



Denim Slade PhD



The C

Comfort and Connection

COMFORT

It's All About Emotional Comfort.

Making themselves and other people feel comfortable is the C's number one motivator.

DETAILS

Cs fuss over the details to make sure they are comfortable physically, emotionally, spiritually, etc. They don't necessarily notice details if they are not tied in emotionally in some way.

PREDICTABILITY

Cs tend to proactively structure their lives so that they are comfortable and flow well. Because they are so driven by the emotional climate and make connections extensively, when someone isn't predictable or doesn't do something they say they will, Cs frequently interpret that to mean that they are unimportant.

PLEASING VS. AVOIDANCE

Because comfort (theirs and yours) is so important, deferring to what someone else wants to do is a win for the C. Cs also avoid situations if they think that they might be uncomfortable or there is imbalance in the give/take.

EFFORT VS. WORRY

Cs are willing to put effort into things so that they are comfortable. They sometimes almost expect things not to work out, and they tend to feel like it's their fault if things don't feel good or don't go well.

INTENTIONAL

Things, words, and actions have meaning to Cs. They think things through very thoroughly and normally only do or say things after thinking them through extensively in their effort to create the least amount of pain or discomfort – for all involved.

FEEL THINGS DEEPLY

Cs feel emotions deeply!



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CONNECTION

More than any other personality type,
Deep, meaningful connections are very important to the C.

SEEN & UNDERSTOOD:

Cs deeply want to matter--*all of them* to matter-- to the important people in their lives.

The following are sub-variables of the C's need to feel SEEN & UNDERSTOOD:

- **Open vs. Mind-Reading:** Cs have a strong desire to be understood that is born out of a fear of not being safe
- **Sensitive:** Cs are naturally sensitive to and in-tune with emotions. They feel things deeply
- **Risk vs. Safety:** Cs want to feel like they matter, but they don't want to have to expose themselves (risk) to get that. They often confuse safety with lack of risk. They mistakenly think that if they can avoid situations or conversations that may make them feel uncomfortable, they will feel safe and comfortable. Unfortunately, safety is achieved through risk!

EVERYTHING IS CONNECTED:

To a C, it can seem as though everything ties into everything else. Things are so interconnected that they can get stuck spinning in the details in their heads. This can lead to Cs feeling like they are too complicated and overwhelming to others. Related to this connectedness:

- **Time to respond:** Because it takes time to filter through and process the connections in their minds, Cs are not very quick to respond. After they have had time to think about and ponder how everything connects, they are able to give elaborate, well-thought-out responses
- **Internal then External Processors:** It's important for Cs to have time to think through and process things internally. Then, to finish the process and help things settle, they really enjoy the connection that comes from processing things externally.



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CONNECTION

continued

LIVE IN THE PAST

Once they've processed something, Cs settle into the idea, belief, feeling, etc. and expect that is how it's going to stay.

- They tend to want to make sense of the present and predict what will happen in the future based on what has happened in the past.
- Cs remember things well, especially if there is an emotional component. Items/things have emotional meaning.

SOCIAL DRAIN

Because they are naturally tending to so many (emotional) things all of the time, it can feel very draining to be around people- especially crowds –simply because there is so much more to tend to.

GRAY

As a result of seeing how things relate, few things are ever completely black or white. This tendency can be interpreted by others as everything sounding like a “maybe” – leading to Cs either not being taken seriously or feeling like they aren't being taken seriously..

CONFLICT

Conflict is a variable that weaves through both of the C's C.O.R.E. motivators: Comfort and Connection. *Cs hate conflict!* Why? Because their number one motivator is comfort, and conflict is uncomfortable. It's really difficult for a C to do anything that is going to make them or someone else uncomfortable.

However, in order to be connected, it is **ESSENTIAL** that conflict be addressed. You cannot be in a healthy close relationship with someone and not have the need to work through disagreements, different priorities, hurt feelings, etc.

While it is not a reasonable expectation to ever expect the C to like the discomfort of conflict (and they will usually prefer to avoid it),to be a healthy C, you must be willing to address feelings, even if you would prefer not to. It is necessary to both share and listen to what the other person is feeling in order to work through conflict.



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UNIQUE CONTRIBUTIONS TO SOCIETY

- Cs are the “feelers” in our society. They bring comfort and connection to mankind. They bring an awareness of and sensitivity to the comfort and feelings of others. They are naturally conscious of the emotional climate and are willing to put in the time, effort, and intention to connect, to help things be comfortable, and to feel good.
- Cs have a tremendous innate capacity to be sensitive and available, feeding the need that every person has to feel like they matter, are loved, and belong. They have a built-in awareness of other people’s emotional disorganization and are willing to attend to that with humility and without judgement.
- They thoughtfully accommodate other people with their willingness to self-sacrifice.
- They are able to see connections of which other temperament types may not even be aware. They help connect us to the past as they work to keep important ties flowing from one generation to another.
- They help ease tension as they strive to work with momentum, rather than against it.