

Behavioral Traits

Physical/Emotions/Feelings	Emotional/Logic/Thoughts
Relationship to Body: Connected to body. Can't respond without touch. Physical and emotional feelings very connected – can't have feeling without instant thought or emotion	Relationship to Body: Time delay between physical and emotional feeling. Needs more space around them. May have a tendency to hold people at a greater distance
Priorities/life focus (in order): 1. Relationship 2. Family and Children 3. Hobbies and friends 4. Career (Work). (This can shift temporarily)	Priorities/life focus (in order): 1. Career 2. Hobbies 3. Relationship and family 4. Sex and friendships (This can shift temporarily)
Biggest Fear: Rejection	Biggest Fear: Loss of Control
Can be very successful in career if family/relationships are in order	Career focused but may lessen focus in order to obtain family, relationship, etc.
Identity comes from his/her relationships. Believes acceptance comes through closeness with others	Identity comes from his/her career. Believes acceptance comes through accomplishments or achievements
Comfortable drawing attention to body. More satisfied with their body. Wears more stylish/revealing/flashy clothes. Can over-dress to attract attention	Does not draw attention to body. Never fully satisfied with their body. More conservative dress, hair, jewelry. Tends toward appropriate or understated dress
Drives a sport/flashy/large/luxury car	Drives more practical or conservative car
Tends toward right brain dominant (feeling/intuition/creativity).	Tends toward left brain dominant (logic)
More concerned with their body than intellect.	More concerned with career than body
Sports: likes group activity. Comfortable observing and participating. More likely to have season tickets/belong to organized sports groups	<i>If</i> involved in sport, tends to participate, not watch. Prefers single sports (one on one). Likes an element of danger/excitement
Comfortable in groups: can move from group to group at a party	Prefers one on one. Will look for one or two people to talk to at a party.
Craves physical touch and affection. Could be threatened by a lack of touch, usually actively seeks it, reaches out after rejection	Understands low outward expression. May not enjoy it. May feel threatened by physical contact/affection
Tends towards being an extrovert. Prefers time with people. Many friends	Tends toward being an introvert. Prefers alone time. Few friends
Loves to tell the whole story. They think they are clearly communicating. Sometimes the extra details are confusing to the listener	Difficulty being expressive. Speaks with short answers and expects you to understand the big picture. Feels emotions deeper than can be expressed
Comfortable with feelings: freely expresses feelings and emotions	Controls emotions: tends not to express their feelings and emotions
Braggs about accomplishments. Lets you know they want a compliments. Thrives on compliments	May want a compliment, but when given may turn compliment around to nullify it. Might be embarrassed by compliment
Tends to need more reassurance. Must be told more often where they stand	Looks to others' behavior as a sign of acceptance of them.
Confrontation: tendency to meet situations head-on. Unwilling to back away, especially if threat of rejection is present	Confrontation: will typically avoid situations unless they feel cornered or their ability to remain in control is at risk

Reaches out/more outwardly aggressive: not afraid to reach out and grab what they want. Okay with exposing feelings to get it	Outwardly passive/less conspicuous behavior: prefers to sit back/wait for what they want to come to them. Less willing to expose feelings
Response to rejection: tries harder, comes forward, and responds visually (crying, begging, hanging on)	Response to rejection: shuts down in response to rejection. Will quit before being rejected. May reject somebody before being rejected first
Operates from the premise of: Touch, affection and the need to feel connected with others. Reaches out for approval and acceptance in the world	Operates from the premise of: Logic, reasoning, and the need to be in control. Approval tends to be more internally driven, as a result of their actions in the world
Needs to plan ahead/know they have a plan beforehand	Would rather wait until the last minute
Comfortable with commitment	Not comfortable committing, may feel trapped
Females: Tend toward male friends who are also Feelers (other females may be too much competition).	Females: Tend toward female friends who are also Thinkers (because they understand each other)
Males: Tend toward male friends who are also Feelers (mutual macho bonding)	Males: Tend toward one or two male friends who are Feelers (to help bridge gap/fit society's macho ideals)
Typically, information is taken in literally, as a thought. This thought then becomes an internal image, which creates a physical feeling, which results in an emotional feeling	Typically, information is taken in inferentially, as a thought, which becomes an internal image or sense. It then becomes an emotional feeling, which results as a physical sensation

Relationship Traits

Physical/Emotions/Feelings	Emotional/Logic/Thoughts
Projects sexual responses outwardly. More likely to dwell on sex. Desires/needs it often. May want sex every day. This desire is usually to prove adequacy or to gain acceptance. They may wish to prolong the encounter because they enjoy it so much	Feels sexual responses inwardly. Does not crave sex so often. When aroused, sex is used as a release of emotion, to feel connected to body via overwhelming loss of control. Feels sex first in the mind, so they must be at ease. More distracted by outside factors (music, talking). Female body irritated by prolonged sex after release.
Planning ahead for sexual encounter: can be very aroused by this	Planning ahead for sexual encounter: Dreads, to the point of developing a physical issue to avoid it
When engaging in sex: comfortable taking off own clothes. Initiates sex more. Prefers dominant position. Feels all over his/her body. Prefers intercourse over oral sex. Can handle rougher touch. Reaches orgasm more quickly than a Thinker	When engaging in sex: Wants to be undressed. A female (to avoid confrontation) is generally easier than a Feeler to get into bed. Prefers submissive position. Feelings narrow to genitals for stimulation, prefers oral sex (give and receive) over intercourse. Needs slow and gentle touch. Slow to warm up.
After sex: Likes continued closeness and attention (spooning, cuddling, etc.)	After sex: Wants to go to sleep, or to get on with something else.
Needs to hear 'I love you': for reassurance, acceptance & confirmation of their partner's	Uncomfortable with outward expression of emotion 'I love you': sometimes writing it is easier. Feel's it is unnecessary if they think

	love and commitment to them and the relationship		partner already knows it. Feels love by what partner does
	Kids: Feelers typically more fond of kids than Thinkers. May be more accepting of extended families and their kids		Kids: Urgency for kids/family not as strong. May be less willing to share their life/free time with a kid than a Feeler would be
	Uses guilt as a tool to control their mate. May try to control the relationship by dominating a Thinker's career/habits/friends		Uses sex as a tool to control their Feeler mate. May try to control the relationship by rejection/withdrawal of sex/touch/affection
	When in disagreement: More likely to display emotions (anger, hurt), tends to become vindictive/resentful/revengeful. Holds onto past hurts, bringing up over & over. Functions on feelings, cannot hear logic when upset. Always gives partner a chance to rescue them 'I am leaving unless...' Quick to apologize afterwards. Very forgiving		When in disagreement: Fights with logic & reasoning and/or withdraws. Less able to show emotion. If partner yells/screams, this tends to absolve any feelings of guilt the Thinker may feel. If Thinker deeply hurt or insulted, can shut down to other person forever (resents being hurt in that manner and will not put self in that position again)
	If relationship failing: More likely to be willing to go for relationship counseling. Will hang onto and try to save relationship longer than a Thinker. Will only end it if literally forced to or pushed into it by partner. Typically will not end it willingly		If relationship failing: Less likely to go for relationship counseling. Many times, has replaced relationship before end of previous one (this is motivation to get out of old and into new). Otherwise does not have courage to end it (confrontation and guilt). Typically will push Feeler to end it
	Reasons for adultery: May be retaliation for perceived wrong/lack of attention/etc. Feeler wants to get caught so partner will 'know' the pain the Feeler is feeling. Could also be Feeler's natural desire for more sex and approval/acceptance		Reasons for adultery: Thinker is bored, looking to spark low sex drive. Does not want to be caught because secrecy increases sexual build-up. Also, does not wish partner to feel pain and discovery leads to confrontation/guilt
	Adultery tendencies: Angry Feeler tends to cheat with other angry Feelers. Feeler males more likely to remain faithful than Thinker males. Because Feelers are physically unable to separate sex from the relationship, an affair tends to have more emotional impact for a Feeler than a Thinker		Adultery tendencies: Males: cheats with convenient person (e.g. office colleague); won't complain of work or constant shop talk. If caught and partner leaves, Thinker will not marry the mistress. Will likely replace partner (and mistress if needed). Female: feels more guilt than the male. Both male and female able to separate sex from love
	Will stay in relationship out of fear of rejection		Will stay in relationship out of guilt
	If rejected: Feels actual physical pain of the rejection, craves more physical connection, and may chase it, unable to concentrate on anything else. If not recovered from past relationship, will drift to other Feeler. Female may even go with married man (safe) until over the past relationship and able to be vulnerable again		If rejected: Feels it in emotions. First through denial, then by working it out with logic and reason. Tends to withdraw and disconnect. Tendency is not to chase partner to convince them to stay. More easily gets over rejection. Tends not to hang on to a partner who has rejected him/her
	Once out of a relationship: <ol style="list-style-type: none"> 1. Feels something is wrong with them. 2. Can be in denial for years 3. Can become very picky in the next relationship 		Once out of a relationship: <ol style="list-style-type: none"> 1. Feels relief 2. Will recover more quickly 3. Tends to sit back and let the next someone come to them

Some Key Things to Know about Thinkers and Feelers in a Relationship

Note: These are only a few of the key things to know about Feelers and Thinkers. Every relationship is unique. Even though you may be a Feeler or a Thinker, you may actually recognize yourself as having a few of the opposite traits, because no one is 100% Feeler or Thinker.

Physical/Emotions/Feelings	Emotional/Logic/Thoughts
<p>What you love about Thinkers: Feelers are attracted to a Thinker's sense of logic and reason. They feel the Thinker keeps them on course when their emotions become overwhelming. Feelers typically feel more 'grounded' with a Thinker. A male Feeler's attraction to a female thinker can be heightened due to his sensing she may be emotionally weaker' and in need of rescuing. A female Feeler may find the Thinker's focus on career quite compelling when thinking of family and relationship</p>	<p>What you love about Feelers: Thinkers find Feelers to be warm and loving. They help Thinkers get in touch with their feelings. Because Thinkers can be somewhat less connected and more insecure with their feelings, they sense that Feelers are strong, secure and self-assured. A Thinker likes the Feeler's connection to more friends and a greater social life. A male Thinker is typically attracted to a Feeler who will 'take care' of the home front while he is focused on his career. A female Thinker tends to be attracted to the 'sensitivity' of the Feeler</p>
<p>Keys to success with your Thinker partner: Support the Thinker's career and need for personal space. Resist the urge to come off as 'clingy'</p>	<p>Keys to success with your Feeler partner: Support the Feeler's need for reassurance, attention and touch. Try not to come as 'distant' or 'aloof'</p>
<p>As a Feeler, key strengths you bring to the relationship: A Feeler helps bring a Thinker out of their introversion and inner thoughts. A Feeler brings more social interaction to a Thinker's life. Feelers help Thinkers get in touch with their feelings and will help them reach out and trust others more easily</p>	<p>As a Thinker, key strengths you bring to the relationship: A Thinker helps the Feeler to be more self-confident. A Thinker is comfortable allowing the Feeler to shine without being threatened by, or in competition with their Feeler partner. Thinkers rarely think their Feeler partner is out to steal their thunder</p>
<p>The challenge of having two Feelers in a relationship: Although the Feeler might be attracted to the thought of a richly fulfilling romance and highly charged sexual relationship with another Feeler, the competition can also be intense, with each wanting to dominate, win, be heard, on top, be the leader, social director, etc. Life can be highly dramatic with two Feelers</p>	<p>The challenge of having two Thinkers in a relationship: While the Thinker might be drawn to the idea of a relationship where tendencies lead to an upwardly mobile lifestyle with possibly less importance placed on social interactions and feelings, life may seem more boring and ultimately less fulfilling without a rich emotional connection., social interaction, and low (or no) sex or romance. Life could be somewhat staid with two Thinkers</p>
<p>Common relationship problems can stem from: The Feeler becoming too available for their Thinker partner. Feeler displaying predictable behavior or lacking understanding of Thinker's needs and priorities. Feeler, when rejected or threatened, becoming too needy, insecure, clingy, possessive and jealous. Feeler forgiving too easily (which seems like weakness to a</p>	<p>Common relationship problems can stem from: Thinker becoming distant or aloof. Thinker avoiding sex, affection, or attention with Feeler partner (which triggers Feelers fear of rejection). A lack of understanding or attention paid to Feeler's needs and priorities. A Thinker appearing cold, uncaring and/or presenting an outward display of too much self-confidence</p>

<p>Thinker). Putting Thinker on a pedestal,(which makes Thinker feel trapped)</p>	<p>(which can be interpreted as ‘unfeeling’ and can threaten a Feeler’s self-confidence and self-esteem)</p>
<p>Sure-fire tools to use when in disagreement with your Thinker partner: Try to remain calm. Use as much logic and reasoning as possible. Plant a seed (the Feeler must find a logical reason for why the Thinker should do what the Feeler wants); and then back off and wait for the Thinker to process, and then respond. Remember, the Thinker hates to feel trapped or out of control. Because the Thinker may not be as connected to his or her feelings, it may take them a little longer to ‘process’ (think it over). Resist ‘trying harder’ when feeling rejected. Do not use retaliatory tactics to try to make the Thinker feel guilty, as this can and often does backfire, driving the Thinker further away.</p>	<p>Sure-fire tools to use when in disagreement with your Feeler partner: Listen to the Feeler’s feelings. Give respect for their outward display of emotions. Validate the Feeler’s feelings (Thinkers do not have to agree with the Feeler’s side, just respect it). Give freely of attention and affection. The Feeler like to be reminded more often how important they are and of your feelings for them, even though it seems redundant. Remember, because Feelers are so connected with their Feelings, it may seem as they sometimes come off as ‘over-reacting’. Resist backing away, As they will often take that as rejection, which will cause them to try harder. If The Thinker needs to back away, explain to your irate Feeler your need for some space, and assure them you will return with more resources to manage the situation</p>
<p>Primary thing to remember: Your partner is not made the same way you are. They respond to different values and stimuli. When they do not dance to your tune, they are NOT rejecting you! They have a different formula...</p>	<p>Primary thing to remember: Your partner is not made the same way you are. They respond to different values and stimuli. Be sensitive to their set of needs. Create enough space for you, to have resources to tend to their requirements. They are not invading your space – they need love and attention more than oxygen! They have a different formula...</p>