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What Are The Instincts?

Every being on the planet has three instinctual drives that allow the species to continue to live and survive. These instincts are located within the belly or gut of people. These instincts are based on survival and have immense energy within in them.

We have three instincts within us but some are more dominant than others. We have a dominant instinct, normal instinct, and repressed instinct. This means that your dominant instinct is overactive, your balanced instinct acts appropriately, and the repressed instinct does not show up when it probably should show up.

We have to be aware of our instincts to understand how to really work with ourselves. These instincts are animalistic and when triggered we can get a little wild and crazy. That triggering makes us feel that our course of action, thought and emotions are completely correct without really observing and questioning ourselves. People can look quite different and be surprised in moments when they are triggered.

Self-Preservation/Preserving Instinct

- Independent-minded; value personal independence
- Self-reliant; self-sufficient
- Private; often more introverted; enjoy own company
- More pragmatic
- Practical communication style
- Usually hard-working and extremely selfless in the way they care for and about people
- Most fearful of the three instincts; more precautionous
- Usually take responsibility for themselves; high attention to self-care needs
- Personal security and safety for family is very high
- Like being in control of immediate environment and insist upon personal autonomy/boundaries
- Highly value dependability (much more likely to cut off unreliable people)
- More interested in long- term commitment than casual relationships,
- Can be so independent that they become socially isolated if they are not careful

Social/Navigating Instinct - Connection

- Social image is important; value status and position
- Intense need to belong
- Seek power and influence
- Tend to like and want approval and recognition
- Intellectual communication style; big ideas and ideals
- More aware of and care about the politics of groups
- Understand group dynamics and intuitively know how to work with others
- Adept at making connections; have a large pool of contacts
- Attracted to social and political concerns (organizers, networkers, commentators)
- Demonstrate a certain degree of refinement and social restraint essential to maintaining group harmony and structures
- Not a fan of conflict and like social structures that help them avoid it
- Though they are cordial, they can be hard to know on an intimate/real level
- Concerned about leadership and teams working together

Sexual/Transmitting Instinct - Passion

- Zealous and Aggressive
- Passionate and energetic communication style
- Energy goes towards connecting with people one on one through passion
- Less practical
- Focus is on what could be /should be
- More intense, magnetic or restless
- Usually have a strong gaze
- Ordinarily seeking something that is usually out of reach
- Settling on doing one thing can be difficult
- Need work experiences that are engaging (very hard to do dull, repetitive tasks)
- Enjoy the chase; can become bored with settling down
- Usually do not live a moderate life but are inventive and creative individuals
- Often very competitive

We have 3 instincts

- Dominant (over-active)
- Normal (balanced)
- Repressed (under-active: does not show up when it should; Beach ball that is pushed under water that surfaces every once in a while)

When an instinct is triggered, we can get a little wild and crazy. To determine your instinct, think about what makes you misbehave and/or show up at your worst.

If you cannot manage your instincts, you will continue to grow and regress throughout your life

What Does Your Dominant and Repressed Instinct Say About You?

There is so much information in our dominant and repressed instincts. Our dominant and repressed instincts are distorted ways we deal with life. Our dominant instinct is an over compensation for a perceived lack in that area of life (placing way too much attention on an area). Our repressed center is the area that we forget, rationalizing that it's not important or that it has little to no value. The middle instinct is usually ok, but it can be influenced by the dominant and repressed center.

Dominant Distortion

- Self Preservation/Preserving - "My life is permanently threatened"
- Social/Navigating (Connecting) - "I need to be important to be someone"
- Sexual/Transmitting (Passion) - "The other is everything"

Repressed Distortion

- Self Preservation/Preserving - "My life is not important"
- Social/Navigating (Connecting) - "I don't trust others, groups, causes, the collective and humanity"
- Sexual/Transmitting (Passion) - "I am not interesting or attractive, and intimate relationships may not be for me"