of the introvert and the Bi/Polar Thinker being very similar (e.g. shy, withdrawn, non-interactive), the discrepancy can be resolved if the relative strengths of the patterns are taken into account. For example, a Pattern III has his least strength in independent risking, but it may be that his well-developed personality possesses greater strength in independent risking

than a less well-developed Pattern VII whose primary strength is independent risking. The Pattern III would show more independent risking qualities than the Pattern VII even though the Pattern VII leads with independent risking. In this case, the Pattern III would exhibit introverting tendencies more than the Pattern VII. The net result is that the extraverting and introverting tendencies of the Bi/Polar Patterns are relative to the developed strengths of the individual, and a simple description of shyness or friendliness is not as definite a determinant of Bi/Polar personality as it is in Jungian personality (where the functions are highly differentiated and either conscious or unconscious).

A Bi/Polar Pattern IV is the most introverted of all the Bi/Polar patterns, due to the lead strengths of Bi/Polar Thinking, theoretical thinking and independent risking. Because his psychic activity is concerned with theoretical ideas evolved in his own mind and under the influence of his independent risking strength, he shows much in common with the introverted thinking type with intuition as the auxiliary function. Both types depend on the subjective mode of developing and interpreting ideas and on the intuitive logical force behind those ideas. The introverted intuitive type also shares characteristics with the Pattern IV, but the irrational nature of this type is too strong to be classified closely with the powerful thinking of a Pattern IV. And the fact that the introverted intuitive is irrational and impulsive implies that, even with thinking as the auxiliary function, the differences are still significant.

Pattern II leads with Bi/Polar Thinking, practical thinking, and independent risking. Because the independent risking strength flavors (but does not determine) the mode of thinking, this pattern corresponds closely with the introverted thinking type allied with sensation. Although the practical thinking of this pattern tends to make him extraverted, the deciding factor is the independent risking strength which makes the

objective data he deals with subject to his own inclinations and interpretation. Because this pattern's main psychic energy is centered in the rational Bi/Polar Thinking strength, the similarity to the introverted sensation type is limited.

It has been noted that the Jungian function of feeling has elements of both Bi/Polar Thinking and Bi/Polar Risking in that feeling is logical and based on the emotional side of life. But although a clear theoretical corollary between feeling and Bi/Polar concepts is absent, some feeling types are similar to certain Bi/Polar patterns. The extraverted feeling type allied with sensation is more logic-oriented than a Pattern V, but the dependence on other people and the desire to conform to and please outside conditions draws them together. Both are genuinely interested in others and actually need their company for any kind of happiness. But employ practical thinking to a much greater degree than theoretical thinking. But a Pattern V coincides with the extraverted sensation type in that a dependence on logical functions is not a primary determinant of personality. Feeling as the auxiliary function would give the Pattern V his due as an emotional being, but the fact that he also has a significant practical thinking ability must also allow for a strong thinking function to operate. The same arguments hold true for the similarities of a Pattern VI to the same types substituting intuition for sensation. The important point is that the nature of sensation and intuition (their being other than logical) and the emotions found in the feeling function are both important determinants of a Bi/Polar dependent risking personality.

Bi/Polar Risking Patterns VII and VIII (those with independent risking as the main strength of the personality) are the most difficult to define under one Jungian type. Bi/Polar describes these patterns as entrepreneur and promoter, respectively, while Jung gives the extraverted intuitive label

to both types. But under the framework that has been established so far, these patterns would be seen to be basically introverted due to the independent risking strength. Jung's theory is that an entrepreneur or promoter is extraverted because his orientation is not toward introspection as such but rather toward molding external situations through his visions. This observation points out the difference between the independent riskers of the Bi/Polar Thinking patterns and independent riskers of the Bi/Polar Risking patterns. The greater strength of Bi/Polar Thinking, which is stable in nature, influences the independence (introversion) of Patterns II and IV to make them more subject to Jung's description of the introvert as shy and introspective. But in Patterns VII and VIII, although they are still basically under the influence of the subjective mode, the dynamism of Bi/Polar Risking produces a very energetic and outgoing individual, one to whom the normal connotation of the label introvert hardly applies. Taking into account the fact that the irrational functions having risking (dynamic) qualities in them, it becomes easier to understand why the introverted sensation and introverted intuitive types portray behavior which is actually more dynamic (i.e. less subject to conscious reflection) than that of the introverted thinking or introverted feeling types. And because Pattern VII is stronger in the practical side of Bi/Polar Thinking, it corresponds to the introverted sensation type while Pattern VIII, being more inclined to theoretical thinking, is closer to the introverted intuitive type. The auxiliary functions in these cases does not serve to further distinguish the types into primary patterns. It is true, though, that in the actual description of types the extraverted corollaries of the types just mentioned are close to Patterns VII and VIII, due to the fact that extraversion is inherently more dynamic than introversion. Even so, Patterns VII and VIII must be considered introverted to account for their main strength - independent risking - and the high self-confidence that goes along with it.

Although a clear correlation of all patterns and types is not available, there are striking similarities which have been discussed and which lead to the following matchings (the first Jungian type mentioned in each case is the most similar):

- Pattern I - Extraverted/Thinking/Sensation  
- Introverted/Thinking/Sensation
- Pattern II - Introverted/Thinking/Sensation  
- Extraverted/Thinking/Sensation
- Pattern III - Extraverted/Thinking/Intuition  
- Introverted/Thinking/Intuition
- Pattern IV - Introverted/Thinking/Intuition  
- Introverted/Intuition/Thinking
- Pattern V - Extraverted/Feeling/Sensation  
- Extraverted/Sensation/Feeling
- Pattern VI - Extraverted/Feeling/Intuition  
- Extraverted/Intuition/Feeling
- Pattern VII - Introverted/Sensation/Thinking  
- Introverted/Sensation/Feeling  
- Extraverted/Sensation/Thinking  
- Extraverted/Sensation/Feeling
- Pattern VIII - Introverted/Intuition/Thinking  
- Introverted/Intuition/Feeling  
- Extraverted/Intuition/Thinking  
- Extraverted/Intuition/Feeling

In each case, there is more than one Jungian type which can be likened to the corresponding patterns due to the fact that the basic qualities of the personality are not purely interchangeable.

Although the actual types and patterns are only vaguely alike, the similarities between the basic precepts of the theories are striking.

Bi/Polar Psychology means that pairs of strengths, not single ones, make up the structure of personality. The stable structural strength of Bi/Polar Thinking blends with the movement of Bi/Polar Risking to provide the necessary tension between reflection and action. Practical thinking keeps theoretical thinking close to reality, and theoretical thinking

prevents practical thinking from becoming stagnant. Independent and dependent risking keep a person in balance between self and society. Jung's functions and attitudes also come in pairs, and although the poles of the pairs oppose rather than aid one another, they are both necessary to describe the total functioning of an individual. In both theories strengths are never found alone but always on a polar continuum with another.

Both Jung and Bi/Polar claim that the personality is biologically based and inherently unchangeable. A person who tries to exercise his strengths not in accordance with his nature will decay psychologically. Environment plays a key role in determining how a person must act and think, and if it pushes him in a direction contrary to his nature, the personality will be checked in its growth and begin to deteriorate. Only a return to expression of his natural personality will enable him to function normally again. Bi/Polar is more insistent on the importance of free will, but even a person's own power cannot will to change its genetic structure.

Interpreting and actually applying the characteristics of types and patterns to real people requires knowing that neither theory believes that any person is a pure type or pattern. Each individual is unique, and placement under a particular type of pattern means that the individual shows those general characteristics more than the characteristics of any other pattern or type. In no way does either theory mean to imply that if one meets a representative of each type of pattern will he have exhausted the possibilities of different people.

Bi/Polar postulates the existence of Ultimate Creative Strength, and each individual is a working microcosm of that Being. Jung believes in a universal unconscious, one to which every person has access for the sum

of collective memory. These two entities are similar in the sense that they are necessary building blocks upon which people can base their lives. Striving to emulate Ultimate Creative Strength is a sign of psychological health, and a dependence on the universal unconscious is an effort to see into the basic structure of man.

The main difference in the theories lies in the postulation of the feeding process of Bi/Polar. Jungian types are limited in the amount of strengths they can use and even confront opposition from the unconscious functions. Bi/Polar strengths grow by using the fruits of other strengths and providing fruits for the others to use. Bi/Polar patterns are unlimited in the amount of growth that can occur in each area of strength, and, as one grows, so do all the others. In Jungian personality, as the conscious function becomes more dominant, the unconscious functions become more repressed and step up their fight against the conscious function. Bi/Polar also says that concentrating on one strength, as this Jungian personality does, leads to the use of defense mechanisms and is the basis of psychological decay. A healthy personality uses the full range of its strengths.

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