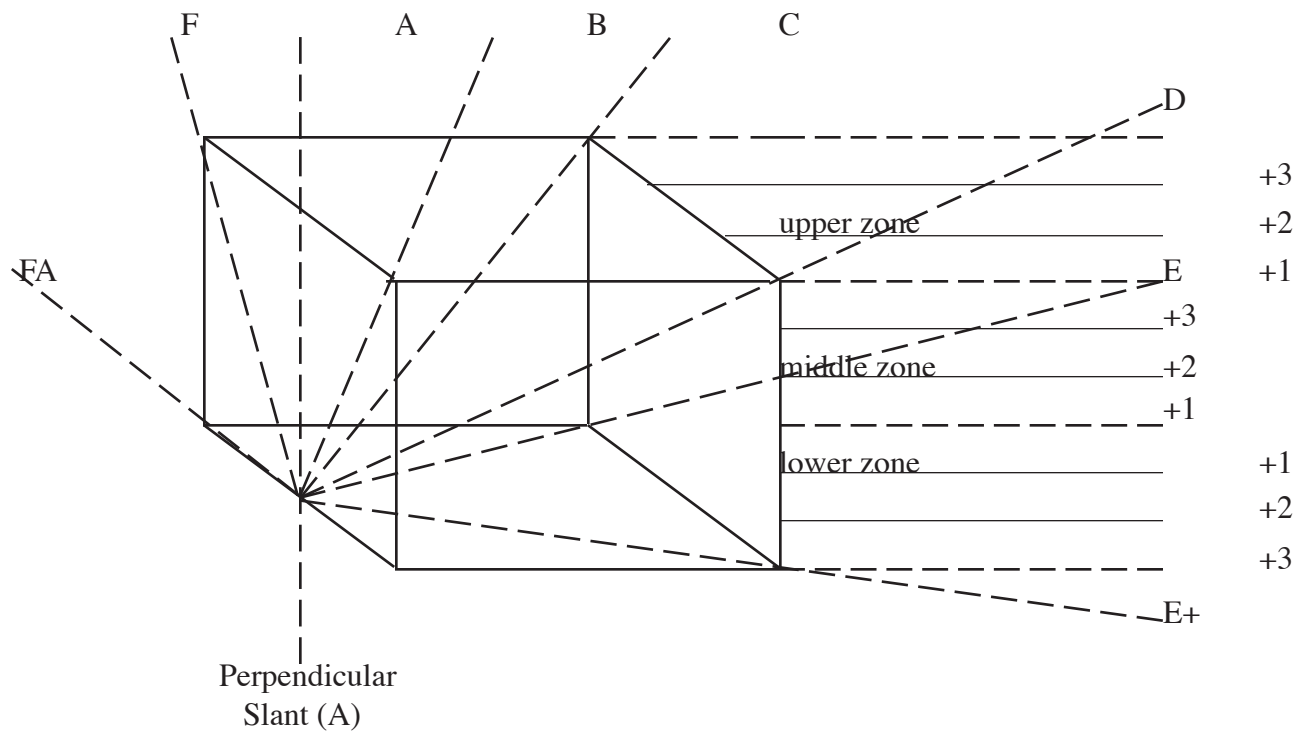


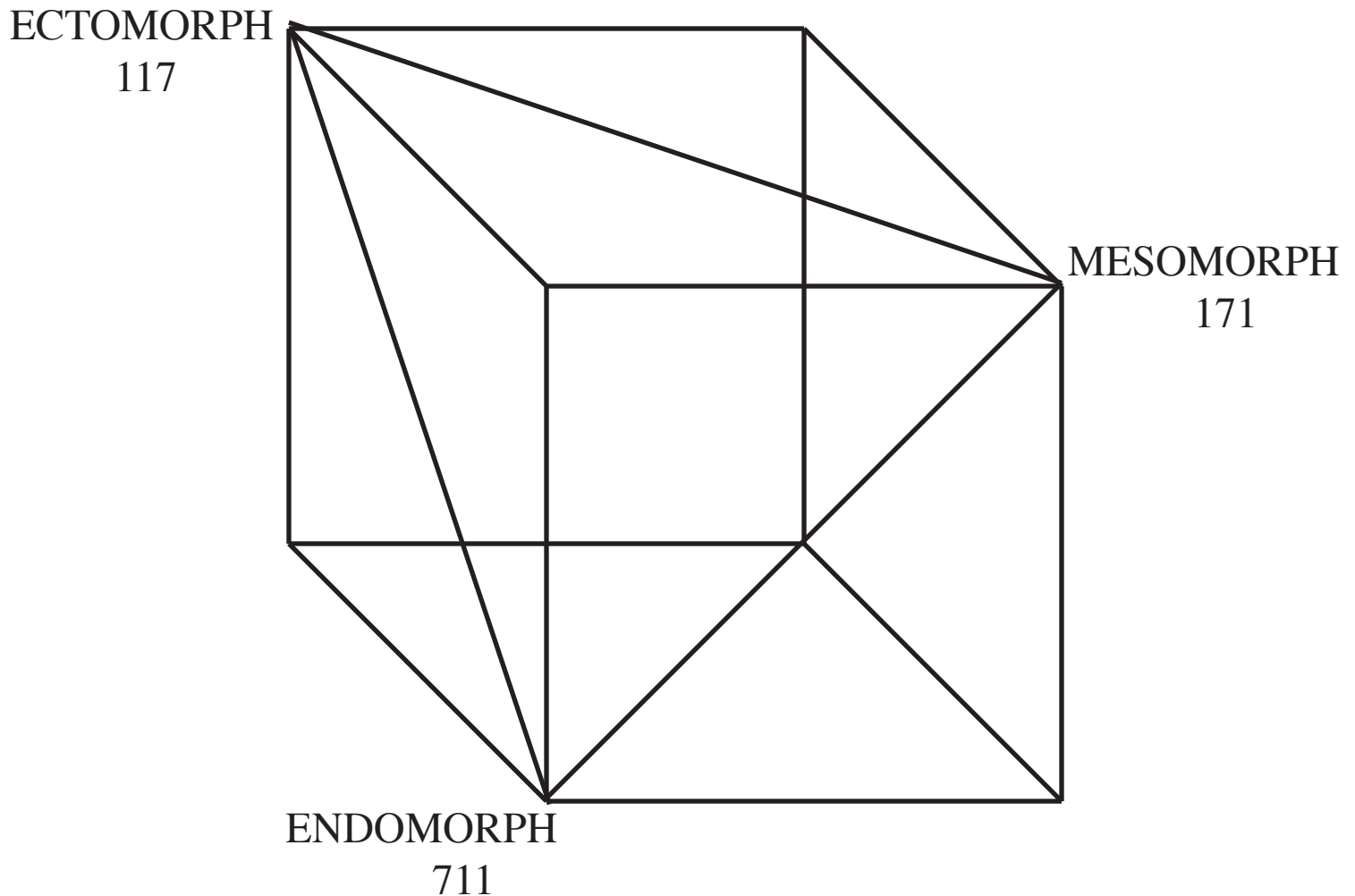
Character Cubes
by
Arthur C. Johnston, PhD

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1 Writing Slant and Three Zones



2 Three Body Types [Sheldon]

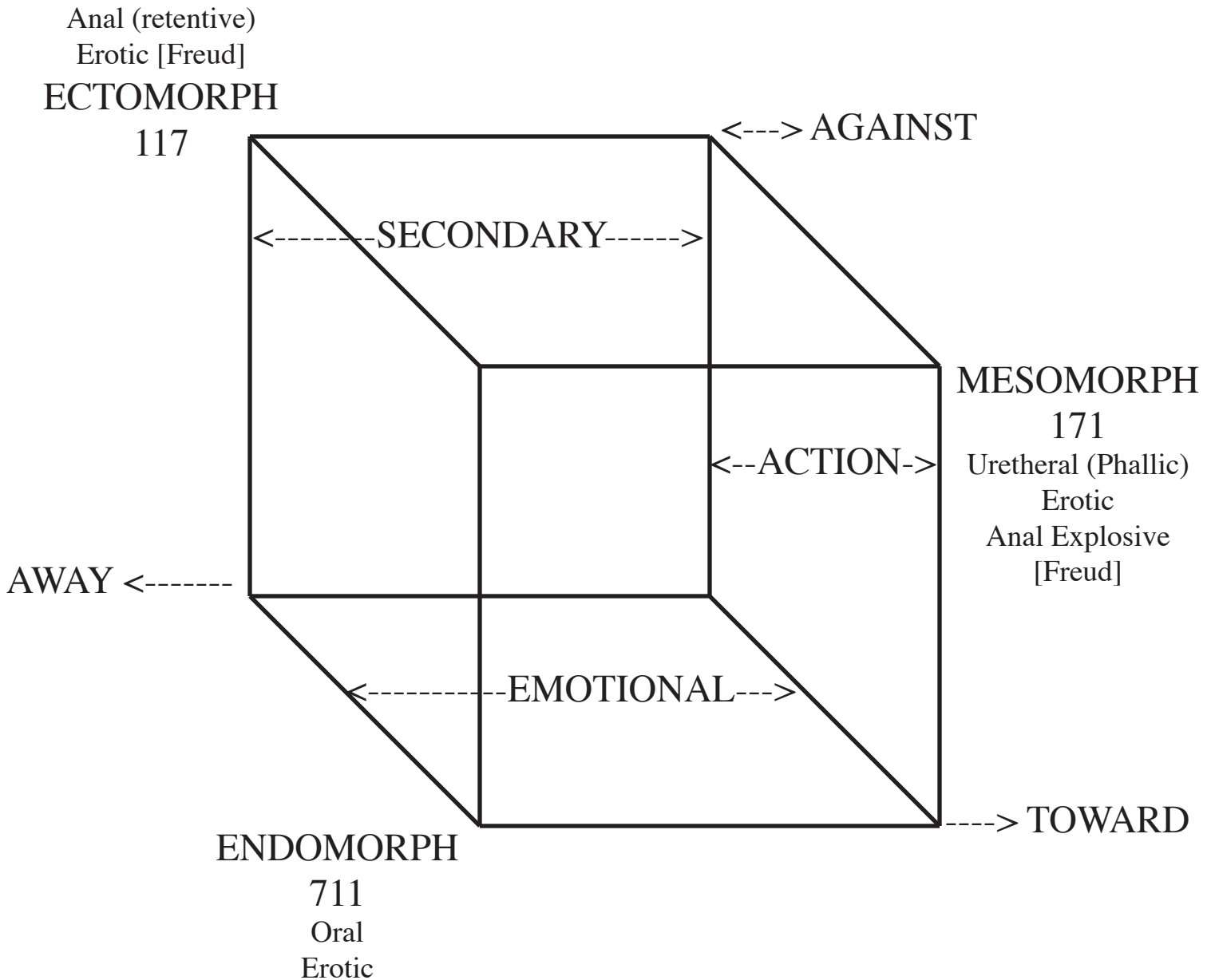


When endomorphy predominates, the digestive viscera are massive and highly developed, while the somatic structures are relatively weak and underdeveloped. Endomorphs are usually fat.

When mesomorphy predominates, the somatic structures (bone, muscle, and connective tissue) are in the ascendancy. The mesomorph physique is hard, firm, upright, and relatively strong and tough.

Ectomorphy means fragility, linearity, flatness of the chest, and delicacy throughout the body. Slight development of the visceral and somatic structures.

3 Sheldon Body Types and Corresponding Action, Emotion, and Secondarity (Persistence of Impressions)

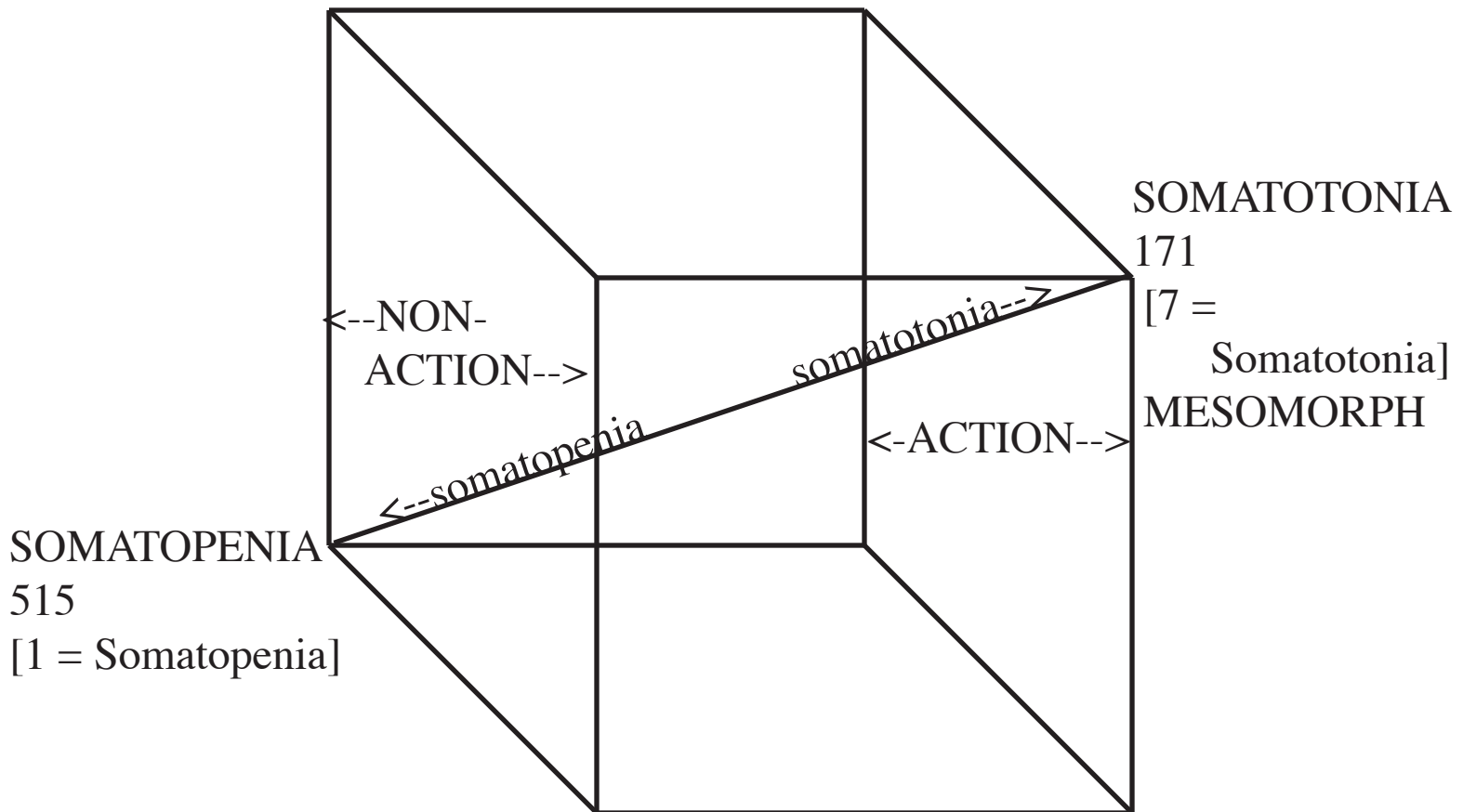


Mesomorphs are associated with action, using muscles, achieving goals, dominating the environment and people. [extraverts of action]

Ectomorphs are thinkers and thus they think before they act; their impressions are lasting. They, thus, are slow to act. [introverts of thought]

Endomorphs are emotionally expressive; they feel emotions deeply and equally express them. [extraverts of affect]

4 Action Versus Non-Action



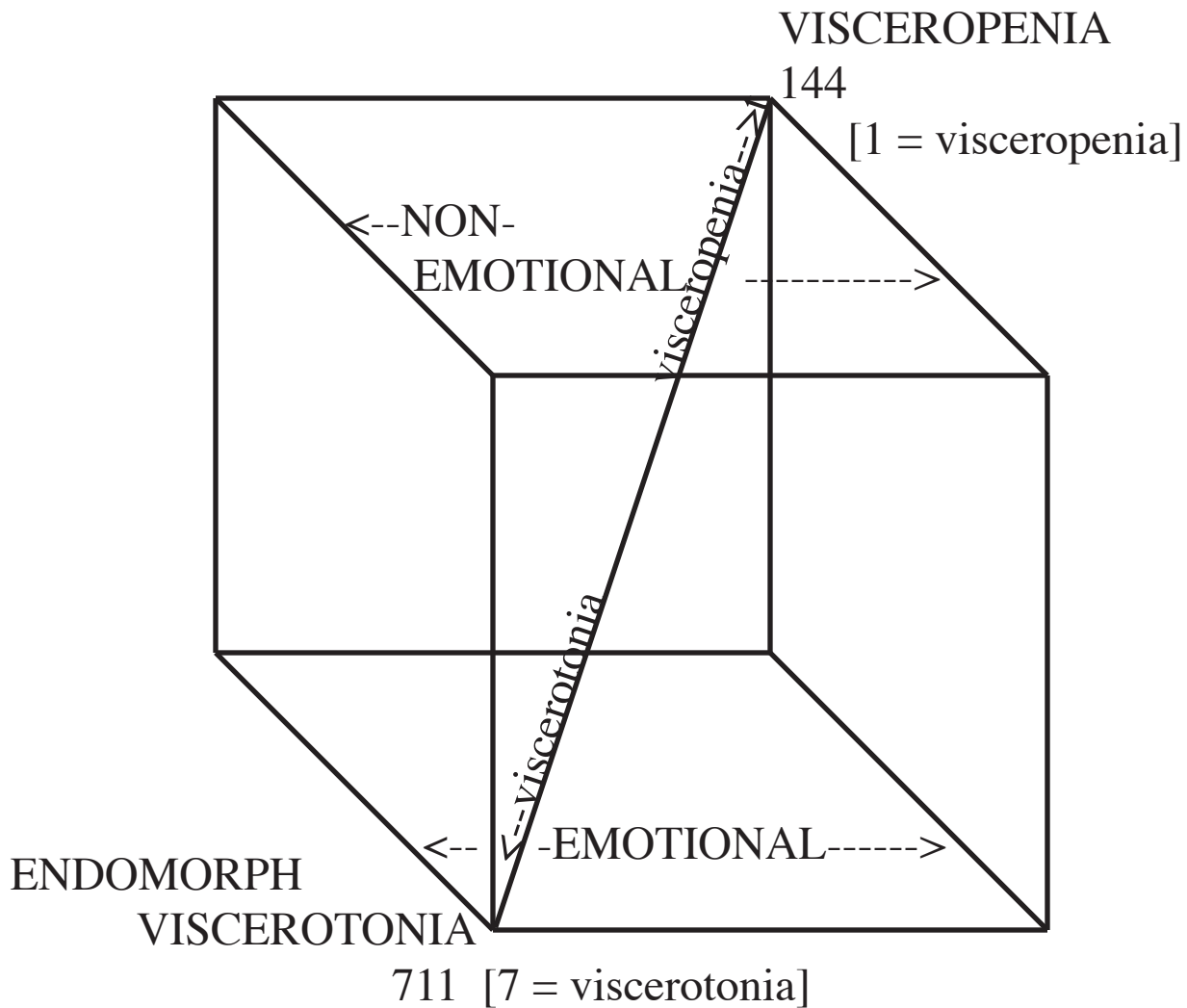
ACTION = [1] Spontaneous need to act [2] Desire and action to overcome obstacles

NON-ACTION = [1] Not wishing to overcome obstacles [2] Wilting in face of obstacles
[from Le Senne]

Somato = body; tonia = presence of; penia = lack of

Somatotonia expresses the function of movement and predation. When this component is predominant the primary motive of life seems to be the vigorous utilization or expenditure of energy. Somatotoniacs love action and power. Their motivational organization seems dominated by the soma [body].

5 Emotional Versus Non-Emotional



EMOTIONAL = Reacts to trivia

NON-EMOTIONAL = Only reacts to things that warrant a reaction. Non-emotional leads to the substitution of intellectual for emotional stimulation to action. Person is at ease dealing with abstract concepts as mind is clear and at ease. [from Le Senne]

Viscero = digestive / assimilative function [the gut]; tonia = presence of; penia = lack of

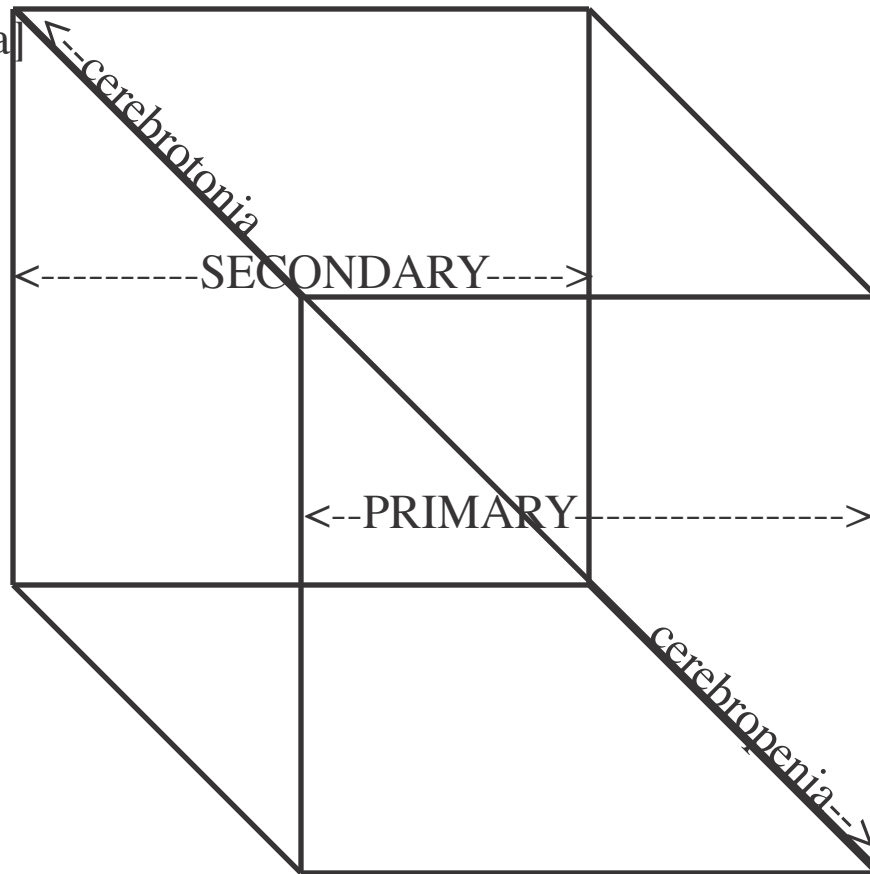
Viscerotonia is manifested by relaxation, conviviality, and gluttony for food, for company, and for affection or social support. When this component is predominant, the primary motive in life seems to be assimilation and conservation of energy.

6 PRIMARY REACTION VERSUS SECONDARY REACTION

CEREBROTONIA

117

[7 = cerebrotonia]
ECTOMORPH



CEREBRO-
PENIA

551

[1 = cerebro-
penia]

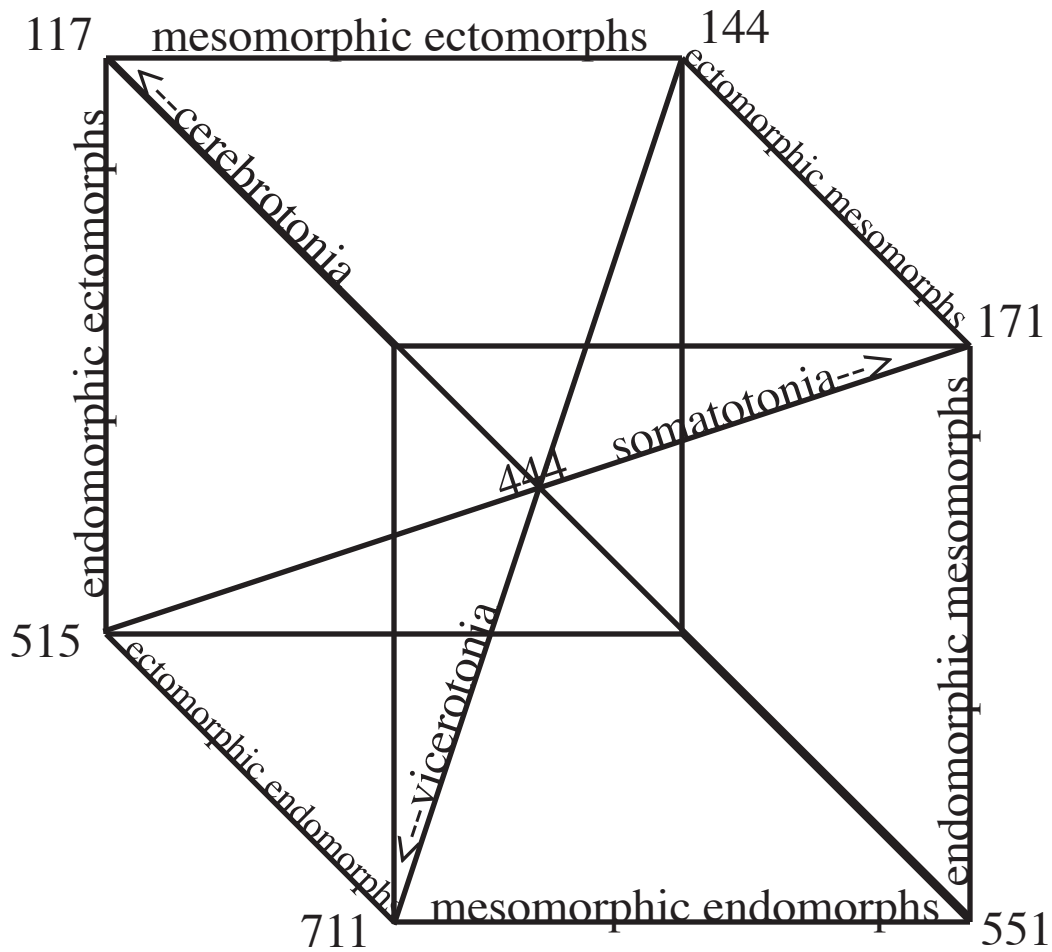
PRIMARY = Immediate reactions. Person lives in the present and is unconcerned about the past and the future.

SECONDARY = Delayed reactions. Person retains impressions and reactions last longer. Person considers the past and the future. [from Le Senne]

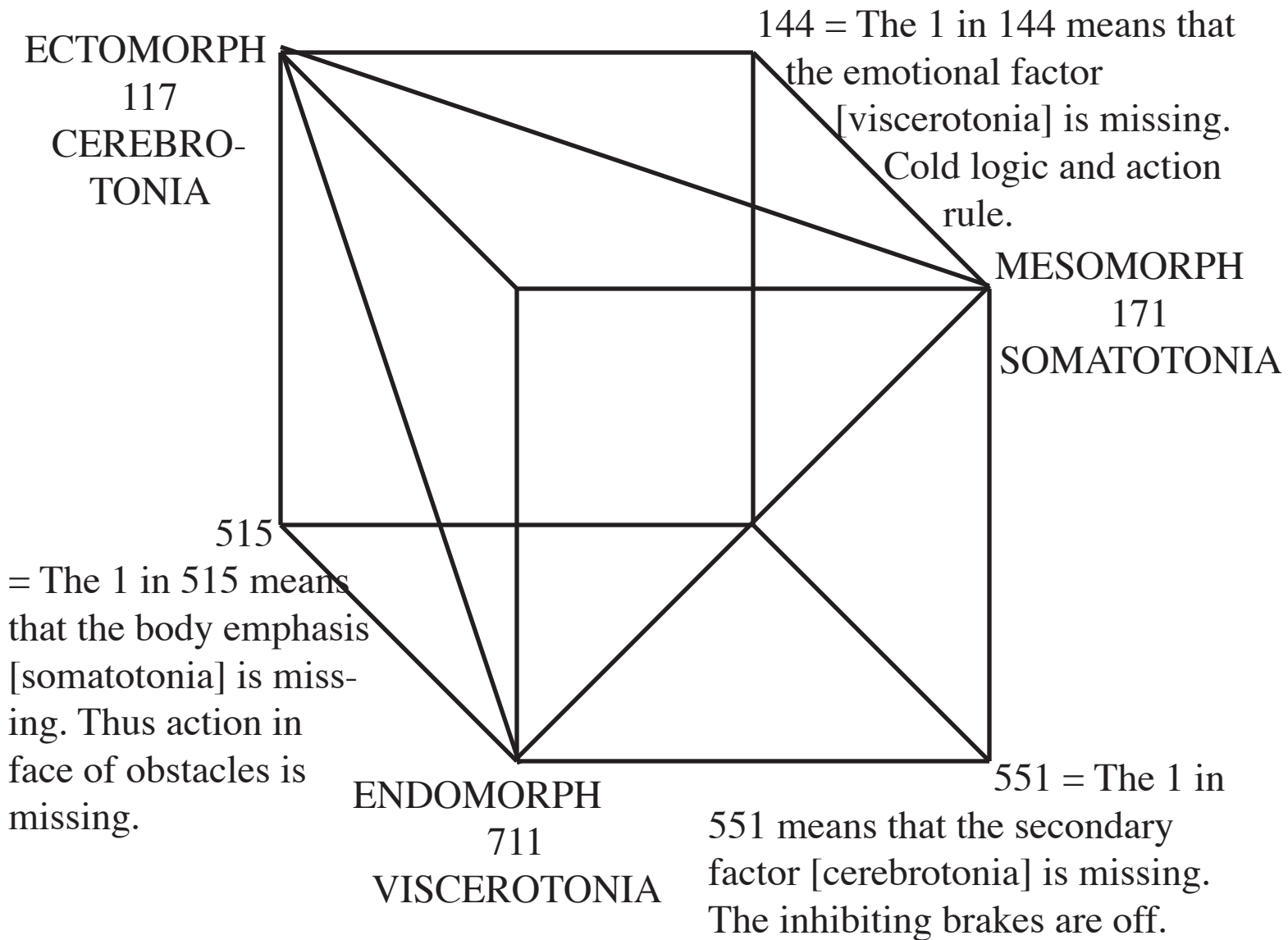
Cerebro = cerebral; the brain; tonia = presence of; penia = lack of

Cerebrotonia necessitates or involves cerebrally mediated inhibition of both of the other two primary functions. It also involves or leads to conscious attentionality and thereby to substitution of symbolic ideation for immediate overt response to stimulation. When this component is predominant one of the principle desires of life seems to be avoidance of overstimulation, hence love of concealment and avoidance of attention.

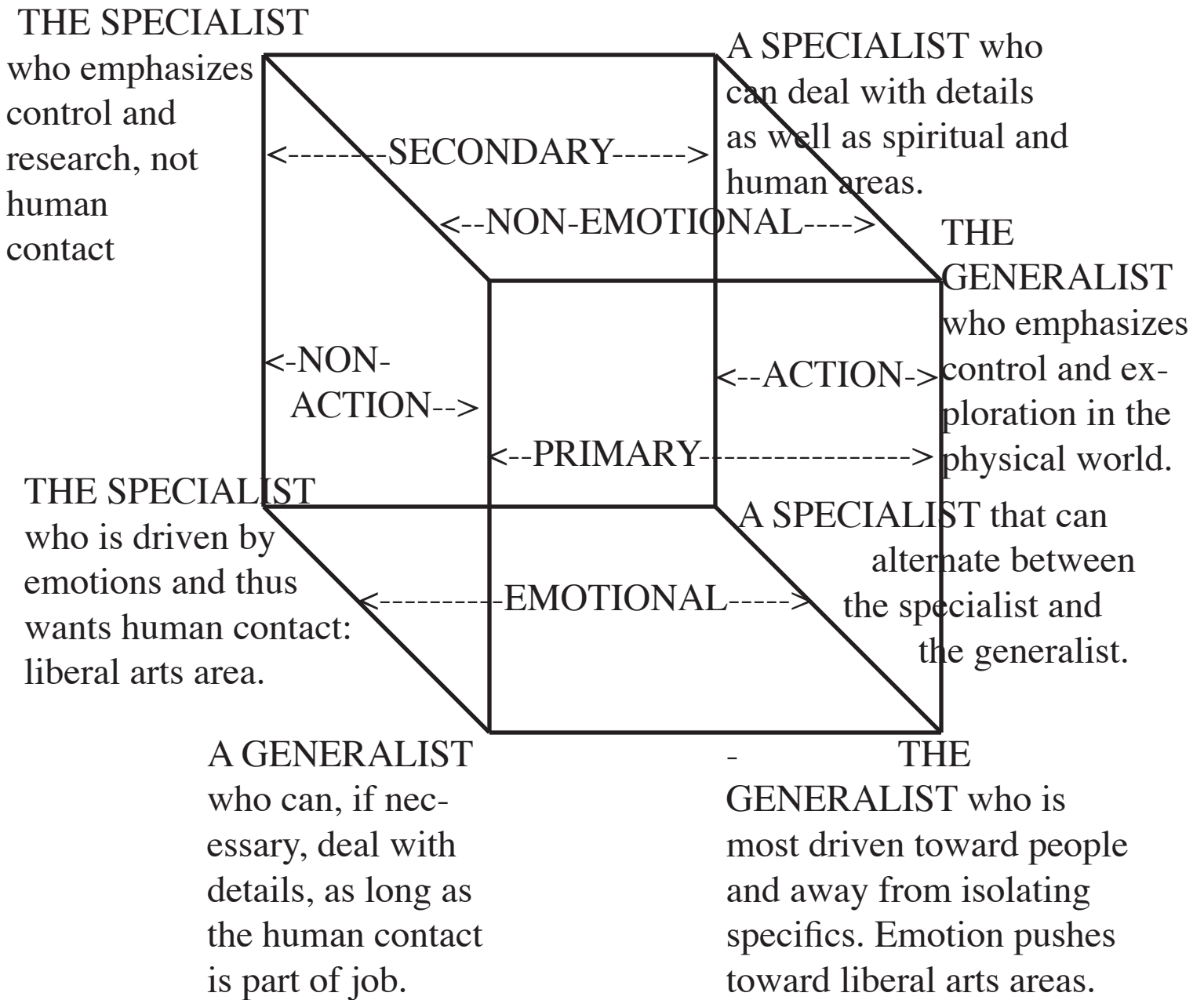
7 Summary of Sheldon Ideas on Body Types



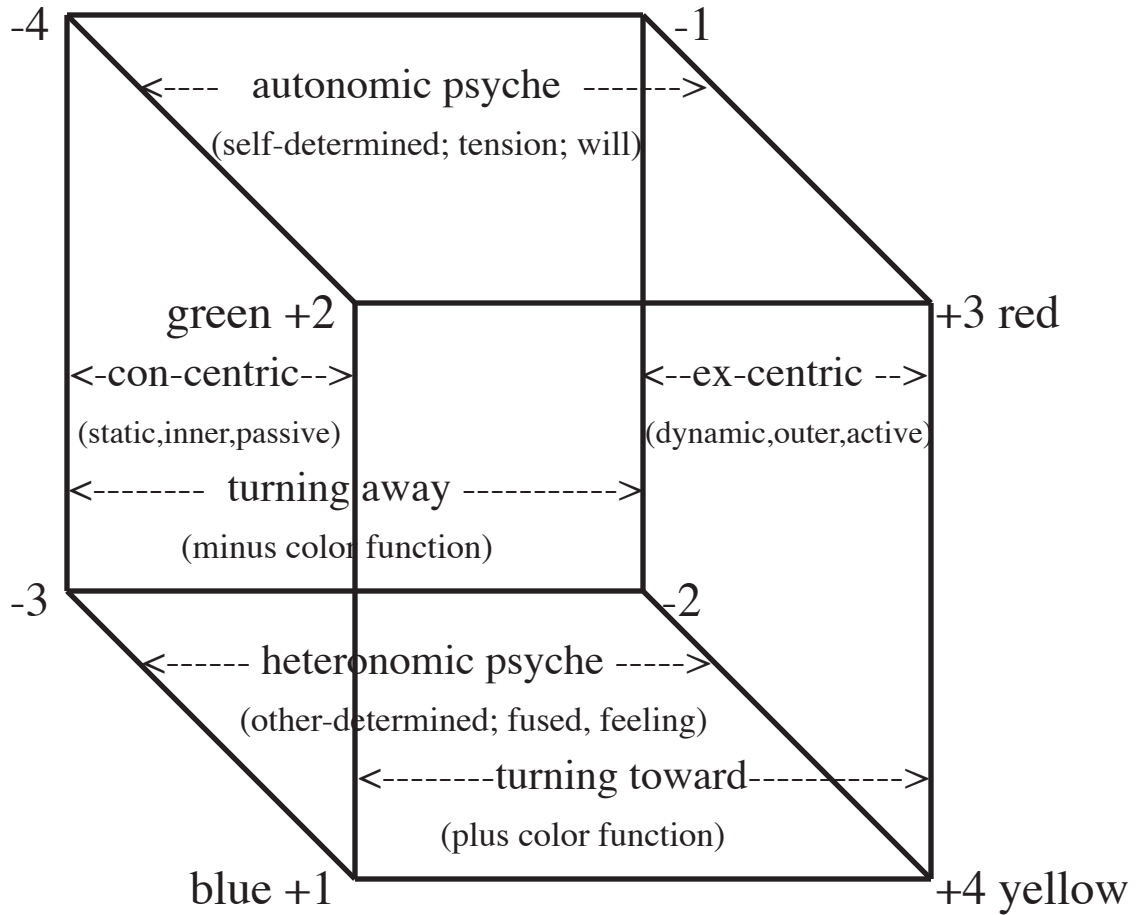
8 Missing Body Component in Body Type



9 Le Senne's Action, Emotion, Impressions and the Specialist and the Generalist



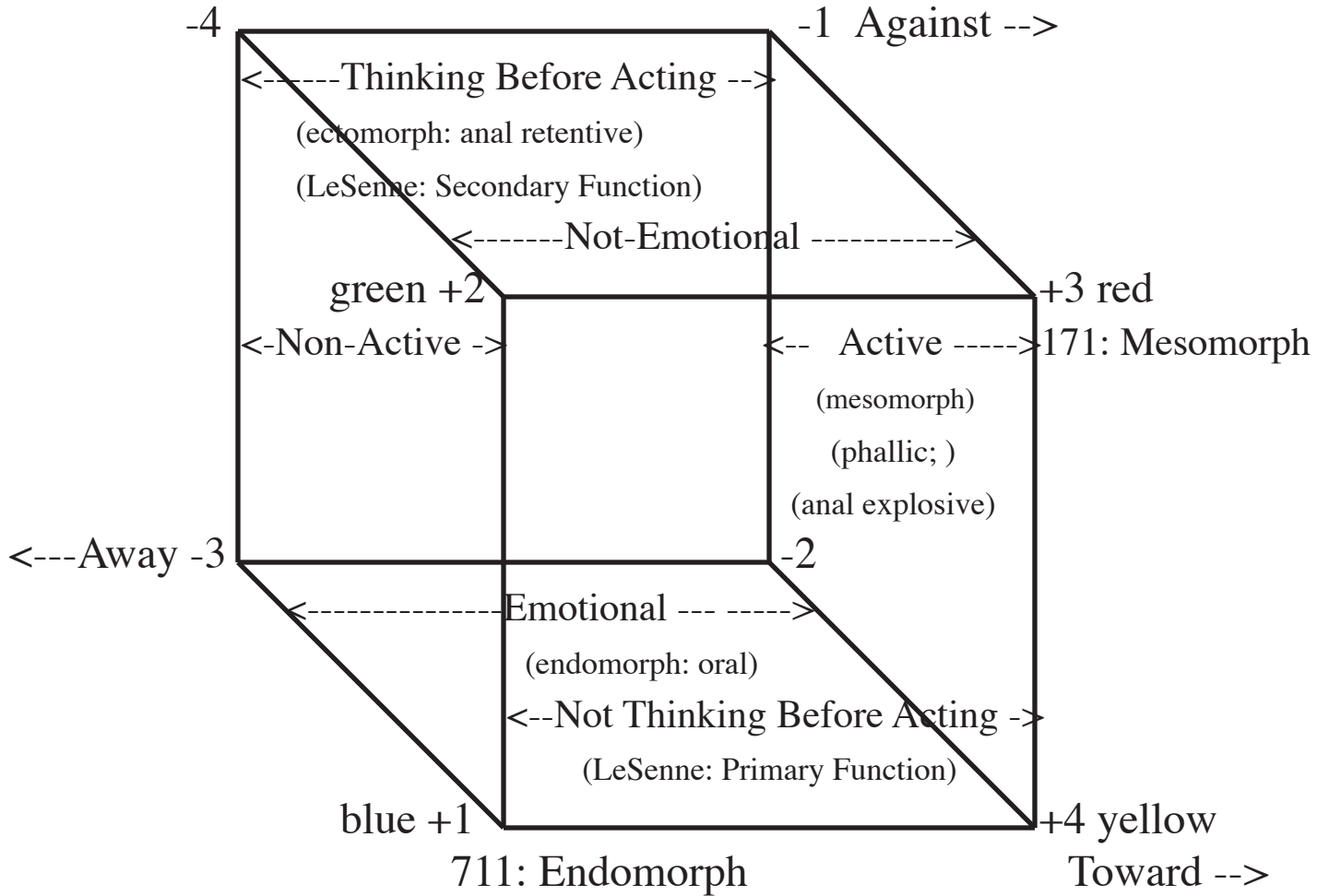
Lüscher Color Cube



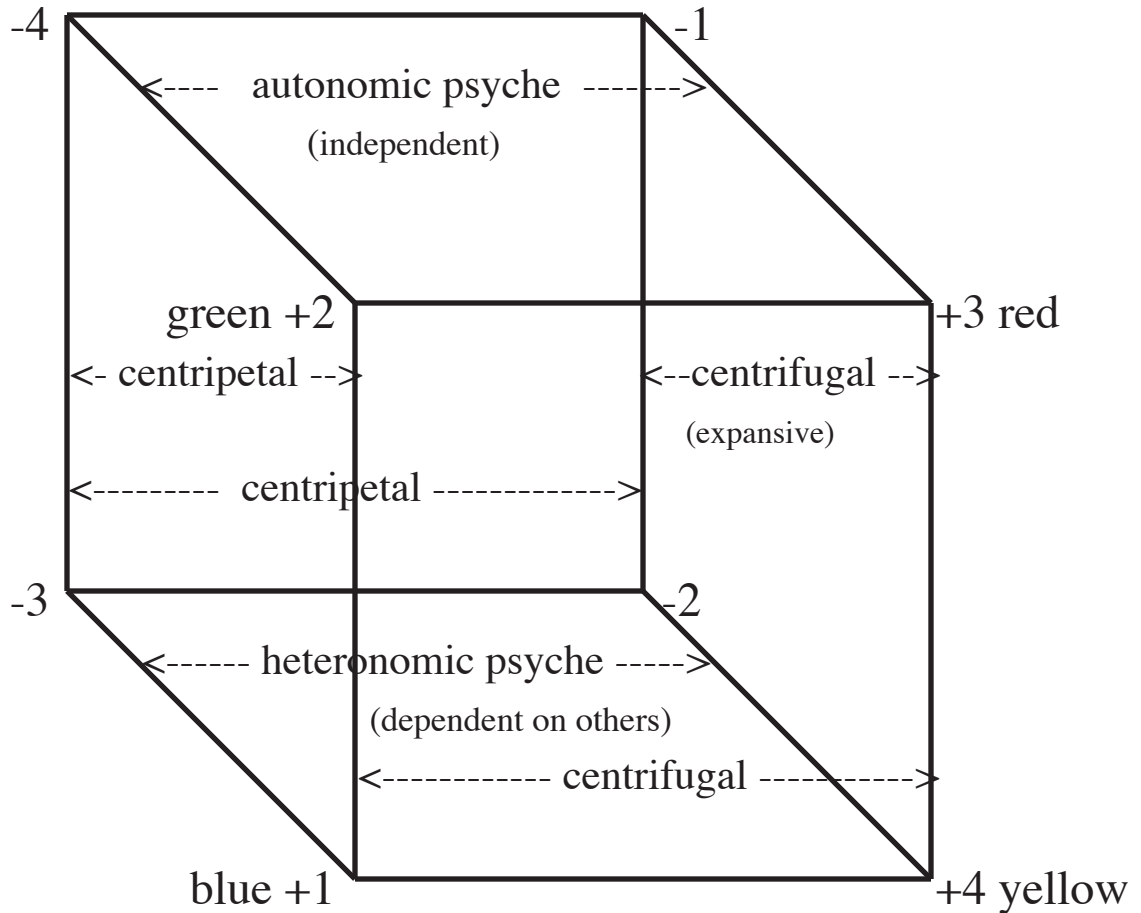
Sheldon Cube

[An adaptation of Sheldon's Ideas]

117: Ectomorph



Color Cube [Borg]



Centripetal (the -4, -1, -3, -2 square) replaces Luscher's Turning Away (minus color function) and Centrifugal (the +2, +3, +1, +4 square) replaces Luscher's Turning Toward (plus color function). Centripetal = con-centric; centrifugal = ex-centric. Centripetal, in essence, means Turning Away, and centrifugal, also in essence, means Turning Toward. This configuration will be used in the following cube charts.