

# STEPS IN THE FORMATION OF CHARACTER

based on Johnson, S. (1994) "Character Syles" and Reich, W. (1974/1934) "Character Analysis"

- 1) **self-affirmation** (rooted in instinctual / 'object-seeking' need) CORE
- 2) **negative (wounding) environmental response** by the 'object'  
- 'not good-enough' response (abandonment, invasion, rejection, etc, etc)
- 3) **organismic reaction to / against frustration** SECONDARY
- 4) **self-negation = turning against self** (i.e. against *both* 1) and 3)  
- involves internalisation of the 'wounding object' on *all* levels across body / mind spectrum (through imitation, introjection and identification with the object)  
= unconscious attachment to internalised frustrating / suppressing 'bad' object  
- defined by what is *denied* and / or *suppressed*
- 5) **adjustment process (compromise)** COMPROMISE / FACADE  
= habitual 'unnatural' accommodation to avoid pain whilst maintaining contact  
- defines compensation (what is *exaggerated*)

## Reich's diagram with terms from Transactional Analysis

