

Type Two: The Giver

Type Description

The Basic Proposition

The fundamental principle I lost sight of:	Everyone's needs are equally and freely met in the natural flow of giving and receiving.
What I came to believe instead:	To get, you must give. To be loved, you must be needed.
The adaptive strategy I developed as a result of this belief:	I learned to get my personal needs fulfilled by being needed and by giving others what I felt they needed and wanted, and I expected that they would then do the same for me. I developed feelings of <i>pride</i> in being indispensable.

Principal Characteristics

Because of this strategy, my attention is on:	The needs and wants of others, especially of people I care about and would like to have care about me. Relationships. The moment-to-moment feelings and emotions of others. My "blind spots" are my own needs and my intrusiveness into the lives of others.
I put my energy into:	Sensing the emotional needs of others and doing what pleases them. Feeling good about being able to meet others' needs so well. Creating good feelings in others. Maintaining others' acceptance and approval. Romantic attachment.
I do everything I can to avoid:	Disappointing others. Feeling unappreciated. At the core, being useless and dispensable, hence subject to rejection.
My strengths:	Being giving and helpful. Being generous. Being sensitive to the feelings of others. Being supportive. Being appreciative. Being romantic. High energy. Exuberance. Expressiveness.
My communication style:	Being friendly, open, expressive, focused on others, and quick to support or give advice. Others may perceive me as intrusive, overly helpful, nagging, or controlling.

Stress, Anger, and Defensiveness

What causes me stress:	Feeling needed by so many people and projects. Confusion about my own needs. Being needy myself and having unmet needs. Emotional upheavals resulting from investing so much in relationships, especially challenging ones.
What makes me angry and defensive:	Feeling unappreciated or uncared for. Feeling controlled. Unmet personal needs and wants. People not caring for and supporting others.
The nature of my anger and defensiveness:	Intense, often sudden, emotional outbursts. Saying what others need to give, even blaming others. Crying.

Personal Development

The ultimate goal of my development:	To realize that we are all loved for who we are, not for how much we give or how much we are needed by others. To know that there is a natural flow of giving and receiving.
How I can further my personal development:	Realizing that being loved does not depend on changing myself for others. Gaining clarity about who the real me is and about my own wants and needs. Using anger and rising distress as signals that I am needy. Acknowledging that I am not indispensable and that this is okay. Allowing myself to give and receive without expectations. Practicing setting limits and boundaries on my giving. Noticing when my helpfulness seems intrusive or controlling to others.
What hinders my personal development:	Rationalizations about what I have to do for others before I can do anything for myself. Pride that prevents me from admitting my own needs. Feelings of guilt about being selfish when I pay attention to my needs. Difficulty in receiving from others. At the core, the belief that I am loved and approved based on what I give.
How others can support my development:	Appreciating my independent self instead of being seduced by or dependent on the help I give. Paying attention to my real needs and asking about them. Reinforcing me for saying no when appropriate. Express appreciation for my giving.