

## From Enneagram to Nine Types Temperament Model: A Proposal

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### Abstract

Temperament, character and personality concepts are addressed by many disciplines that study interpersonal differences. Although each of these concepts is related with each other, they are different and often used instead of one another. Nine Types Temperament Model (NTTM), a new temperament model formulated with the interpretation of Enneagram System, explains the definition, limit, scope and interrelations of these concepts, as well as presents a new perspective on studying the differences between individuals and differences within an individual. With this paper, we explain the similarities and differences between Enneagram and NTTM, nine basic temperament types, as well as behaviors and attitudes, which are different from normal, that these types display under stressed and relaxed conditions. At the same time, we propose NTTM as a new and integrated model which can explain the reasons of human behavior and be used in research and practice for the fields of psychiatry, psychology and education.

*Keywords:* Temperament, Character, Personality, Nine Types Temperament Model

### Introduction

Throughout the history, understanding the causes of human behavior and deciphering the differences between individuals have been studied by psychology. Many studies have been conducted related with temperament and personality until today, starting with Hippocrates and Galen, who explained these causes and differences with temperament concept and defined four temperament structures related with body fluids (Rothbart et. al., 2000; Clark, 2005). Although the concepts of temperament and personality are frequently used instead of each other by researchers, are not the same (Hall et. al., 1997). Temperament stands for the attitudes and behaviors based on structural, genetic and biological basis (Goodwin & Jamison, 1990), while personality is described as the distinguishing and characteristic patterns of thoughts, feelings and behaviors that define a person's interaction with physical and social environment (Atkinson et. al., 1999). Current clinical studies support that temperament has a biological substructure and it forms the personality traits (Kazantseva et al., 2009; Rothbart & Ahadi, 1994; Shine, 1998). In their studies regarding the relation of temperament traits with adult personality traits, Caspi et. al. (2003) proved that behavior styles of three-year-old children are related with personality traits when they are 26 years old.

Scientific evaluation of temperament and personality traits started with Allport using the concept of distinguishing trait in psychology (Schultz & Shultz, 2002). Distinguishing trait defines the tendency to behave similarly for different situations, becoming constant through time (McAdams, 2009). Today, distinguishing traits are evaluated with two different approaches, categorical and dimensional (Taymur & Türkçapar, 2012). Categorical approach evaluates the presence or absence of

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distinguishing traits and proposes that individuals with similar basic traits can be classified in the same group. This approach also depicts how many types of individuals there are and which type they belong to. Dimensional approach defines to which degree an individual has distinguishing trait and to which of the two extremes he is closer to (Shedler & Westen, 2004; Burger, 2006). Current models with a dimensional approach to temperament and personality are Costa and McCrae's Five Factor Personality Model (FFPM) (1990) and Cloninger's Psychobiological Personality Model (PPM) (1993) with seven factors. Among the categorical models, Akiskal's Affective Temperament Model (ATM) (1987; 1998) with five categories stands out.

Other than these models, Enneagram, a traditional system used for analyzing and comprehending the ego mechanisms, argues that people are categorically divided into nine different personality types, thus it is a candidate for being a consistent and holistic personality model (Palmer, 1991). Various assumptions are proposed for the creation and origin of Enneagram and it is known that it has been passed on orally. Enneagram has been transformed into a personality type model with the contributions of Ichazo and psychiatrist Naranjo in the second half of 20<sup>th</sup> century (Riso, 2003).

To determine Enneagram's personality types scientifically, Zinkle (1974), Randall (1979), Wagner and Walker (1983), Cohen and Palmer (Palmer, 1988), and Riso and Hudson (1999) conducted psychometric studies. However, utilization of these scales in psychopathological, neurobiological and therapeutic fields is limited. Studies mostly focus on family therapies and business field (Perry, 1997; Arthur, 2008). Nine Types Temperament Scale (NTTS) was developed in order to study the relations between temperament types and psychopathology, neurobiology and therapy models, based on Nine Types Temperament Model (NTTM), which we proposed with a new perspective as a result of revising the approach to concepts, methodological approach and focus fields of the Enneagram System (Yilmaz, 2011; Yilmaz et. al., 2014).

The aim of this study is; a) To propose NTTM as a new temperament model which we have previously presented with a letter to the editor (Yilmaz et al., 2011), b) To contribute to definition and treatment of temperament, character and personality concepts in NTTM perspective, c) Explain the nine basic temperament types and the behaviors they display under stressed and relaxed situations which are different from their normal behavior, d) Discuss possible fields of use for NTTM.

## 2. Can Enneagram System Transform into a New Temperament Model?

In this part of our study, the approach to concepts, definition of types and theoretical approach of the Enneagram will be evaluated in comparison with NTTM and the possibility of turning Enneagram into a new temperament model will be criticized.

### a) Personality or Temperament?

Enneagram is comprised from the Greek words "ennea"(nine) and "grammos"(points) (Palmer, 1991). Each of the points represents a personality type (Wagner & Walker, 1983). NTTM (Yilmaz, 2010; Yilmaz et. al., 2011) proposes that Enneagram's personality types can be defined as temperament types that exist from birth, stay unchanged throughout a lifetime and constitute the personality, in conformity with the contemporary literature (Rothbart et. al., 2000; Clark, 2005). In addition, NTTM emphasizes the sharp difference between the "static" temperament traits that are innate and stay unchanged during lifetime (Strelau, 2002) and "dynamic" manifestations of personality, which is an evolutionary process dependent on genetic and biological tendencies, social experiences, variant environmental conditions and external impacts (Plomin & Caspi, 1999; Caspi & Roberts, 2001).

### b) Approach to Types

Enneagram states the differences between the individuals with nine different personality types. Types are corresponded with numbers between 1-9 and defined with adjectives on the foreground: 1. Reformer, 2. Helper, 3. Motivator, 4. Individualist, 5. Investigator, 6. Loyalist, 7. Enthusiast, 8. Leader, 9 Peacemaker (Riso, 2003). According to our perspective, approach of

Enneagram, which defines personality types with adjectives in the foreground, is limiting. For example, type 1 personality is named as “Reformist” in Enneagram. However, being a reformist is not equally dominant in every individual of this temperament type. In some type 1 individuals, adjectives such as perfectionism, idealism, etc. can be more dominant. We believe that, as Goldsmith et. al. (1987) stated, temperament cannot be defined from one trait. Therefore, temperament types should be evaluated together with all traits and adjectives that comprise them, instead of the symbolizing number and adjective particular to each type (Yılmaz et. al., 2011). According to our perspective, in addition to the symbolizing number, every temperament type should be named according to the quest which lies at the base of the collection of all traits particular to a type and the main orientation that define the existential position of the type. For example, by naming type 1 temperament as “perfection seeker”, we propose that all traits that belong to this type can be collected under this existential quest/position. In addition, different from Enneagram’s approach that considers adjectives of types at the same level, we propose that, every temperament type –parallel to Eysenck’s (1998) hierarchical pattern of personality- should be handled in three levels: 1) primary trait corresponding the main orientation, 2) secondary traits closely related with and supporting primary traits and 3) tertiary traits related with and supporting secondary traits (Figures 1, 2, 3, 4, 5, 6, 7, 8, 9).

c) Healthiness- Unhealthiness

Enneagram evaluates every personality type at three levels: healthy, average and unhealthy (For example, healthy type 1, average type 1 and unhealthy type 1). According to Enneagram, being at healthy level means that the individual reaches his own essence with a maturity coherent with the whole universe; while being unhealthy means that the individual displays emotionally incompatible or neurotic qualities (Riso & Hudson, 2000). We oppose to the perspective of Enneagram that name the manifestations of personality, which individuals display with an awareness that transcends the consciousness level of daily life and depend on virtue and maturity, as healthiness level. According to our view, temperament types are simple/plain with all its positive, negative, capable and incapable qualities and thus should be evaluated at the same level according to healthy-unhealthy aspects. Personality manifestations of temperament, as Frances (1982) stated, are the reflections of a wide range between psychopathology and a wisdom transcending normal attitude and behavior. An individual can experience healthy, average and unhealthy states and attitudes that Enneagram proposes even during the same day.

d) Stressed and Relaxed Conditions

Enneagram proposes that individuals display personality traits different from their main personality traits under stressed and relaxed conditions. According to Enneagram, the qualities individuals display under stress define the direction of disintegration, which brings an individual closer to unhealthy level, while the qualities individuals display under relaxed conditions define the direction of integration, which brings an individual closer to healthy level (Palmer, 1991). In our opinion, integration and disintegration directions of the Enneagram system can explain why individuals behave differently in stressed or relaxed conditions in relation with the oscillation of temperament (Kesebir, 2002; Goldsmith et. al., 1987). However, we believe that these concepts should be considered as responses to stressed and relaxed situations, instead of relating them with healthiness and unhealthiness. All the responses an individual develops for these situations are compensatory mechanisms that provide the integrity of personality.

e) Wing Effect

Besides basic personality structures, Enneagram proposes a concept called “wing personality” to explain the variety of human behavior (Palmer, 1991). NTTM is in conformity with Enneagram on the matter that the concept of wing personality, which causes variations in types by making a profound impact on and contribution to personality structure and has a different impact on every individual, contributes to the statement of an individual’s uniqueness. However, NTTM considers this concept as “wing temperament type” (Yılmaz, 2010).

f) Differences of Foci

Although Enneagram emphasizes/focuses on the psychological and spiritual (psychospiritual) awareness of human beings (Arthur, 2008; Bland, 2010), NTMM considers human beings mostly with their psychological and (somatic) psychosomatic traits. In addition, NTTM focuses more on the relations between temperament types, traits of these types and psychopathological symptoms with psychiatric diagnosis-treatment strategies. NTTM also aims to establish a theoretical cause-effect relation between temperament types with psychological (normal and psychopathological) processes and biological structure (Yilmaz et. al., 2011).

As a result, Enneagram does not mention the definition, context and inter-relations of temperament, character and personality concepts. The traits of the nine personality type proposed by Enneagram are explained with confusion of temperament and personality concepts. Although Enneagram defines types in detail and in a holistic approach, it is also quite a weak system considering its scientific foundations. NTTM, which is formulated with the revision of Enneagram, has a psychometric measuring device and thus a candidate for being a new temperament model based on scientific facts (Table 1).

Table 1  
*Differences between Nine Types Temperament Model and Enneagram*

<b>Enneagram</b>	<b>NTMM</b>
Accepts that basic and wing types are “personality types”.	Proposes that basic and wing types are “temperament types”.
Does not mention the definition, context and inter-relations of temperament, character and personality concepts.	Defines in detail the definition, context and inter-relations of temperament, character and personality concepts.
Focuses on defining individuals with their personality types, therefore restrains the uniqueness of an individual.	Prioritizes the uniqueness of an individual.
Types are named with the primary adjectives specific to each type in addition to the type’s symbolizing number.	Types are named with the main orientation that explains the underlying seek of the collection of all traits distinctive to the type and defines the existential position of the type, in addition to the type’s symbolizing number.
Adjectives of types are considered at the same level.	Traits of types are considered at three levels as primary trait, secondary trait and tertiary trait.
Evaluates personality types in three levels as healthy, average and unhealthy.	Evaluates temperament types in one level, as traits susceptible to positivity and negativity.
Mentions disintegration-integration directions.	Mentions stressed-relaxed directions.
Focuses on the studies intended for psychological and spiritual (psychospiritual) awareness. Does not adequately consider psychosomatic structure and being scientific.	Without rejecting the spiritual dimension of humans, focuses on their psychic and somatic ( <i>psychosomatic</i> ) structure that can be evaluated within the field of science.
Does not focus on the relation between personality types and neurobiological structure.	Proposes that a relation can be established between temperament types and neurobiological structure.
Does not have a current scale with proved validity and reliability.	Has a scale with scientifically proven validity and reliability (NTTS).

## **Problematics of Enneagram System**

A case can scientifically be explained with a deductive or inductive approach that considers its precursors or its variables in an objective and systematic way. Deductive approach can simply be defined as explanation of a singular case starting from a theory that is accepted as true. Whereas inductive approach starts from the repetitions, continuities and similarities between single cases and can be defined as the effort to reach general statements that can be valid for all those single cases. However, since there is no possibility to test all affairs/ cases, the results obtained with an inductive approach do not show a certainty, but only a possibility (Aslankara et. al., 2006).

Modern science, including psychology, for a long time was under the dominance of the strict positivist paradigm which only accepted quantitative, observable and repeatable data as scientific (Kuş, 2007). However, even the positivist approach that does not accept information that is non-observable and non-testable as scientific is based on axioms (basic statements accepted as true without being proved). The theorems that are based on these axioms can be verified or falsified by testing (Dikeçligil, 2010).

Theorems based on intuitional, rational and philosophical axioms have a lot of reflections in life. For example, Italian mathematician Fibonacci defined an integer sequence where each subsequent number is the sum of the previous two. This theoretical integer sequence was observed to have a reflection in human body, plants and animals. At the same time, the golden ratio –for example it can be found in the human body-, which was found based on this sequence, was again based on the same axiom (Livio, 2003; Gardiner, 2012; Packiriswamy et. al., 2012).

As in the example of Fibonacci numbers, we believe that in the Enneagram system –which as interesting types and dynamics- acceptance of ranking types on a circle, stress and relax directions and wing effect can be considered as an axiom. Like Bland (2010) who mentioned that there might be a relation between Pythagoras's Law of 3 and 7 and Enneagram, and Edwards (1991) who think that using mathematical methodological to explain system dynamics, we also think that concepts of wing effect, stress and relax directions can be clarified with a multi-disciplinary approach and methodology (psychology, mathematics, philosophy, etc.)

## **Nine Types Temperament Model**

### *Temperament, Character and Personality Concepts According to NTTM*

Eysenck and Gray proposed that temperament and personality express the same thing, therefore do not have to be defined separately (Strelau & Angleitner, 1991). On the other hand, many researchers like Michael (1987), Strelau (2002) and Endler (2006) believe that these concepts have to be defined separately. We support the thesis that these concepts have to be defined separately. In addition, we believe that the concept of character has to be defined within the context of these concepts. These concepts have an impact on all the development processes of an individual since birth and their limits as well as relations have to be determined. In this section, we will deal with temperament, character and personality concepts by comparing them with the current literature. Then, we will explain stress and relaxed directions proposed by NTTM and wing temperament effect.

Rothbart et. al. (2000) points out the significance of temperament traits for comprehension of personality. Buss and Plomin (1975) state that temperament is genetically transferred, unchanging and deterministic for future personality manifestations. NTTM agrees with the notion that temperament traits are structural and unchanging. According to NTTM, temperament is an innate structural core comprised of unchanging traits and has distinctive priorities on motivation, quest and perception (Yılmaz, 2010). Many researchers agree upon the temperament being innate, structural and transferrable basic characteristics under personality and thus different from personality (Kesebir, 2002). However, Costa and McCrae (1995) propose that innate, unchanging traits which express the personal differences between thoughts, feelings and behaviors are not temperament traits, instead they are personality traits. NTTM suggests that innate and unchanging traits that Costa and McCrae

define as “personality” should be considered as “temperament traits”. According to NTTM, personality is the complete “sensory, kinetic, emotional, cognitive processes and manifestations” formed with the interaction of “internal/innate” factors (intelligence, gender, genetic structure, age, biological traits, etc.), which we cannot influence during our lifetime, and “external/environmental” factors (family, education, social environment, experiences, culture, belief, etc.), on which we can have partial influence (Yılmaz, 2010). In other words, if temperament is a seed, personality is the tree which comes out of that seed, while character is the distinct and strong branches of that tree. Therefore, the program of personality exists within the nucleus called temperament. During the development process of this nucleus with the interaction of internal and external factors, the main directions which stay determined reveal as character.

Character comes from Greek, which means to “scratch, engrave”. This concept is considered by researchers mostly in the context of moral values (Lickona et al., 1996; Aslan, 2008). According to Akiskal (1983), character is learned attitudes which develop under the effects of the environment and upbringing, and may change over time. Cloninger defines character as a concept that points to the mind and constitutes the core of personality. Character is rational and strong-willed. According to Cloninger, temperament involves basic emotions like fear and anger. However, instead of these basic emotions, character involves goal-oriented secondary emotions that can be found more in mature individuals, such as moderation, empathy, love, hope and belief. Cloninger proposed that combination of temperament and character forms personality (Svrakic & Cloninger, 2007). NTTM suggests that character is comprised of temperament traits which become apparent and shaped by being “determined” and “constant” through time. According to NTTM, character is not unchanging, however it is made of thought, emotion and behavior patterns, which are resistant to change (Yılmaz, 2010).

How does NTTM explain the relation between temperament, character and personality: Temperament is the structural base of the personality? Character is made of the apparent, determined and consistent properties of personality. Personality is a “dynamic” structure developing over the “structural and static” condition of the temperament. Both temperament and factors that have an impact on temperament are equally important for the development of personality. However, these factors have an interaction based on the temperament traits (Yılmaz, 2010). Buss & Plomin argue that no factor or event can formulate an effect completely independent from the temperament (Goldsmith, 1987). It is not possible which type of personality manifestation (normal-pathological) an event or an experience will lead to without regarding the effects of factors on temperament (Yılmaz, 2010).

*Fundamental Concepts of NTTM:*

*Directions of stress and relax*

Thomas & Chess (1984) and Rothbart (1989, 2000) emphasize the importance of considering genetic, static temperament traits for explaining the human behavior. However, personality manifestation varies according to the condition an individual is in (Thomas & Chess, 1977; Mischel, 2004). Individuals tend to behave differently when relaxed and differently when stressed. NTTM supports that individuals display different behaviors under different conditions by focusing on structural temperament traits as well as the oscillation concept (Yılmaz, 2011). We propose that other than “normal” situations, different behaviors individuals display under “stressed and relaxed” conditions can be explained with the concepts of “stress and relax directions”. What we mean by relaxed condition here is an individual’s retracting the dominant defense mechanisms which help to sustain the integrity of self. This way, it is possible for an individual to experience additional mechanisms other than the basic temperament structure’s adaptation to normal conditions as well as display behaviors and attitudes which the individual does not normally display. What we mean by stressed condition here is defense mechanisms that belong to an individual’s basic temperament structure becoming inadequate and as a result of this the individual trying to adapt to mechanisms at psychopathological level. According to NTTM, under extreme stressed or relaxed conditions,

individuals tend to display negative and positive traits of a temperament different from their basic temperament (Yilmaz, 2010). (Figure 10 and 11)

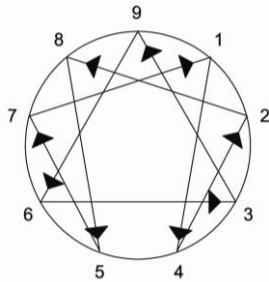


Figure 10. Directions of Stress

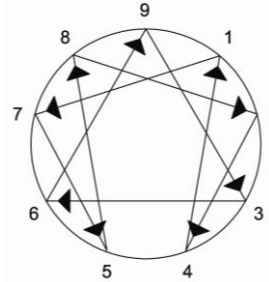


Figure 11. Directions of Relaxation

When the individual returns to normal conditions, the manifestations displayed under stressed or relaxed conditions resume to manifestations and mechanisms of the basic temperament type. For example, under normal conditions, an individual of “Perfection Seeking” temperament is serious, tense, strict, and principled, tries to do what is right and intervenes to mistakes and deficiencies around him/her. However, when relaxed, this individual can relax control and display positive temperament traits of “Seeking Joy of Discovery” temperament, such as being joyful, delightful and witty. Under stress, this individual thinks that people around him/her do not understand his/her ideals and efforts to develop and correct life and displays negative temperament traits of “Seeking Meaning of Emotions” temperament type, such as being introverted, listless and melancholic. Changes of personality manifestations concerning the temperament types under stressed and relaxed conditions can be evaluated as an effort of preserving the psychological homeostasis of personality.

*Wing Temperament Effect*

Fromm (1999) emphasizes the aspect of personality that makes it sole and unique. As it can be clearly observed in daily life, there are no pure personality types (Riso, 2003). Thus Enneagram system, in conformity with this fact, mentions a concept called “wing personality”, which causes variations in types by making a profound impact on and contribution to basic personality structures and its efficiency changes from person to person (Palmer, 1991). Wing temperament concept is one of the common points of NTTM and Enneagram. Wing temperament causes another temperament to be influential on an individual in addition to the basic temperament type (Yilmaz, 2010). When nine basic temperament types are positioned around a circle, adjacent numbers to every temperament type represent the wing of that temperament type. For example, the wing temperament types of “Seeking Comfort of Sensory Movement” 9th temperament type are “Absolute Power Seeking” 8th or “Perfection Seeking” 1st temperament type (Yilmaz, 2010). (Figure 12 and 13)

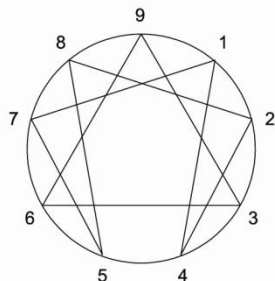


Figure 12. Basic Temperament Types

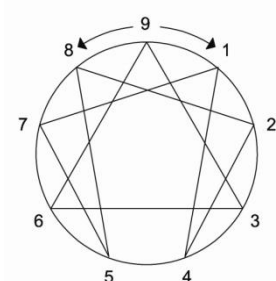


Figure 13. Example of temperament wings

Wing effect can be evaluated under two questions: a) Is there a wing temperament effect in every individual? b) What effect does wing temperament have on basic temperament?

According to us, there is a wing temperament effect in every individual. However, the severity of its effect differs from person to person. If we make a similarity, the basic temperament types are the colors of a rainbow and wing temperaments are the color on both sides of the color that corresponds to the basic temperament. The infinite variation of this interaction and the presence of specific color tones explain the uniqueness of an individual.

In relation to associating wing temperament type with the temperaments on both sides of the basic temperament, Edwards (1991) states that, as in the example of rainbow colors, there are some sequences that exist in nature, although we cannot yet explain their scientific causality.

*Temperament and Individual Differences*

According to researchers, it is also important to study intraindividual changes besides differences between individuals (Mroczek & Spiro, 2003). According to NTTM, the differences between individuals are basically explained with nine different temperament types. However, there are also differences between the individuals of the same temperament type depending on the wing temperament effect. In addition to this, every individual is differentiated at the point of personality manifestation as a result of internal and environmental factors. Individuals also differentiate with traits they display under stressed and relaxed circumstances. Thus, NTTM can evaluate the differences between the individuals together with the uniqueness of an individual by the proposed nine temperament type category. In other words, according to NTTM every individual is related with four temperament types throughout the lifetime: 1) Basic temperament type, 2) Effecting wing temperament, 3) Temperament under stress 4) Temperament under relaxation (Yılmaz, 2010).

*Basic Temperament Types, Relax and Stress Directions, Wing Effect*

In this section, basic temperament types (primary trait -1<sup>st</sup> level-, secondary traits -2<sup>nd</sup> level- and tertiary traits -3<sup>rd</sup> level-), effects of wing temperament types, attitudes and behaviors displayed under stressed and relaxed conditions will be presented in figures. (Figure 1, 2, 3, 4, 5, 6, 7, 8, 9).

NTM1

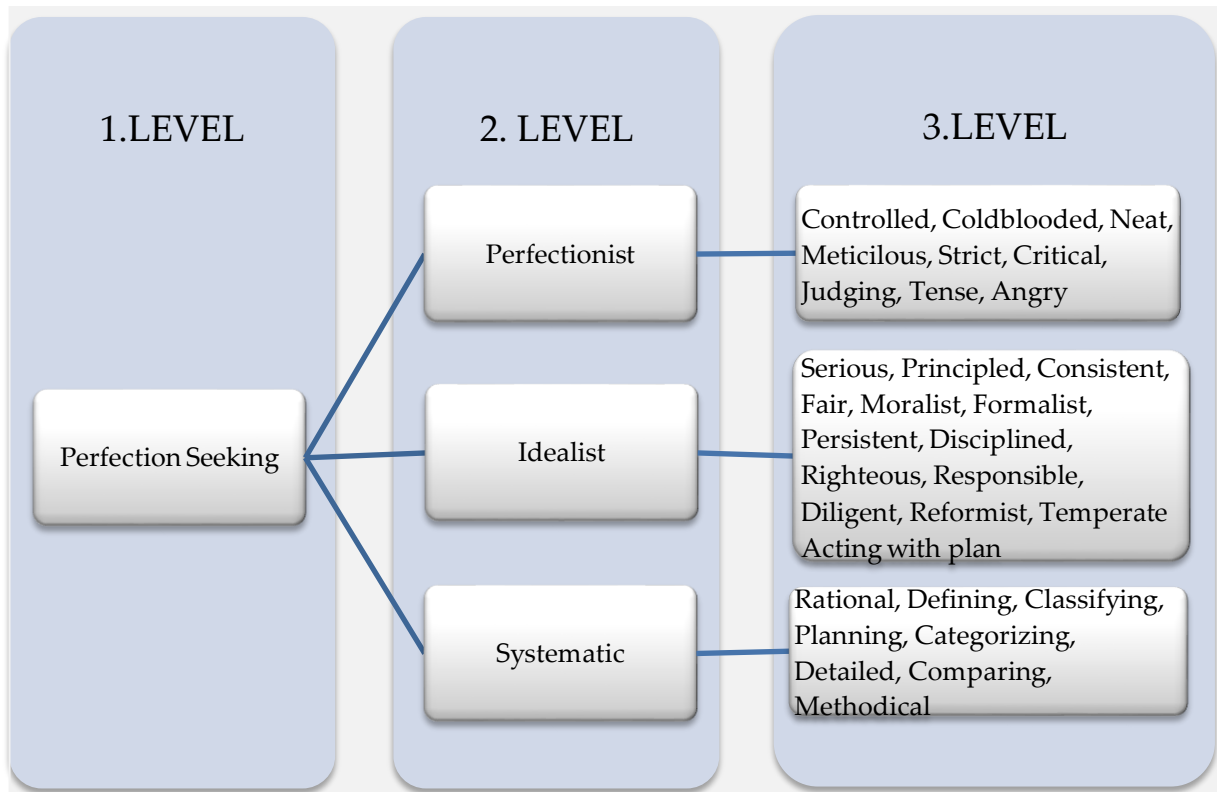


Figure1. NTM1: Perfection Seeking Temperament Type



*Stress Condition*

Individuals with NTM1 temperament are stressed when others disregard moral rules; when they are unable to intervene with mistakes, deficiencies and faults, when their principles and ideals not taken seriously by others, when they are being forced to work in ways other than their own and become hopeless for not being perfect.

In stress conditions, they display the negative traits of Seeking Meaning of Emotions Temperament Type (NTM4) (Bland, 2010; Palmer, 1991). They recede from their social relations and withdraw into their inner world, thinking that people around them do not understand their ideals and efforts to develop and correct life. When they do not feel understood, they think that they wasted their effort in vain and feel hopeless. They have mournful and melancholic moods.

*Relax Condition*

Individuals with NTM1 temperament are relaxed when everything works out systematically, without problems and in accordance with the rules; when things work out better than they expect and when they are able to control the conditions.

In relax conditions, they display the positive traits of Seeking Joy of Discovery Temperament Type (NTM7) (Bland, 2010; Palmer, 1991). They relax control. They can become more flexible about rules. They can be joyful, pleasant, witty and amusing. Instead of being critical and judging, they can view events from a wider angle and discover the existence of different options. They draw away from their tendency to be conservative and become open to novelties. Their interest to discover and tendency for creativity increase.

*Wing Effect*

NTM1 individuals with Sensory Motor Comfort Seeking-NTM9 wing are more distant, cold and cautious about relationships. They take care about being calm and compatible. They are less intervening. They express their critics and judgments less often. They oppress their anger and rage more. They are more conservative and obstinate against novelties and change (Yılmaz, 2010).

NTM1 individuals with Seeking to Feel Emotions-NTM2 wing are more sensitive, warm-hearted and sociable in their relations. They care about sentimentalism and feel the need to share. They care about compassion and forgiveness besides justice and righteousness. They have a greater tendency to direct the people around them. They are more intervening. They get angry more quickly, because not only defects and deficiencies, but also emotional touchiness makes them angry (Yılmaz, 2010).

*NTM2*

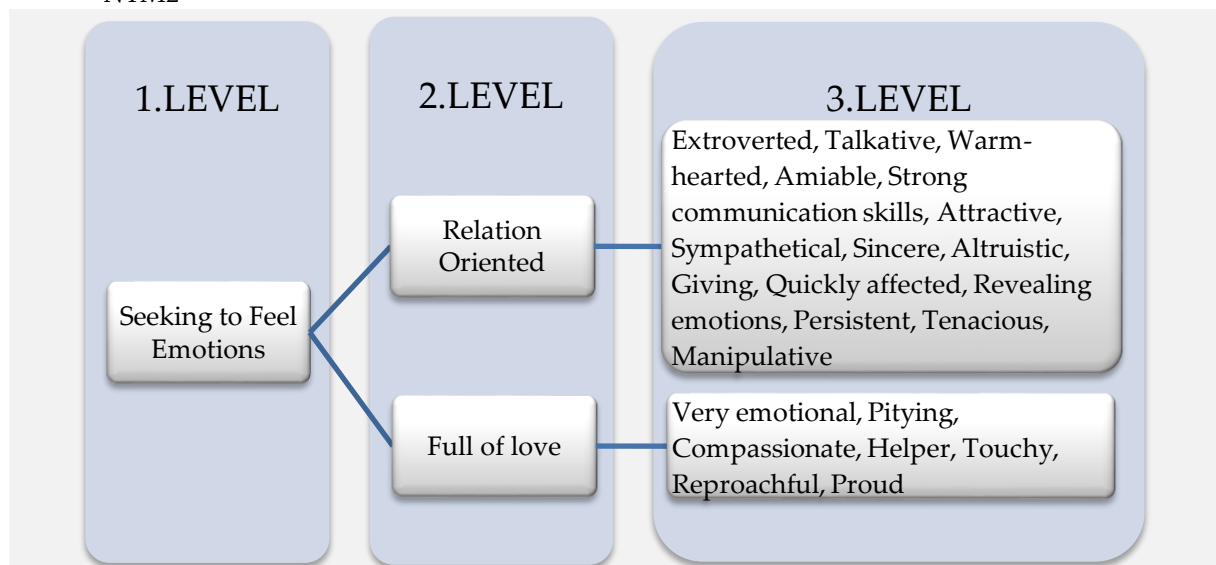


Figure 2. NTM2: Seeking to Feel Emotions Temperament Type

*Stress Condition*

Individuals with NTM2 temperament are stressed when they feel that they do not get attention or are not loved; when their wishes and expectations notbeing compensated; when they do not get a response from those whom they share something with and in situations that can trigger the fear of being lonely.

In stress conditions, they display the negative traits of Absolute Power Seeking Temperament Type (NTM8) (Bland, 2010; Palmer, 1991). They are vicious and furious. They display offending, blaming and rebellious attitudes. They can be persistent and demanding when their wishes are not fulfilled. They can have bursts of anger, threatening, wish for revenge, aggressiveness and nervous fits.

*Relax Condition*

Individuals with NTM2 temperament are relaxed when they are satisfied in their relations for being loved, valued and given attention, and when their wishes and desires are realized.

In relax conditions, they display the positive traits of of Seeking Meaning of Emotions Temperament Type (NTM4) (Bland, 2010; Palmer, 1991). The emotional need and dependency they feel for the object decreases. They get pleasure from being alone.They focus on the meaning of feelings, rather than the feelings that are generated by emotions. They express the existential meaning of feelings indirectly with artistic and aesthetic images.

*Wing Effect*

NTM2 individuals with Perfection Seeking-NTM1 wing can control their feelings more. They are more meticulous, tidy and planned. They are more careful about their responsibilities. They are more idealistic. They tend to be more tense, critical and judging. They care more about concepts like principle, righteousness and justice (Yılmaz, 2010).

NTM2 individuals with Admirable Self Image Seeking-NTM3 wing are more ambitious, competitive and success oriented. They are more dominant and directing in their relationships. They can hide their feelings more and tend to be political. They are more interested in popularity and are imaginative. They are more sensitive to narcissistic injury. (Yılmaz, 2010).

*NTM3*

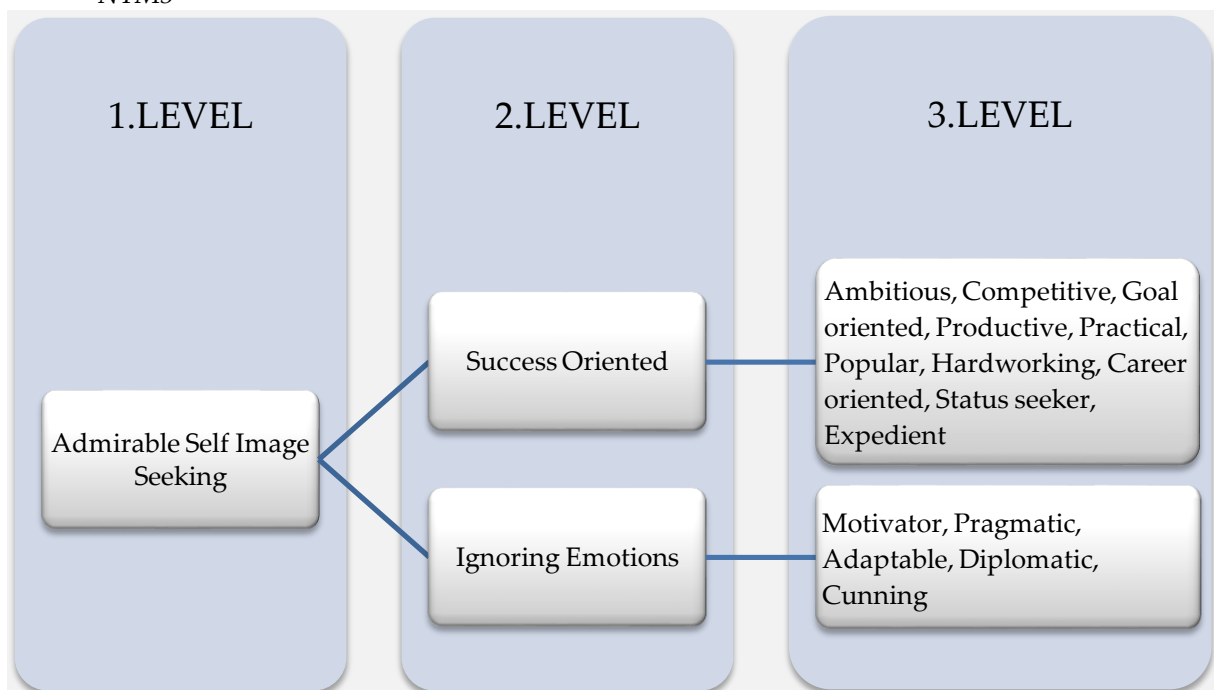


Figure 3. NTM3: Admirable Self Image Seeking Temperament Type

*Stress Condition*

Individuals with NTM3 temperament are stressed when they experience successive failures or are not being successful enough; when their social image or status is bruised and when they stay behind their rivals when reaching their goal.

In stress conditions, they display the negative traits of Sensory Motor Comfort Seeking Temperament Type (NTM9) (Bland, 2010; Palmer, 1991). They display static, passive, introverted attitudes. Their productivity declines. They do not care about their image and appearance. They hesitate getting into action and taking risks, they have difficulty to make decisions. Because of narcissistic injury, they become introverted and feel incompetent.

*Relax Condition*

Individuals with NTM3 temperament are relaxed when they reach the success they aimed; when they achieve the image they desire and evoke admiration.

In relax conditions, they display the positive traits of Intellectual Serenity Seeking Temperament Type (NTM6) (Bland, 2010; Palmer, 1991). They drift away from narcissistic perception and commit themselves to someone or some group. They can experience being attached to something/someone with loyalty. They display altruistic attitudes, prioritizing the needs and expectations of people around them. They pay attention to details, they can work in a more planned and systematic fashion.

*Wing Effect*

NTM3 individuals with Seeking to Feel Emotions-NTM2 wing display warmer attitudes in their relations. They are more social and talkative. They display their emotions and have difficulty controlling them. They are more touchy, fragile and reactional. They are more helpful, generous and compassionate (Yılmaz, 2010).

NTM3 individuals with Seeking Meaning of Emotions –NTM4 wing are more introverted, still, vulnerable and fragile. They are more romantic and focus on the meaning of emotions. They have a tendency to be more empathic and considerate in their relations. They have more artistic and aesthetic sensitivity. (Yılmaz, 2010).

*NTM4*

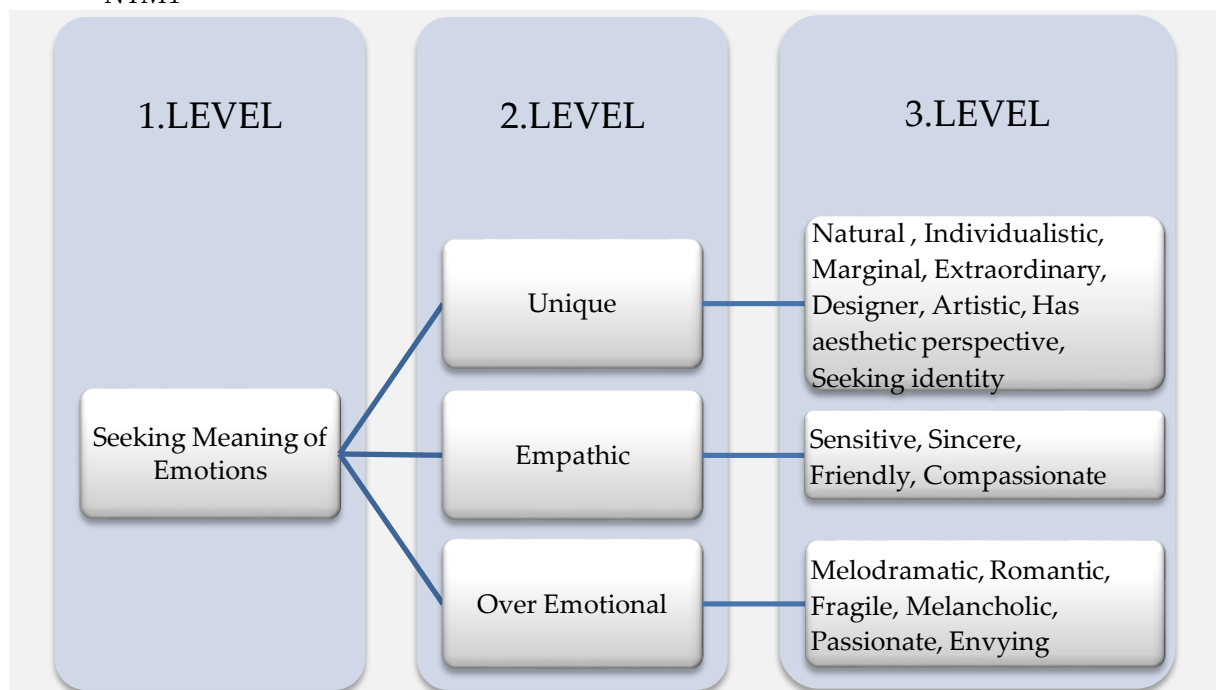


Figure 4. NTM4: Seeking Meaning of Emotions Temperament Type

*Stress Condition*

Individuals with NTM4 temperament are stressed when their emotions are unnoticed or disregarded; when they cannot exhibit their individual and unique identity; when others see them as ordinary and superficial/shallow; when they are being compared with others, being generalized or categorized; when they are being forced with toughness, being imposed with rules and when they are not able to stay alone.

In stress conditions, they display the negative traits of Seeking to Feel Emotions Temperament Type (NTM2) (Bland, 2010; Palmer, 1991). They become more extroverted and reactional. Instead of seeking the meaning and depth of emotions, they seek for superficial object relations that will quickly lead to emotional satisfaction. On one hand they become more touchy and furious, on the other hand they display cheerful-looking careless and rough attitudes.

*Relax Condition*

Individuals with NTM4 temperament are relaxed when they can freely express the emotions which they give a distinctive meaning to. When others appreciate their extraordinariness and creativity. When others accept them as they are with their different and marginal behaviors.

In relax conditions, they display the positive traits of Perfection Seeking Temperament Type (NTM1) (Bland, 2010; Palmer, 1991). They switch from the subjective perception of emotions to a more rational and objective perception. They care about the necessity of being formalist, planned and neat. Instead of romantic dreaminess, they make realistic evaluations. They drift away from being melancholic and become more interested with daily practice and activities.

*Wing Effect*

NTM4 individuals with Admirable Self Image Seeking-NTM3 wing do not get lost in their emotions too much. They are more extroverted. They are more success oriented, ambitious and hardworking. They care more about being appreciated and liked by others. They care more about their social image and statue (Yilmaz, 2010).

NTM4 individuals with Seeking the Meaning of Knowledge-NTM5 wing are more introverted, timid, distant, cold and uninterested. They observe events without putting much emotion. They think more logically and analytically. Besides meaning of emotions, they are interested in more abstract, philosophical and theoretical subjects. (Yilmaz, 2010).

*NTM 5*

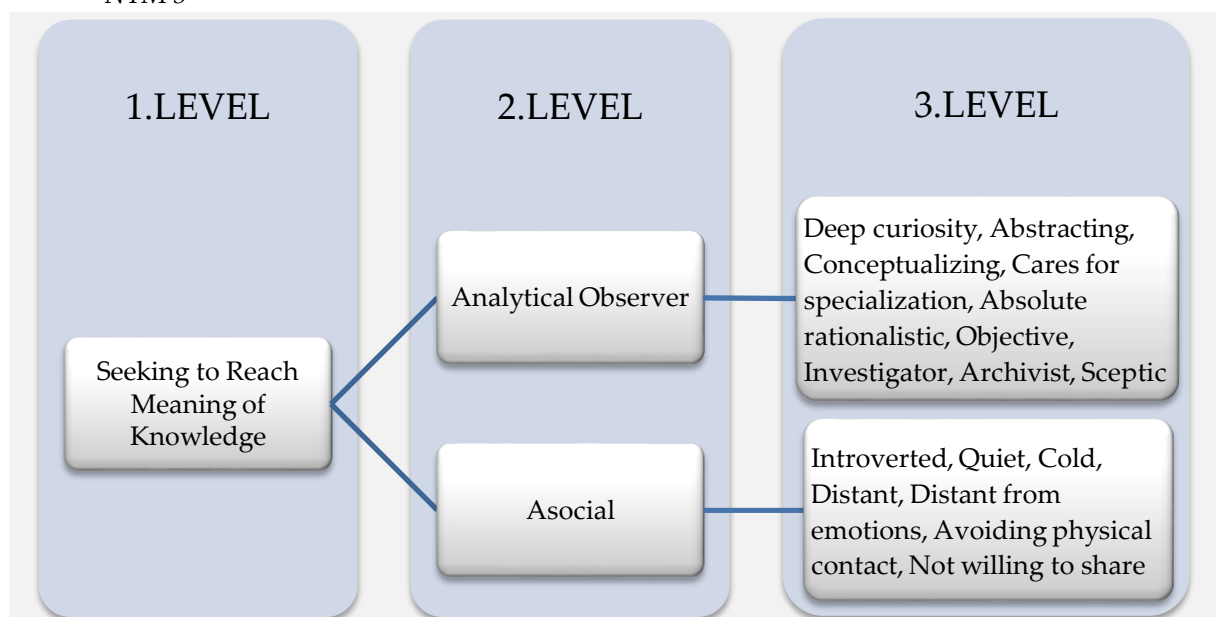


Figure 5. *Type 5: Seeking the Meaning of Knowledge Temperament Type*

*Stress Condition*

Individuals with NTM5 temperament are stressed when they are constantly being in sight or catching attention; when they are not able to stay alone; when they face risky circumstances where they have to decide and get into action quickly; when their privacy are intruded upon; when coercive, tough and over reactional attitudes and when they are forced to socialize.

In stress conditions, they display the negative traits of Seeking Joy of Discovery Temperament Type (NTM7) (Bland, 2010; Palmer, 1991). They behave carelessly, impulsively and without control. They display irrational and inconsistent attitudes. They establish closer but more superficial relations with people around them. They display gauche and untidy attitudes.

*Relax Condition*

Individuals with NTM5 temperament are relaxed when they are specialized in knowledge and are sure of their competence and when their functionality is being accepted and supported by others.

In relax conditions, they display the positive traits of Absolute Power Seeking Temperament Type (NTM8) (Bland, 2010; Palmer, 1991). They are more extroverted and active. They can organize others and lead/direct them. They take initiatives and express their opinion without hesitation. They exceed their timidness and can lead others around them with self-confidence.

*Wing Effect*

NTM5 individuals with Seeking Meaning of Emotions –NTM4 wing are warmer and more emotional. They are more empathic in their relations. Besides abstract theoretical data and analyses, they focus on the meaning of emotions. They have artistic and aesthetic perspective (Yılmaz, 2010).

NTM5 individuals with Intellectual Serenity Seeking-NTM6 wing are more compatible and controlled. They are more meticulous and tidy. They are more sceptic, questioning and opponent. They tend to be more open to relations and more extroverted. They are more attached to their relations and they take responsibilities (Yılmaz, 2010).

*NTM 6*

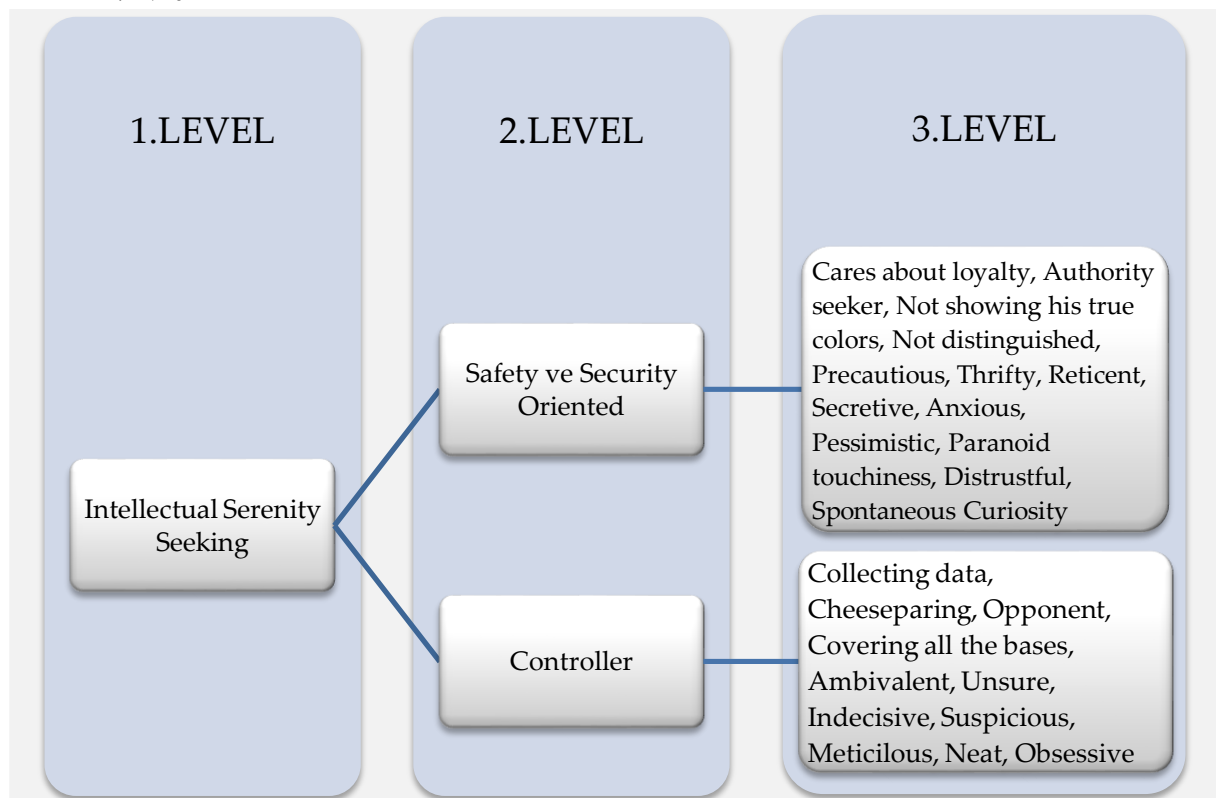


Figure 6. NTM6: Intellectual Serenity Seeking Temperament Type

*Stress Condition*

Individuals with NTM6 temperament are stressed when they feel insecure and unsafe; when they have to make a decision and get into action when they do not know what is correct; when they are being disappointed by their safety figure; when their self-confidence being injured due to failures.

In stress conditions, they display the negative traits of Admirable Self Image Seeking Temperament Type (NTM3) (Bland, 2010; Palmer, 1991). They show tense, acrimonious and reactional attitudes. They display selfish, accusing and detrimental behaviors to the people around them. They lobby insidiously and pursue only their own benefits. They subjectively evaluate and present the cases and incidents in order to prove themselves right.

*Relax Condition*

Individuals with NTM6 temperament are relaxed when feel absolutely safe; when obscurity and future concerns are minimum; when their self-confidence increases with success, material opportunities, and good career; when they are supported with a reliable/wise authority figure.

In relax conditions, they display the positive traits of Sensory Motor Comfort Seeking Temperament Type (NTM9) (Bland, 2010; Palmer, 1991). They let go off controlling. They think positively about cases and incidents. They are calm, relaxed and peaceful. They integrate and become harmonious with their surroundings. They are more sharing and less calculating in their relations.

*Wing Effect*

NTM6 individuals with Seeking the Meaning of Knowledge–NTM5 wing are more introverted, still, distant and hesitant individuals. They have a more abstract and analytical perspective. They think about incidents more in detail and avoid reactional decisions. Their minds are filled with more intense thoughts, but express their thoughts less. They tend to be more coward and sceptic. (Yilmaz, 2010).

NTM6 individuals with Seeking Joy of Discovery–NTM7 wing are more extroverted and active. They are more cheerful, talkative and impulsive. They are more scattered and untidy. They are comparatively more independent and self-confident. They go over their fears more. They are more reactional and express their opposing ideas more easily. (Yilmaz, 2010).

*NTM 7*

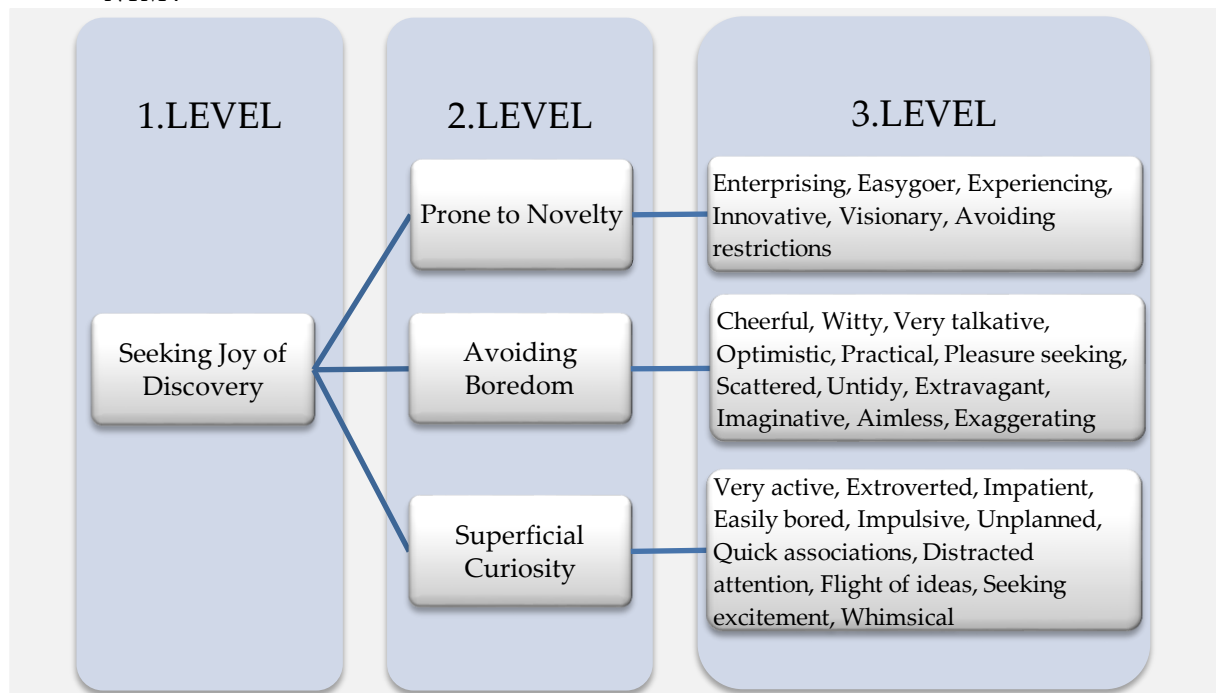


Figure 7. NTM7: Seeking Joy of Discovery Temperament Type



*Stress Condition*

Individuals with NTM7 temperament are stressed when their wishes are not fulfilled; when they are impeded and are not free as they desire; when their elbow room is restricted; when they cannot escaping from boring and monotonous environments; and when pain, boredom and sorrow last too long.

In stress conditions, they display the negative traits of Perfection Seeking Temperament Type (NTM1) (Bland, 2010; Palmer, 1991). They display angry, tense and critical attitudes. They call others to account on rules and order. They focus on negativities, judge deficiencies, mistakes and defects. They can become less optimistic and even pessimistic.

*Relax Condition*

Individuals with NTM7 temperament are relaxed when their wishes are fulfilled immediately; when they satisfy their seek for pleasure; when there is no inhibition and feel free.

In relax conditions, they display the positive traits of Seeking the Meaning of Knowledge Temperament Type (NTM5) (Bland, 2010; Palmer, 1991). They can withdraw from objects and feel peaceful for being lonely and self-contained. They have a more analytical approach for subjects with which they have a superficial contact. They focus on one task or subject and become intensified. This way they have a chance professionalize on one subject.

*Wing Effect*

NTM7 individuals with Intellectual Serenity Seeking–NTM6 wing are more anxious and suspicious. They can listen to others more and consider problems more. They are more controlled when thinking and acting. They are more attached to their relations. They are more sensitive about their responsibilities. They tend to be tidier (Yilmaz, 2010).

NTM7 individuals with Absolute Power Seeking–NTM8 wing are much more talkative, energetic and enthusiastic. They are more enterprising, competitive and assertive. They like to be prominent. They tend to be more impulsive, aggressive and independent/unamenable (Yilmaz, 2010).

*NTM8*

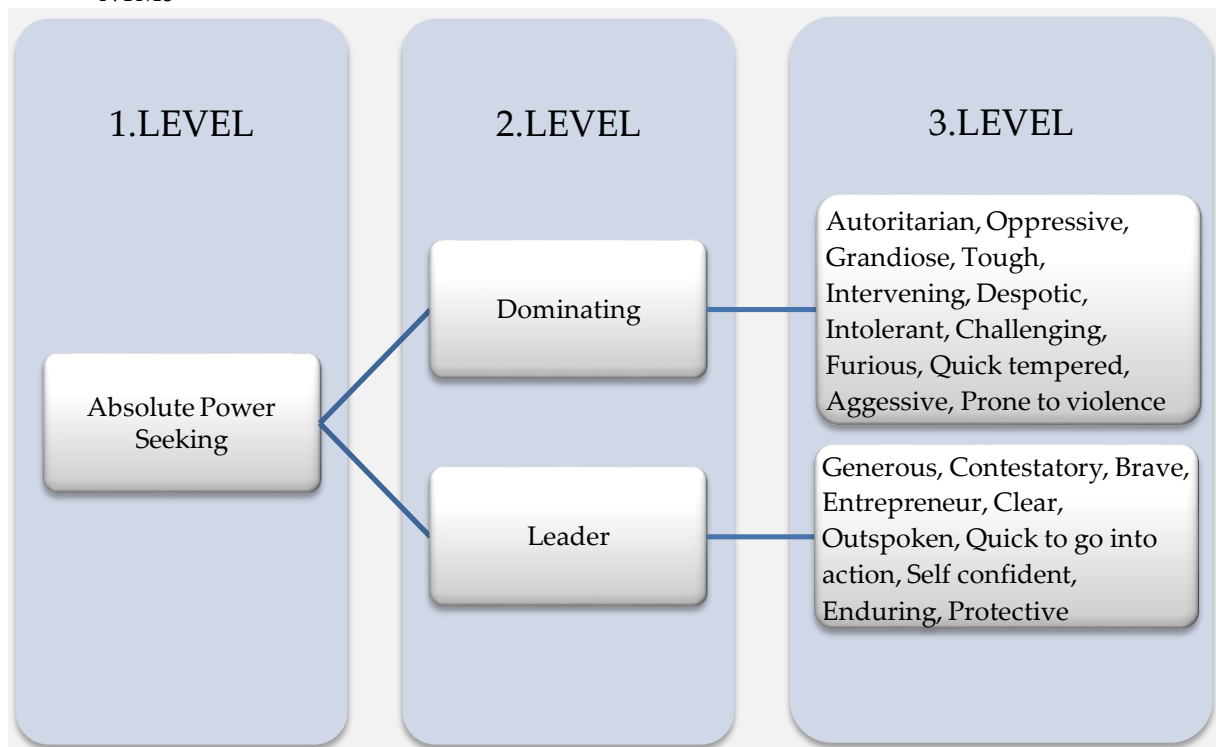


Figure 8. NTM8: Absolute Power Seeking Temperament Type

*Stress Condition*

Individuals with NTM8 temperament are stressed when they are unable to clamp down on or control others. When they are defeated and become destitute. When they face a betrayal that will offend their dominance.

In stress conditions, they display the negative traits of Seeking the Meaning of Knowledge Temperament Type (NTM5) (Bland, 2010; Palmer, 1991). Their high self-confidence is offended, they are abstracted from their efficient and leading role and act shyly and passively for a while. Their activist style is changed to an avoidant and watchful observation. They think more paranoidly.

*Relax Condition*

Individuals with NTM2 temperament are relaxed when they see that others are loyal, innocent and sincere; when there is no condition that will threaten their authority; when control and dominance is totally under their governance.

In relax conditions, they display the positive traits of Seeking to Feel Emotions Temperament Type (NTM2) (Bland, 2010; Palmer, 1991). Instead of dominating and looking down upon relation objects, they establish relations with them on an equal level. They express their emotions more comfortably and openly. They are more sensitive. They are very humble, affectionate and more helpful.

*Wing Effect*

NTM8 individuals with Seeking Joy of Discovery–NTM7 wing are more cheerful, active, energetic and sociable. They are more prone to activities which give them delight and pleasure. They are more hurrying and impatient. They can display more impulsive, uncontrolled and unbalanced attitudes. They are more imaginative, exaggerating and adventurous. They take more risks (Yılmaz, 2010).

NTM8 individuals with Sensory Motor Comfort Seeking–NTM9 wing are more peaceful. They act as peacemakers. They are softer, calmer and more sluggish. Instead of immediately intervening to events, they choose to stay aside and observe for some time. They are more passive and acquiescent. They are more stubborn (Yılmaz, 2010).

*NTM9*

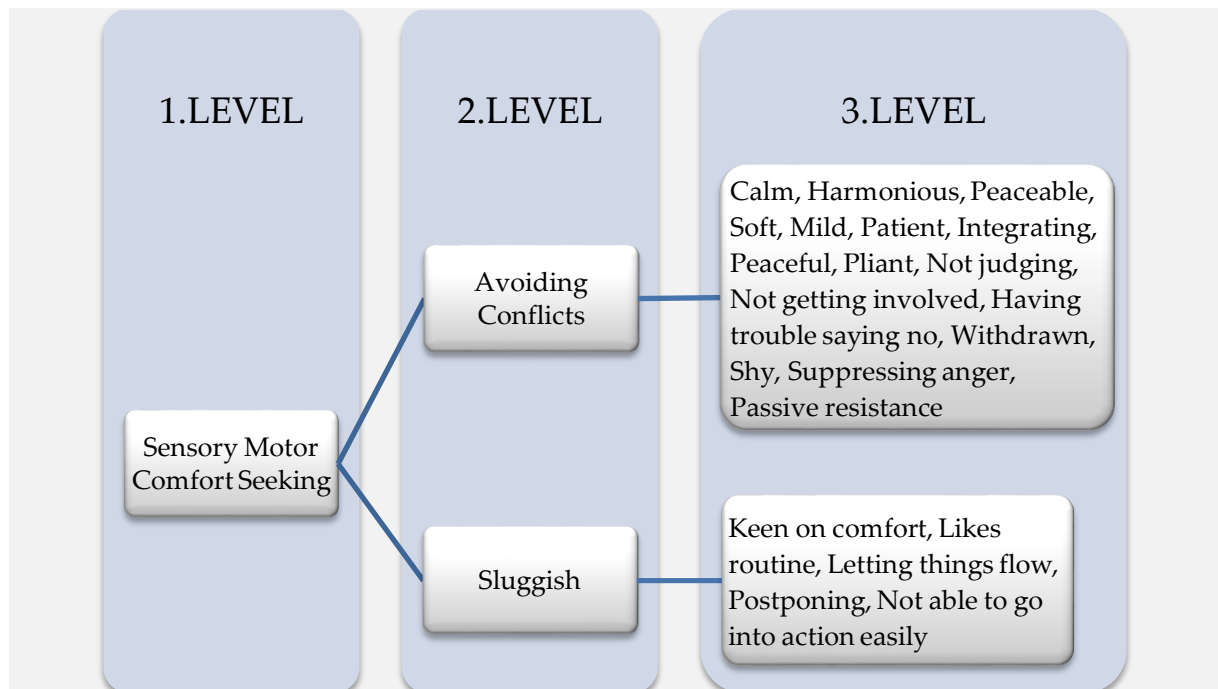


Figure 9. NTM9: Sensory Motor Comfort Seeking Temperament Type



#### *Stress Condition*

Individuals with NTM9 temperament are stressed when they have difficulty to take initiative or to go into action; when they are being exposed to oppressive and compelling attitudes for a long time; when the order or routine of which they are used to is corrupted; when they are constantly under tension or in conflict situation and when they are excluded and ignored/neglected.

In stress conditions, they display the negative traits of Intellectual Serenity Seeking Temperament Type (NTM6) (Bland, 2010; Palmer, 1991). They are tense, unsafe, indecisive, anxious and avoidant. They are reactional, blaming and opposing. They are questioning and suspicious. They are passive-aggressive and stubborn.

#### *Relax Condition*

Individuals with NTM9 temperament are relaxed when their physical comfort (eating, drinking, resting, sexuality, etc.) is fulfilled; when they obtain harmony and integration and when they feel capable and competent.

In relax conditions, they display the positive traits of Admirable Self Image Seeking Temperament Type (NTM9) (Bland, 2010; Palmer, 1991). They are more active, energetic and sociable. They are more efficient, productive and fruitful. They have more self-confidence and they become prominent more easily. They care about their social success, status and image.

#### *Wing Effect*

NTM9 individuals with Absolute Power Seeking-NTM8 wing are more persistent, conflicting and assertive. They can say "no" more easily. They are more sociable, they can be leader. They are more authoritarian and dominating. They are more impulsive, compelling and demanding (Yılmaz, 2010).

NTM9 individuals with Perfection Seeking NTM1 wing are more meticulous, tidy and hardworking. They are more rational and critical. They are more idealistic and take more responsibilities. They tend to be more consistent and decisive. They are more sensitive about rights and justice (Yılmaz, 2010).

### **Multi-disciplinary nature of Temperament**

Temperament studies collect data from various disciplines like development psychology, education studies and clinical psychiatry (Goldsmith et al., 1987). Similarly, data from temperament studies also present different approaches that can affect many disciplines related to human behavior, ranging from normal psychology to psychopathology.

Tubman et al (2010) proved that some temperament structures can be related with a weak psychosocial development from childhood to early adulthood. On the other hand, Lerner (1982) proposes that when an individual's temperament is in conformity with the environmental demands, there will be a better psychosocial conformity. In addition to this view, we believe that when environment meets the needs of the individual in coherence with the individual's main seek, the psychosocial conformity increases. For example, in coherence with his main seek, an individual with an NTM5 temperament will show better psychosocial coherence in an environment where he can stay alone, read and study; is not forced to be socialized, but can exchange information with others who share common interests with him.

Kuzgun and Deryakulu (2006) emphasizes the importance of knowing/being aware of how to arrange/organize the environment in order to determine the innate potential powers of individuals and to develop these unique potential powers. According to our view, it is possible to determine innate potentials of individuals if their temperament structure is determined. In addition, we think that it is possible to arrange the environment according to an individual's wishes, expectations and needs, which develop according to his temperament structure. For example, a student with NTM1 temperament has a cognitive functioning based on defining, classifying, categorizing and comparing.

Asking questions at analysis level will open the way for bringing out this student's potentials. Moreover, due to his meticulous and tidy nature, when this student studies in a formal seating arrangement in class, it is possible for him to show better academic performance. We believe that our approach, which determines the differences between the individuals without disregarding their uniqueness, can provide a useful perspective for education psychology. Also, by regarding the individual differences of students based on temperament, which stays unchanged throughout life, we accept that the appropriate communication and education strategies can be determined according to temperament structures. In addition to all this, we propose that NTTM's systematic approach that presents a useful classification can be used by school counseling services and psychological consultants to formulate efficient aid programs in different fields, such as psychometric applications, analysis of undesirable behavior, communication traits, determining abilities and tendencies, career planning, as well as psychosocial intervention programs.

Furthermore, temperament is an important parameter to foresee psychopathologies and take preventive actions. In a study which investigates whether there is relation between the temperament profiles that are determined in babyhood and early childhood with behavior problems, social skills and school coherence, it is proved that the temperament can determine behavioral, academic and social difficulties that will occur in 4 to 8 years (Sanson et al, 2009). In a longitudinal family education study conducted for improving withdrawn temperament structure in preschoolers, it was shown that temperament is effective for estimation and prevention of early risks of anxiety disorders (Rapee, 2002). In a study of Tubman and Windle (1995), 975 adolescents were observed for one year and it was determined that some temperaments (for example, difficult temperament structure) are related with high levels of depression, stressful life events, substance abuse and low level of family support. Similarly, we believe that unwanted behaviors and psychopathologies can be determined and prevented by determining temperament structures of children. In addition, according to NTTM, temperament structures can also have tendencies for some psychopathological symptoms and diagnoses for adults (Yılmaz et al, 2011). We think that the validity of our views will be supported with future clinical studies.

Studies that investigate the relation between temperament and psychotherapy have proved the efficiency of temperament on psychotherapeutical treatment approaches (Luty et al, 1998; Joyce et al, 2007). Cognitive behavioral therapy (CBT) methods, which are widely used today, consider human behavior and psychopathologies from a phenomenological approach, however do not emphasize causality. Although schema therapy, which originates from CBT, emphasizes causality more, does not emphasize temperament and personality for explaining human behavior. However, it is known that temperament and personality are the origins of human behavior (Rovai et al., 2013). We believe that knowing the traits of temperament categories with their main existential positions enables us to comprehend the underlying reasons for all the behaviors, emotions and cognitions of an individual. According to our opinion, temperament enables us to know normal and abnormal behaviors that an individual is apt to and because of this, temperament and personality should be considered as the origins of therapeutic protocols.

## Conclusion

According to us, understanding human psychology is possible with a temperament/personality model, which is testable, applicable and able to explain normal and psychopathological behavior. NTTM focuses on understanding an individual by considering human nature as a whole with its behavioral, emotional and cognitive aspects. While it consistently determines the differences between individuals based on temperaments, it regards the uniqueness of an individual in the development from temperament to character and personality. Also, it can clearly present the changes of human behavior that can occur in relaxed and stressed conditions. NTTM proposes that, by evaluating temperament and personality concepts on a right platform, psychosocial compliance of individuals can be increased, an education approach/model sensitive to individual differences can be determined, psychopathologies can be foreseen, while realistic and useful therapeutic approaches can be developed.

As a result, NTTM is a candidate for being a comprehensive and integrating model that can explain the reasons of human behavior and be used in clinical studies as well as in practice in the fields of psychiatry, psychology and education. Proof-based data obtained from scientific studies which will be conducted in the future will provide the testability of the model and present its utility in all the fields mentioned.

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#### *Acknowledgements*

We would like to thank to Prof.Dr.Mustafa Bilici and Psychologist Burcu Buğan for their contributions.