

# Character Type 5 (Keynotes)

**Other Names:** Phallic, phallic narcissistic, industrious/over-focused, rigid, thrusting.

**Makeup:** SNS dominant, over-grounded, high CC.

**Developmental Age:** 4 years to 7 years.

Note: CT5 and 6 both develop at this age.

Age of socialisation into gender roles.

CT5 used to be almost exclusively male, CT6 female or gay male. With gender roles loosening since the 1970's this has begun to change.

## Body Type:

Well-proportioned.

Good muscle tone (at least in earlier life).

Attractive to opposite sex.

Body looks as though it is at attention.

Head held high.

Eyes bright.

Tension in forehead.

Jaw stiff.

Neck stiff.

Shoulders back.

Chest forward.

Back tense.

## Description:

Up to this age, the child felt loved.

Good sense of self.

Feels they can function well.

Starts to explore world outside of family more.

Typically, starts school.

Parental love becomes conditional on how well he does at school.

May be given jobs to do, or responsibilities.

Message is: "Childhood is over. It's time to grow up".

Needs to be busy doing things instead of 'just' playing.

Only receives attention, love or praise for doing well.

Focus is on tasks, competence, achievements.

Becomes competent, rational, logical, 'adult'.

Strives to do as well as he can at tasks, to receive approval.

Productive, industrious, goal-orientated.

Concerned with facts and details.

Great desire to succeed, and receive praise and admiration for success.

Continually seeks to prove self.

'Childish' emotions are discouraged.

Can no longer be open and spontaneous as used to be. Has to be a young adult and inhibit childish side to be accepted.

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*Paul Francis*

Feels tremendous grief inside from rejection of his former (child) self.  
Deep longing for contact and tenderness, that cannot give into.  
Guards heart from hurt. Restrains feelings of tenderness.  
Stiffens up whole body. Guards against collapse.  
'Men don't cry'. 'Pull yourself together and get on with it'. 'Be strong'. 'Be brave'.  
'You are on your own now'. 'Must try harder'.

Fears letting go.  
Fears being swept away by feelings – mostly of grief, loneliness and hurt.  
Fears collapsing as this would mean he would no longer be loved (feels he is only loved for doing well).  
Keeps self busy. Buries self in work.  
Never really feels nourished by success though (as what he *really* wants is to be loved for himself, not his achievements). Responds by pushing self harder; finding something new to do; moves goalposts; never takes a breather.  
Rarely feels has achieved enough. Always more to do. Never feels quite finished.  
Finds it very hard to relax and just 'be'. Relaxation usually involves playing hard – a competitive sport, or some other activity that is taken seriously.  
If under stress and feels may collapse, will respond by making self even busier.  
If hurt, takes refuge in work and action.

Never feels good enough.  
Feels others may challenge his competence or performance.  
Prickly, defensive. Expects criticism, so will attack first.  
Highly sensitive to (perceived) criticism.

Unconsciously resents having to live up to others expectations.  
Feels put on. Taken for granted. Feels unfair.  
Bristly. Quick to anger.  
Stand-offish. 'Leave me alone'.

Very capable of being loving, but with restraint. Able to form strong loving bonds, but still feels he must earn love through achievements. Hard to feel loved just for who he is.  
Project his restraint onto relationship, leading to dissatisfaction. Trouble finding the perfect mate, always seeking someone better.

Strong awareness of sexual energy.  
Sexually highly charged. Enjoys sex.  
Can split sex from love.  
Difficulty integrating sex and love. Sex is ultimately unsatisfying.

Tend to be successful, highly competent, enterprising, responsible, dynamic.  
Energising, stimulating.  
Fast workers. Quick thinkers.  
Reality- orientated.