

The Seven Types

Psychosynthesis Typology
and Personality Tests



The Seven Types

JivaYou has developed The Seven Types, an approach to personality profiling inspired by the typological system formulated by Roberto Assagioli, the founder of psychosynthesis.

In keeping with other typological models, The Seven Types seeks to provide a deeper insight into human diversity and how we might use this information to fulfil our potential. However, we believe The Seven Types is a more precise and useful model in that it is designed to accommodate the full complexity of the human psyche.

In its simplest form, the model describes seven basic psychological types, each with their distinct psychological energies, qualities and intelligences. The seven psychological types are:



The dynamic type expresses will, purpose and ambition. Leaders, heroes and pioneers characterise this kind of energy; they radiate courage and determination.

The sensitive type radiates feeling, empathy and insight. Teachers, counsellors and healers express this energy; they are personable and compassionate.

The mental type radiates intelligence, perspective and curiosity. Thinkers, communicators and merchants belong to this type; they are intelligent and quick-witted.

The creative type exhibits imagination, insight and an aesthetic appreciation. Artists, mediators and therapists are coloured by this energy; they are typically humorous and spontaneous.

The analytical type employs logic, rationality and knowledge. Researchers, analysts and scientists belong to this type; they tend to be serious and reliable.

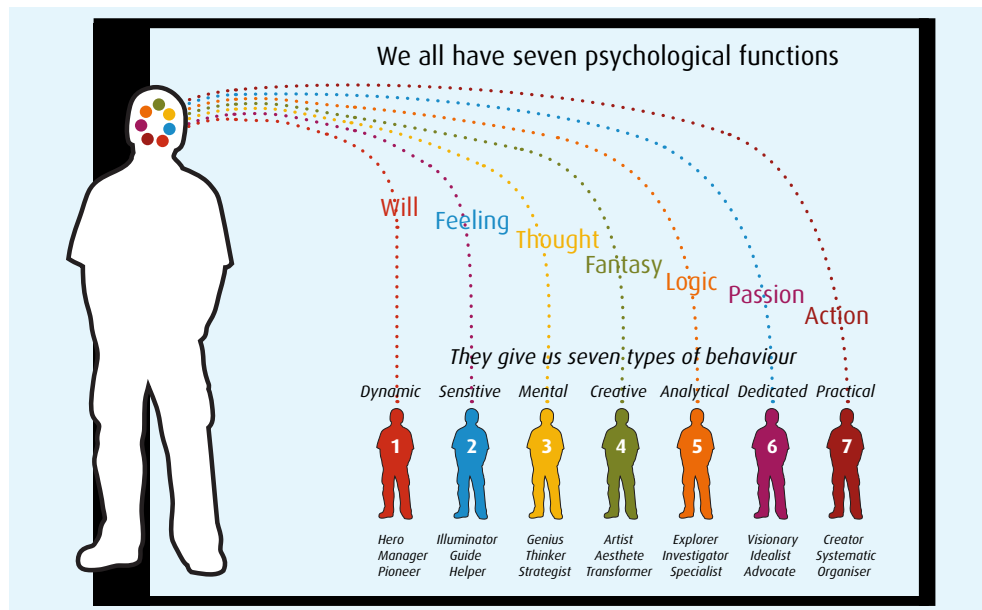
The dedicated type shows passion, idealism and activism. Activists, romantics and advocates are influenced by this energy; they radiate enthusiasm and sincerity.

The practical type expresses action, organisational skills and practicality. Administrators, project managers and entrepreneurs are influenced by this energy; they tend to be efficient and action-orientated.

The Seven Psychological Functions

The seven psychological types are each associated with one of the seven psychological functions that are operating in all people. While we can all access all seven functions, we will each develop them in different ways, creating distinct and recognisable differences between us.

The Seven Types model provides a method for mapping an individual's unique psychological identity, while also serving as a guide for how to develop the psychological functions to help a person become more balanced and better able to realise their true identity.

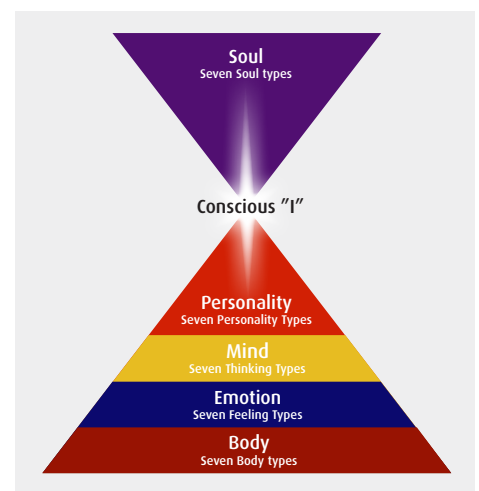


Seven psychological functions creates seven types of behaviour

The Five Psychological Levels

We can explore our typology in a deeper way by investigating how the psychological functions unfold at all five levels of the psyche. Our psyche is like a five-storey building, operating at the levels of Body, Emotion, Mind, Personality and Soul; at each level, we have a distinctive or dominant quality (one of the seven) which conditions our physicality, temperament, mentality, personality and Soul expression respectively.

By investigating and mapping our psyche in this way, we can create a psychological formula. For example, a person might display sensitive qualities at the level of Soul, while being a dynamic personality type, with creative mentality, a dedicated temperament, and a practical physicality. Such a formula is able to offer a comprehensive account of our typology. The five dominant types on the five levels can be considered as a psychological DNA that we need to discover, actualise and express in life.



Five Levels with seven types

JivaYou: Introducing psychosynthesis typology to the world

Jiva means 'unique identity' in Sanskrit. Hence, JivaYou is referring to 'the unique identity in you' – and it is our goal to help you find this.

JivaYou was established in 2012 by Kenneth Sørensen, Jesper Bundgaard and Søren Hauge, and together we have developed the psychology underpinning the JivaYou web-based platform.

Kenneth Sørensen is a psychotherapist with an MA in Psychosynthesis and extensive experience of teaching and supervising therapists. His books include *The Soul of Psychosynthesis*, *Integral Meditation* and *The Seven Types*.



Kenneth Sørensen, Jesper Bundgaard and Søren Hauge

Søren Hauge has a Magister Degree in the History of Ideas and Philosophy and is a spiritual teacher and coach. Søren has written extensively in the fields of psychology and spirituality.

Jesper Bundgaard is a project manager with extensive experience of online systems. His technological expertise has enabled JivaYou to develop the online system that supports and facilitates our model of psychosynthesis typology.

Between us, we have spent more than 30 years investigating the therapeutic and spiritual application of integral philosophy, psychosynthesis and the perennial philosophy, and out of this we have developed the psychological theory and practice behind JivaYou's model of personality profiling.

Our Personality Tests



The JivaYou online **Personality Test** is a set of 84 questions that is used to generate a personality profile presented in a comprehensive 20-page review of your unique personality type and how to develop it.

This test is free

Our online **Identity Test** uses 168 questions to create an identity profile that incorporates an understanding of both your soul type and personality type to describe your unique way to Soul- or Self-Realisation, and how to integrate this with your particular typology.

Other tests are in preparation – including our Talent and Limiter (Shadow) Tests.

We recommend working with an experienced typology coach or therapist to help you apply the results of our tests in your work, education and life pursuits. Our coaches can help you to realise your potential and overcome the challenges faced by your unique type.

Our vision is to help each and every individual to become who they truly are.

www.jivayou.com

Please get in touch

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For questions about the tests and technical issues: Jesper Bundgaard: jb@jivayou.com