

Integrity Revolution, LLC

*Self-Development for Socially Responsible People, Work Teams & Leaders
Essential Psychological Effectiveness Skills for Extraordinary Wellbeing™*



Developing Right Relationship With Your Five Core Archetypes of Personal Power & Leadership

Dr. David Gruder, PhD, DCEP

Integrity Revolution, LLC, CEO & Founder

*"The skills for being human that we
always needed but never got."™*

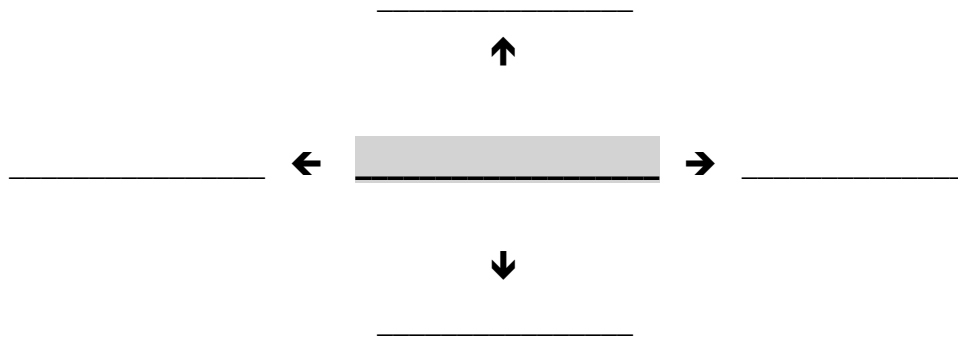
© 2004-2010
Integrity Revolution &
Dr. David Gruder

PHONE
TEL 1-858-755-1988
FAX 1-858-876-3044

MAILING ADDRESS
1155 Camino Del Mar, PMB 516
Del Mar, CA 92014-2605

INTERNET
www.TheNewIQ.com
info@TheNewIQ.com

The Five Core Archetypal Energies of Personal Power



The High Side of the Core Archetypal Energies

- **Being:** Love, Passion, Delight, Play, Meaning
- **Doing:** Action, Courage, Protection
- **Stability:** Security, Predictability, Organization
- **Change:** Transformation, Unpredictability, Curiosity, Reframing, Effortless Manifestation
- **Choicemaking:** Directed by Source, Mission, & Higher Principles; then Directs, Blesses & Holds Accountable the other energies to serve the highest good

© Dr. David Gruder 2004
www.TheNewIQ.com

Summary of Over- & Under-Energized Archetype Expressions

Archetype	Over-Energized	Under-Energized
Sovereign	Tyrant, Self-Serving, Messiah	Abdicator, Prostitute
Steward	Rules, Order Addict	Unreliable, Insecure
Magician	Manipulator Spin Doctor Know-It-All	Saboteur Limited perspectives Low curiosity
Warrior	Steamroller Doingness Addict	Ineffectual, Coward Avoidant, Victim
Lover	Glutton, Self-Indulgent	Depriving

© Dr. David Gruder 2004
www.TheNewIQ.com

Authentic & Shadow Forms of Lover Archetypal Energy

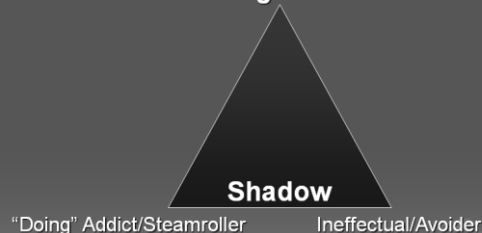
Beingness/Nurturance



© Dr. David Gruder 2004
www.TheNewIQ.com

Authentic & Shadow Forms of Warrior Archetypal Energy

Doing/Action



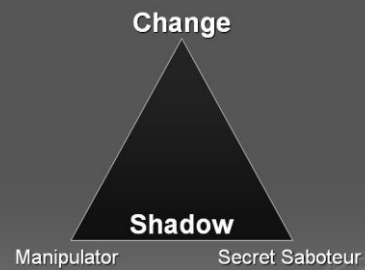
© Dr. David Gruder 2004
www.TheNewIQ.com

Authentic & Shadow Forms of Steward Archetypal Energy



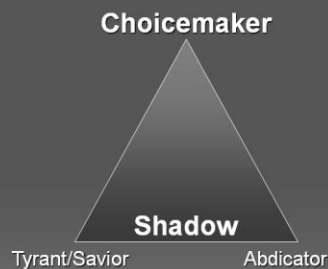
© Dr. David Gruder 2004
www.TheNewIQ.com

Authentic & Shadow Forms of Magician Archetypal Energy



© Dr. David Gruder 2004
www.TheNewIQ.com

Authentic & Shadow Forms of Sovereign Archetypal Energy



© Dr. David Gruder 2004
www.TheNewIQ.com

Organization Issues, Leadership, Archetypes & Shadow

- Most issues in organizations are **relationship** issues
- Most relationship issues are created by archetypes in **over-energized or under-energized shadow** forms
- **Leaders model the tone** for expressing and dealing with archetypal energies
- As leaders **upgrade** their archetypal energies, **improved relationships, morale, productivity, teamwork, problem-solving & climate** result

© Dr. David Gruder 2004
www.TheNewIQ.com

Lover Archetype Portrait: The Energy of Beingness

- Qualities of the High Side (Spiritually Mature Expression) of Lover/Beingness
- Symptoms of Over-Energized, Over-Used, Indulged Shadow Lover/Beingness
- Symptoms of Under-Energized, Withheld, Neglected Shadow Lover/Beingness

High Side Expressions of MY Lover/Beingness Energy

MY Shadow Expressions of Lover/Beingness Energy

- When you neglect or withhold your Lover/Beingness energy, what forms does this take? How does this interfere with your mission? How does this impact you and those you love and work with?
- When you rely too heavily on your Lover/Beingness over your other archetypal energies, what forms does this take? How does this how does this interfere with your mission? How does this impact you and those you love and work with?

Warrior Archetype Portrait: The Energy of Doingness

- Qualities of the High Side (Spiritually Mature Expression) of Warrior/Doingness
- Symptoms of Over-Energized, Over-Used, Indulged Shadow Warrior/Doingness
- Symptoms of Under-Energized, Withheld, Neglected Shadow Warrior/Doingness

High Side Expressions of MY Warrior/Doingness Energy

MY Shadow Expressions of Warrior/Doingness Energy

- When you neglect or withhold your Warrior/Doingness energy, what forms does this take? How does this interfere with your mission? How does this impact you and those you love and work with?
- When you rely too heavily on your Warrior/Doingness over your other archetypal energies, what forms does this take? How does this how does this interfere with your mission? How does this impact you and those you love and work with?

Steward Archetype Portrait: The Energy of Stability

- Qualities of the High Side (Spiritually Mature Expression) of Steward/Stability
- Symptoms of Over-Energized, Over-Used, Indulged Shadow Steward/Stability
- Symptoms of Under-Energized, Withheld, Neglected Shadow Steward/Stability

High Side Expressions of MY Steward/Stability Energy

MY Shadow Expressions of Steward/Stability Energy

- When you neglect or withhold your Steward/Stability energy, what forms does this take? How does this interfere with your mission? How does this impact you and those you love and work with?
- When you rely too heavily on your Steward/Stability over your other archetypal energies, what forms does this take? How does this how does this interfere with your mission? How does this impact you and those you love and work with?

Magician Archetype Portrait: The Energy of Change

- Qualities of the High Side (Spiritually Mature Expression) of Magician/Change
- Symptoms of Over-Energized, Over-Used, Indulged Shadow Magician/Change
- Symptoms of Under-Energized, Withheld, Neglected Shadow Warrior/Doingness

High Side Expressions of MY Magician/Change Energy

MY Shadow Expressions of Magician/Change Energy

- When you neglect or withhold your Magician/Change energy, what forms does this take? How does this interfere with your mission? How does this impact you and those you love and work with?
- When you rely too heavily on your Magician/Change over your other archetypal energies, what forms does this take? How does this how does this interfere with your mission? How does this impact you and those you love and work with?

Sovereign Archetype Portrait: The Energy of Choicemaking & Blessing

- Qualities of the High Side (Spiritually Mature Expression) of Sovereign/Choicemaking
- Symptoms of Over-Energized, Over-Used, Indulged Shadow Sovereign /Choicemaking
- Symptoms of Under-Energized, Withheld, Neglected Shadow Sovereign /Choicemaking

High Side Expressions of MY Sovereign /Choicemaking Energy

MY Shadow Expressions of Sovereign /Choicemaking Energy

- When you neglect or withhold your Sovereign /Choicemaking energy, what forms does this take? How does this interfere with your mission? How does this impact you and those you love and work with?
- When you rely too heavily on your Sovereign /Choicemaking over your other archetypal energies, what forms does this take? How does this how does this interfere with your mission? How does this impact you and those you love and work with?

Your Most & Least Natural Archetypal Energy

- The core archetypal energy that is *most* natural for me to embody in a *good* way is...
- The core archetypal energy that is *least* natural for me to embody in a *good* way is...

Your Commitments as Sovereign

- Your commitments to Spirit as Sovereign
- Your commitments to your Mission as Sovereign
- Your commitments regarding your Shadow's Mission as Sovereign
- Your commitments to your other Core Archetypal Energies as Sovereign

Accountability Exercise: Your Archetypes Stretch Commitment

1. Commitment

What concrete step will you as Sovereign take over the next two weeks to further develop and/or express the core archetypal energy you identified as the least natural for you to comfortably embody? Word your stretch specifically and concretely enough so another person could easily notice when you're enacting your commitment.

2. Resources

What information, tools and/or support do you as Sovereign want and need in order to successfully enact your commitment?

Select an accountability buddy who you will report to at least twice a week over the next two weeks about the actions you're taking with your stretch and the progress you're making because of it. Who did you select?

3. Impact (Risks & Benefits)

What risks must you take to more fully embody this archetypal energy in a good way?

What prices will you continue to pay if you **don't** step more fully into embodying this archetypal energy in a good way? What benefits will you get if you **do**?

What prices will those you love and work with pay if you **don't** more fully embody this archetypal energy in a good way? What benefits will they get if you **do**?

4. Update & Modification Plan

What might you allow to get in the way of completing your stretch commitment?

How will you deal with these potential interferences so you succeed anyway?

What updates will you provide your accountability buddy, should interferences arise?

When will you provide *regular* updates to your accountability buddy?

When will you provide *interference* updates to your accountability buddy?

© 2010 Integrity Revolution, LLC & Dr. David Gruder • ALL RIGHTS RESERVED
Workshop attendees are granted permission to duplicate this material for personal use only.

About Dr. David Gruder

David Gruder, PhD, may be the world's only clinical & organizational psychologist whose primary specialization is integrity development and education. Dr. Gruder is the CEO and Founder of Integrity Revolution, whose mission is to train individuals, businesses and leaders in the core life skills necessary for attaining sustainable happiness, health, and success without sacrificing personal integrity or social responsibility.



David received his PhD from the California School of Professional Psychology in 1982. In 1988 he founded Willingness Works® to provide “an education in being human we always needed but never got.™” In 2008, Willingness Works into Integrity Revolution. In between, he co-founded and served as the first president of the Association for Comprehensive Energy Psychology, from 1999 to 2002. A Diplomate in Comprehensive Energy Psychology, he remains a senior trainer and consultant for ACEP’s certification programs.

An eight-award-winning book author, Dr. Gruder’s latest book is *"The New IQ: How Integrity Intelligence Serves You, Your Relationships and Our World."* It has broken new ground, winning awards in six unusually diverse categories: Current Events in Politics & Society, Social Change, Conscious Business & Leadership, Health & Wellness, Self Help, and Transformational Psychology. The working title of his next book is *The Hijacking of Happiness & the Formula for Reclaiming Your Thrill of Living*.

Dr. Gruder is on Core Faculty with the California Institute for Human Science, and is faculty member and integrity upgrade specialist with CEO Space, an international organization whose mission is to provide leaders of businesses, nonprofits and governments with the skills, mentoring and resources to become highly successful through using the principles of collaborative socially responsible capitalism in place of greed, dysfunctional competitiveness and social irresponsibility.

Dr. Gruder speaks, trains and consults worldwide with leaders, businesses, and helping professionals, in the areas of integrity & accountability, personal power & collaboration, leadership development, work-life balance, and Energy Psychology. His training and consulting work has ranged from the Sanoviv Medical Institute in Mexico to the Transactional Analysis Institute in Switzerland, from family-run businesses to American Express work teams, from Vistage to the World President’s Organization, and from the San Diego County Department of Education’s Management Academy to ambassadors to the World Trade Organization.

Dr. Gruder is a frequent guest on many radio talk shows throughout North America, and “Radio & Television Interview Reports” has hailed him “America’s Integrity Expert.” He is also on the core faculty of the California Institute for Human Science, an ordained interfaith clergy, and an Elder with the ManKind Project, an international nonprofit organization of men creating a safer world by growing into mature masculinity and living in integrity with their life mission.

David lives in San Diego, California, with his wife Laurie.

His main website is www.IntegrityRevolution.com.