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July 2006 “Human Beings: One Size Does Not Fit All”

“...people are different from each other, and no amount of getting after them is going to change them. Nor is there any reason to change them because the differences are probably good, not bad.” Please Understand Me II, by Kiersey and Bates

When we don't understand and encourage our unique selves and the authentic selves of others, severe problems can emerge: children feel rejected, parents feel perplexed, employees feel unappreciated and managers feel frustrated.

Loving spouses, supportive parents, effective managers and successful employees realize that healthy relationships include understanding and appreciating our own and the other's strengths, weaknesses, preferences and ways of experiencing the world.

People who have little understanding of themselves (and others) frequently experience ongoing problems at home, at work, and in the community.

In Please Understand Me II (PUMII) authors Kiersey/Bates examine how different people think, feel, perceive, and understand the world differently. Their research, based on the wisdom of Dr. Carl Jung and the experience of the creators of the Myers-Briggs Type Indicator, examines 16 various temperament styles. In PUMII, the authors provide a 70 question inventory that helps readers determine their temperament (Introverted or Extroverted, Sensing or Intuitive, Thinking or Feeling, Judging or Perceiving).

Further, Kiersey/Bates explore how each of the different temperament styles influence friendship, mating, school performance, career choice/success, parenting and leadership. They also provide insight into how each person can bring out his/her best and the best in others.

If this newsletter theme of “One Size Does Not Fit All”, is interesting to you, and you would like to further explore how better understanding yourself and others can make a positive difference in your life, I also recommend for your consideration Dr. Gary Chapman's The Five Love Languages. In this helpful book, Dr. Chapman examines how different people have different ways of saying “I love you” and different ways of hearing “I love you.” He provides an inventory to help determine your “love language”, as well as the “love language” of those close to you.