Type A and Type B Personalities

The study revealed that a person with a Type A personality is more likely to be preoccupied with social status, accomplishment in life, and self-esteem. So what is a type A personality? Well, this person is often domineering, impatient, and prone or quick to anger. This personality type was found to be associated with the higher risk of developing heart ailments compared to the other type. Type A people mainly have the following behavior and outlook in life:

1. These people are high-achievers. They are great at multi-tasking unrelated duties and jobs.
2. They usually perform beyond par.
3. They are constantly in a race to achieve higher goals. When goals are attained, they set much loftier aspirations. They can't rest on their laurels.
4. They find it difficult to accept failure. It is never one of their realities. For them, others fail, they don't.
5. They feel like time is an opponent that they have to beat every day. They will work their butts off to exhaustion.
6. This severe sense of urgency makes them edgy. Relaxation is difficult for them.
7. They need to compete. If there is no obvious competition, they create one.
8. They are driven people, usually self-driven. Their stress levels are generally high.

Type B

The study, which was completed in nearly a decade, concluded that **Type B people** have lower incidence of heart problems. Type B personalities are indulgent and tolerant. They also reported higher levels of satisfaction in life. Typically, these people have the following characteristics:

1. They know their abilities and work steadily for their goals. They enjoy their achievements.
2. They are not too stressed out to excel. They can be disappointed when they fall short of their goals, but they are not devastated. They are more accepting of failures.
3. They enjoy games and competitions, not for the sole objective of winning but for the love of the game.
4. They are reflective and innovative. They allow themselves to explore and fail, if necessary.
5. Sometimes they are too relaxed and laid-back that they lack the drive to reach the uppermost of their careers.
6. They are even-tempered.
7. They typically live less stressful lives. (Bomber Pilot)

Type "A" and Type "B" Personalities (Medical research)

Type A personality behavior was first described as a **potential risk factor for heart disease in the 1950s by cardiologists Meyer Friedman and Ray Rosenman.** They discovered that their patients were wearing out the

arms and upholstery on the chairs in the waiting room. After an eight-and-a-half-year-long study of healthy men between the **ages of 35 and 59**, Friedman and Rosenman estimated that Type **A behavior doubles the risk of coronary heart disease in otherwise healthy individuals**. The individuals enrolled in this study were followed well beyond the original time frame of the study. Participants were asked to fill out a questionnaire, that asked questions like; (1) "Do you feel guilty if you use spare time to relax?" and (2) "Do you generally move, walk, and eat rapidly?".

Results: subsequent analysis indicated that although Type A personality is associated with the incidence of coronary heart disease, **it does not seem to be a risk factor for mortality**.

The hypothesis describes Type A individuals as outgoing, ambitious, rigidly organized, highly status-conscious, sensitive, impatient, anxious, proactive, and concerned with time management. People with Type A personalities are often high-achieving "workaholics". They push themselves with deadlines, and hate both delays and ambivalence. People with Type A personalities experience **more job-related stress and less job satisfaction.** Another reserch in 1996 revealed that Type A behavior is expressed through three major symptoms: (1) free-floating hostility, which can be triggered by even minor incidents; (2) time urgency and impatience, which causes irritation and exasperation usually described as being "short-fused"; and (3) a competitive drive, which causes **stress and an achievement-driven mentalit**y. The first of these symptoms is believed to be covert and therefore less observable, while the other two are more overt. Hence, Type A people were said to be hasty, impatient, impulsive, hyperalert, potentially hostile, and angry. Research has also shown that Type A personalities deal with reality and have certain defenses when it comes to dealing with problems.

The hypothesis describes Type B individuals as a contrast to those of Type A. Type B personality, by definition, are noted to live at lower stress levels. They typically work steadily, and may enjoy achievement, although they have a greater tendency to disregard physical or mental stress when they do not achieve. When faced with competition, they may focus less on winning or losing than their Type A counterparts, and more on enjoying the game regardless of winning or losing. Unlike the Type A personality's rhythm of multi-tasked careers, Type B individuals are sometimes attracted to careers of creativity: writer, counselor, therapist, actor or actress. However, network and computer systems managers, professors, and judges are more likely to be Type B individuals as well. Their personal character may enjoy exploring ideas and concepts.
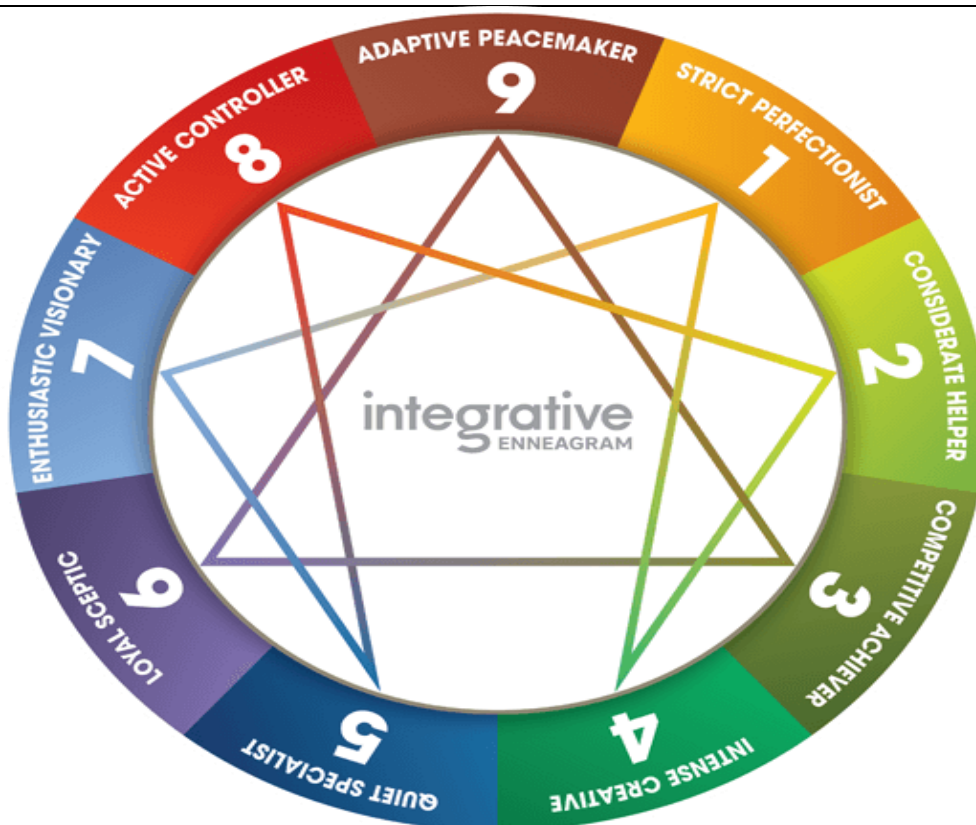
Type B personality types are **more tolerant** than individuals in the Type A category.

The Enneagram is an archetypal framework that offers in-depth insight to individuals, groups and collectives. Consisting of three centres of intelligence, nine main Enneagram types, 18 wings, three subtypes and Triadic styles, the Enneagram offers a rich map to personal development from an open systems perspective. It does not box in people, but rather opens a pathway to self-discovery and greater personal awareness.

The Integrative Enneagram creates self-awareness and uncovers the patterns of behaviour that sub-consciously drive and motivate us to act in certain ways. When we make these patterns and motivations conscious, we are able to transcend them and develop richer, more supportive ways of being. Working with the Enneagram empowers individuals to take responsibility for their own behaviours and growth, from a greater understanding of why they act and react the way they do.

As a framework, the Enneagram also speaks to the journey of integration and development in a profound way. It is able to uncover the uniqueness of each individual and his/her journey. It does not only reveal what holds an individual back, but also offers insights into the journey towards strength and liberation, connecting us to our strengths and higher selves.

The Enneagram is, therefore, a sense-making tool or a framework that enables the development of self-knowledge and meta-awareness.

Individual Benefits:
1. Creates meta-awareness at the level of motivation.
2. Increases consciousness and confidence.
3. Enables clearing of core emotional issues.
4. Provides a framework for understanding functional and dysfunctional behaviours that stem from core motivations.
5. Increases compassion for self and others.
6. Uncovers pathways to development and integration.
7. Positions individual patterns and behaviours within current and historical context.
8. Increases productivity and motivation.
9. Creates a language and sense-making framework that stretches deeper than a personality trait-based approach
10. Builds leadership authenticity, potency and impact

Team Benefits:
1. Reduces judgement and criticism of others while building understanding and tolerance.
2. Provides a framework for making sense of team conflict and challenges.
3. Enables the team to move beyond a pattern of blaming conflict on "personality differences".
4. Repolarises teams while dismantling more traditional "fault lines" in the team
5. Improves working relationships and team productivity.
6. Enhances business procedures.
7. Improves communication while also developing a new language framework for team dynamics

Organisational Benefits:
1. Decreases behind-the-scenes organizational politics.
2. Improves change management and decreases fear of change.
3. Can unleash organizational creativity through greater individual integration.
4. Improves productivity and performance.
5. Creates a framework which enables greater project leadership.
6. Builds organizational integrity.
7. Enables more impactful corporate communication.
8. Contributes to development of talent.
9. Plays a role in enabling culture change.