

Appendix. Prototype Matching of Anaclitic-Introjective Personality Configuration (PMAI).

Anaclitic persons are preoccupied by issues of relationships to significant others. They strive to maintain close, intimate relationships and have difficulties in setting limits to others. They tend to please others in order to be liked and easily get stuck in relationships that make them feel being taken advantage of. They tend to idealize and to be influenced by others. They care for others and try to bring about reconciliation when in conflict. Sexuality is used in service of affection, intimacy and relatedness. They are emotionally naive, trusting, living in the present, sensuous, focus on feelings, but may at the same time be afraid of strong feelings in relationships to others. They easily feel alone, abandoned, and helpless. They tend to be passive and remain silent, and sulk instead of objecting. They tend to minimize differences. This can, on occasion, be used as a defense against conflicts caused by competitiveness.

Introjective persons are preoccupied by issues of boundaries between themselves and others. They strive for autonomy, reason, power and prestige. They are assertive, want to function independently and to achieve results. They strive to preserve a sense of being effective and objective, in control, and emotionally neutral. They tend to be well-organized, responsible, accurate, and methodical. They want to learn, train, know, and often are work addicts and perfectionists. They are critical towards others and themselves, and readily feel criticized, not being good enough. They tend to be avoidant or dismissive and to use aggression in service of self-definition. They focus on overt behavior, logic, consistency and causality, and tend to sharpen differences. These characteristics can, on occasion, occur as a defense against conflicts caused by overwhelming intimacy needs.