

# Trevor Wales Hypnotherapy Solutions

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## Warrior, Settler or Nomad?

### Try this for an awesome thought

In the split second moment of conception, the two streams of genetic information from your parents, handed on from generation to generation over literally **hundreds** of millennia, combined in one single cell that was to become you. It ensured that you became a totally unique living record of the lives and ways of your ancestors. And we are not just talking about the way you look - we are talking about your ancestral memories, the complete set of instincts and response patterns that were responsible for the survival of those two genetic streams in the first place. The instincts and response patterns that you were actually born with.

### Before The Beginning

Although we are taught that man first appeared on earth around 3 million years or so ago, there is no proof that those creatures were actually our ancestors. Some scientists believe we are related to the very early species and/or to the later Neanderthal and Cro-Magnon man, while others believe that we are a separate race entirely, first appearing between 90,000 and 200,000 years ago. It doesn't much matter really, as far as we are concerned; if we are related, then we have inherited their savagery; if we are not, then we had enough of our own to deal with theirs, for they were around until about 30,000 years ago, by which time Modern Man was an established species.

Homo sapiens were probably nomadic in existence until about 10,000 years ago, when they started to form settlements and domesticate plants and animals - the earliest attempts at civilisation.

So there had already been many thousands of years of ancestral savagery; for some it was kill or be killed and take what you want; for many, it was keep your head down and out of trouble; and for the rest, every time danger threatened it was run like the wind. The fight/flight/freeze response surely has its roots here.

There have been hundreds of generations of violence, plagues, famine, witches, warlocks and wizards, crusades, wars, fantastic inventions and even more fantastic events since those days.

Interbreeding passed on mixed genetics; environment ensured a goodly amount of neurosis and general anxiety. So truly, each and every human being is unique, because the computations of the effects of that environment upon the genetic exchanges are almost infinite. And when you take a look at the whole evolutionary process on a percentage basis, it's no wonder that we all of us still exhibit primitive behaviour quite often.

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## **The Wandering Savage**

Even being generous and assuming that Homo sapiens, our race, did not appear until around 100,000 years ago, we are no more than one half of one percent modern, the rest primitive. 99.5% of our psycho-genetic make-up has not reached the level of the middle ages and by far the vast majority of it is still that of a wandering savage. Evolution moves slowly and it will be a very long time yet before the human race truly becomes as we try already to be. In the meantime, most of our race are going to be born with conflict - or potential for conflict - already in place, the resolution of which is unlikely to be at birth, but probably as and when needed, or maybe even never.

The nomadic behaviour of some ensured that interbreeding and cross breeding soon guaranteed that each individual carried the genes for different behaviour patterns, though there would almost always be a single dominant one - or dominant set, since a behaviour pattern is unlikely to be created by a single gene. It's certainly possible, though, that an individual can be subject to two opposite and equal urges being 'built in' to the psyche, as it were, so that there is a permanent state of flux between, say, the urge to pacify and the urge to dominate. These conflicting urges would have caused conflict in an environment where the rest of the tribe were still committed to, or appearing to be committed to, just one of those behaviours.

So neurosis, the feelings of being a misfit in some way, would have been created. It indicates that neurotic behaviour patterns could even be in some way instinctive - in that they could be inborn' rather than created by experience - which raises serious questions, not to be approached here, about the efficiency of the principle of natural selection.

It's worth recognising the fact that while it is possible that there were as many as 150,000 generations of our ancestors as savages, there have been only around 100 generations since the advent of Christianity and the guilt and sometimes excessive superego development that goes with it. The prehistoric gene still carries an awful lot of weight, and it is in constant conflict with the Ego in even the healthiest individuals. At birth, each and every one of us is already subject to this vast history of genetic and behavioural influence.

We are born genetically programmed with predominance towards one of those three tribal behaviours - the Warriors, Settlers, or Nomads.

And then life happens...

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It is only as we mature and we begin to develop the more finely tuned emotional responses that the human animal is capable of, that we begin to recognise the truth; that few things are perfectly good or perfectly bad. Along with that recognition also comes the ability to offset one circumstance against the other and accept what seems to be a reasonable compromise. But the decisions we make in that direction are at a purely conscious level; the subconscious has its own unchanging view of things, and where it perceives an event is bad, it will create a feeling of unease, even though we may have made a decision that seems to reflect what we really want. That is how our subconscious always perceives things for the whole of our lives. Good or Bad. Black or white. And until that later emotional development, the identification procedures and demands of the ID are not modified enough by the influences of the SUPEREGO to soften the impact upon the EGO; so everything is perceived as either good or bad, responsible for pleasure or non-pleasure, and an experience to be stored for future evaluations and comparisons.

By the time we are about ten years old, we have discovered how we fit into the world, the likelihood or otherwise that our desires and expectations will be fulfilled, and what is expected of us. The effects of life and experience upon our birth predisposition have shaped and moulded our own unique personality and we are now the sum total of our ancestors, our triumphs and our disappointments, and our reactions to the behaviour of others.

## **Who do you think you are? A simple personality test**

One of the cornerstones of being able to know which type of induction works best for my clients is the ability to weigh up each person's unique underlying personality signature fairly accurately and quickly. Understanding each person's principal key character traits goes a very long way to help me in preparing the right style of induction likely to produce the best results. A few questions in advance of my treatment then allow me to obtain a fairly detailed analysis of my client's personality type.

## **Now for the actual personality test!**

**On the following pages for each statement, give a grade which applies to you and write your answers next to the questions with a grading mark from 1-10. Number 1 being 'strongly disagree' and Number 10 being 'strongly agree'**

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**Before we start though here is an example to help you work out your answer.**

**This is how it works: - For the results, add the scores in each group together giving three separate totals. Now add these three new totals together then divide that total by 100, calling the answer 'T'. Now if you divide the total of each group in turn you will find the percentage of each group that goes towards making up your personality character type.**

## **Statement group one.**

This looks at 'Resolute' organisational potentials (Warrior characteristics) people who tend to be very logical, analytical types who may have difficulty in letting go and who tend to be strong leader type personalities.

1. You are good at 'sticking to your guns' **10**
2. You readily do speak your mind. **9**
3. You are good at taking charge in situations. **10**
4. You are methodical or fussy and like things done a certain way. **7**

**Score Total 36**

## **Statement group two.**

This looks at Intuitive Adaptable Traits. (Settler type characters) Sociable People, who tend to be very warm and friendly and like to be liked and part of a community. For most people It represents the greater part of all our character traits. Settlers tend to be people, people, Carers and homemakers and often feel a need to be wanted and cherished.

1. You like to be liked. **8**
2. You try to protect the feelings of others **10**
3. You are easy going and tolerant. **7**
4. You are a flexible or indecisive person. **3**

**Score Total 28**

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## Statement group three

This looks at the Charismatic Evidential Traits (Nomadic type characters) People who are very flamboyant and dramatic, who stand out in a crowd. They often flit from one subject to another and are the life and soul of the party. They can become easily bored and like to move on to new things.

1. You like to stand out from the crowd. **9**
2. You are good at being the centre of attention. **10**
3. You are expressively excitable and enthusiastic. **10**
4. You are spontaneous and impulsive. **9**

**Score Total 38**

## Results

Add together all the group total scores for the overall score total which is 102.

Divide this by 100 which = 1.02. So 1.02 is the control factor 'T'

### Group one Total (Resolute organisational characteristics)

36 divide by 1.02 = 35.29 %. This is the % of Warrior personality

### Group Two Total (Intuitive Adaptable characteristics)

28 divide by 1.02 = 27.45%. This is the % of Settler personality

### Group Three Total (Charismatic Evidential characteristics)

38 divide by 1.02 =37.25% Nomadic personality.

***What this information shows us here is that this character is quite well balanced but with a predisposition towards a Nomadic personality, so the type of induction that would work best on this person would need to be something highly imaginative, Interesting and flamboyant to maintain the interest of the subconscious mind***

**Now proceed to the test!**

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## Statement group one

This looks at 'Resolute' organisational potentials (Warrior characteristics) people who tend to be very logical, analytical types who may have difficulty in letting go and who tend to be strong leader type personalities.

1. You are good at 'sticking to your guns' **Score** \_\_\_\_\_
2. You readily do speak your mind. **Score** \_\_\_\_\_
3. You are good at taking charge in situations. **Score** \_\_\_\_\_
4. You are methodical or fussy and like things done a certain way. **Score** \_\_\_\_\_

## Statement group two

This looks at Intuitive Adaptable Traits. (Settler type characters) Sociable People, who tend to be very warm and friendly and like to be liked and part of a community. For most people It represents the greater part of all our character traits. Settlers tend to be people, people, Carers and homemakers and often feel a need to be wanted and cherished.

1. You like to be liked. **Score** \_\_\_\_\_
2. You try to protect the feelings of others **Score** \_\_\_\_\_
3. You are easy going and tolerant. **Score** \_\_\_\_\_
4. You are a flexible or indecisive person. **Score** \_\_\_\_\_

## Statement group three

This looks at the Charismatic Evidential Traits (Nomadic type characters) People who are very flamboyant and dramatic, who stand out in a crowd. They often flit from one subject to another and are the life and soul of the party. They can become easily bored and like to move on to new things.

1. You like to stand out from the crowd. **Score** \_\_\_\_\_
2. You are good at being the centre of attention. **Score** \_\_\_\_\_
3. You are expressively excitable and enthusiastic. **Score** \_\_\_\_\_
4. You are spontaneous and impulsive. **Score** \_\_\_\_\_

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So for the results of the 'actual test,' add the scores in each group together giving three separate totals. Now add all three new totals together then divide that total by 100, calling the answer 'T'. Now if you divide the total of each group in turn you will find the percentage of each group that goes towards making up your personality character type.

### Results

Add together all the group total scores for the overall score total which is \_\_\_\_\_

Divide this by 100 which = \_\_\_\_\_ So \_\_\_\_\_ is the control factor 'T'

### Group one Total (Resolute organisational characteristics)

\_\_\_\_\_ Divide by \_\_\_\_\_ = \_\_\_\_\_ %. This is the % of Warrior personality

### Group Two Total (Intuitive Adaptable characteristics)

\_\_\_\_\_ Divide by \_\_\_\_\_ = \_\_\_\_\_ %. This is the % of Settler personality

### Group Three Total (Charismatic Evidential characteristics)

\_\_\_\_\_ Divide by \_\_\_\_\_ = \_\_\_\_\_ % Nomadic personality.

### So who are you?

Now you can see what group you belong to and what type of personality predisposition you have and for me the therapist, what type of induction will be best suited for me to work with to help you with your journey to change. For a result that is right down the middle there are other visible signs that would give me some pointers as to which style of induction will work best. The interesting point here is that you just should not pigeon hole people as we are all made up in parts that make up the whole. Some personality profiles tend to lump you in one category or the other whereas this process, although a lot more in depth in arriving at the conclusions is both very simple and highly accurate at the same time.

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## A quick recognition guide

Here is a quick recognition guide for each group which, while it is not as accurate as the questionnaire, will give you a good idea of where most people 'fit', just by watching them for a moment or two. Learn the characteristics, behaviour patterns and reactions of each personality type and you will never look at people in quite the same way again! Although each person will have a predisposition to one character type it is very important to realise that we are a mix of all of these magic ingredients. It's what makes us unique. What's interesting about taking this personality test is that it throws up aspects of our personality that we can recognize but would never had acknowledged if someone said to us, 'Oh you are a very analytical person with control issues. We are all very sophisticated creatures and highly complex. It's what makes us wonderfully unique

## WARRIOR

**Physiology:** Fairly straight-faced, few body response patterns, steady

gaze. **Positive:** Practical, tenacious and self-sufficient. Quick thinkers.

**Negative:** Suspicious, dictatorial, and manipulative. Cannot easily admit mistakes.

## SETTLER

**Physiology:** Responsive body and head movements. Frequent smiles, Happy

people. **Positive:** Caring, cheerful, pleasant, talkative and tolerant. 'People' people.

**Negative:** Depressive, indecisive, under confident. Prone to mood swings.

## NOMAD

**Physiology:** Often expansive in gestures. Can be animated and noisy. Laughs

easily **Positive:** Fun-loving, enthusiastic, outgoing. Inspiring and optimistic.

**Negative:** Unreliable, childish, and boastful. Prone to exaggerating minor successes

This personality test is used with the kind permission of Terrence Watts from his ground breaking book 'Warrior, Settlers and Nomads' Discovering Who We Are & What We Can Be.

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