

MSD

Metastructural Dynamics



Introduction

MSD is a therapeutic tool used to identify an energetic personality profile and to identify the corresponding profile of who we energetically bring into our lives for partnership. It's all about energy and understanding that opposites attract. MSD is a therapeutic system used to identify four distinct personality types.

MSD allows us to identify our own personality profile and also a corresponding profile known as a "complimentary opposite." A complimentary opposite is one who we energetically draw into our life for marriage and partnership.

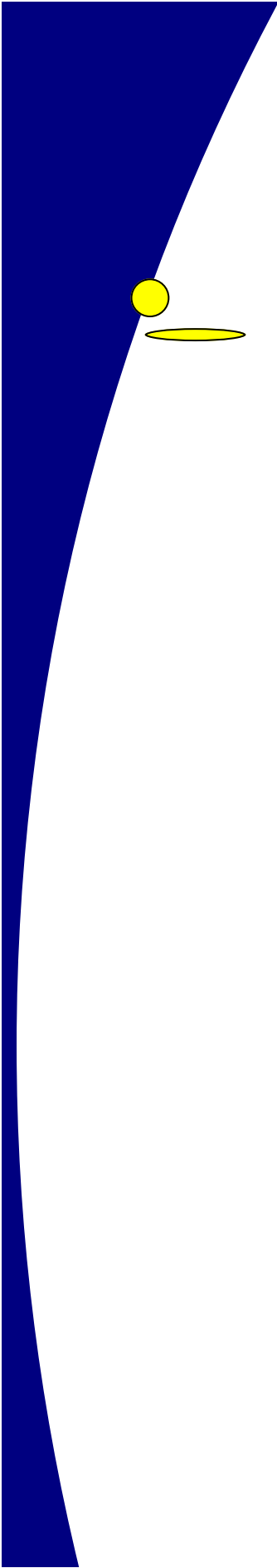
MSD was developed by psychotherapist Henry Smith-Rohrberg in the mid 1980's. The system focuses on three distinct attributes present in every human being. They are the frequency of:

- Our sense of self
- Our sense of space
- Our sense of time

Together these three modules represent our genetic wiring present from birth.

I-Centered or Other-Centered (Our Sense of Self)

All people are born with a sense of self that is either more inner directed (I-Centered) or outer directed (Other-Centered). The unconscious self, when confronted with stimuli, comes from a state of within and projects out into the world (I-Centered) or the unconscious self observes what is happening outside of one's self, brings the information in and internalizes



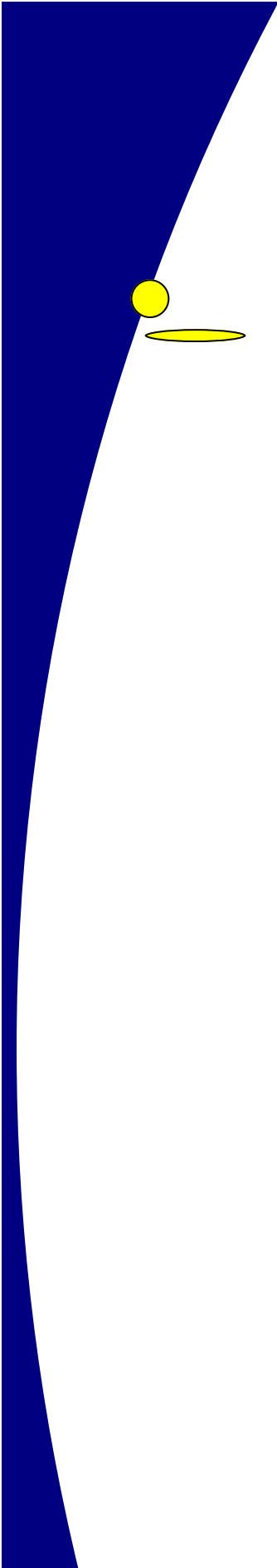
it, then reacts to the stimuli (Other-Centered). The mind or sense of self of an I-Centered person is centered within and forecasted outward. The mind or sense of self of an outer directed person reflects information from outside that is brought within.

I-Centered people tend to use the word “I” often. (I want....I think.....I feel) Other centered individuals tend to use the word “me” in their dialogue. (You and me.....This happened to me.....) When asked a question, an I-centered person usually answers quickly. Their response coming from a place within themselves. An Other-Centered person tends to hesitate, already observing how you may respond to what they might say. They will contemplate your reaction before responding to the question.

The energy of an I-Centered individual tends to be more contained and personalized. While the energy of an Other-Centered person is usually more pervasive and outstretched. Other notable characteristics of the I-Centered individual include a strong sense of self; they are usually empowered, and have a tendency to speak their minds. Distinctive traits of an Other-Centered person include an intuitive nature and they tend to be emotionally aware, compassionate, and sensitive.

Smith-Rohrberg estimates that 75% of all males are I-Centered and 25% are Other-Centered. In contrast 75% of females are Other-Centered and 25% are I-Centered. This dynamic creates a perfect balance in the universe. The sense of self is the only modality in which gender plays a role.

Telephoto or Wide Angle (How we view space)



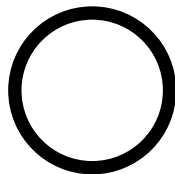
MSD contends that people tend to view space in one of two ways.

The telephoto person views space in a focused, directed narrow way while the wide angle individual looks at space as open and limitless. Telephoto people tend to be judgmental and make quick decisions based on limited information.

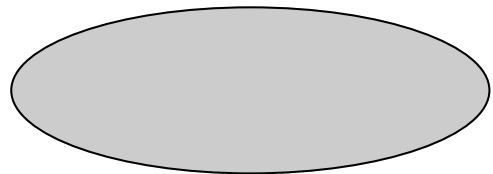
Wide angle people can be unfocused and slow to make decisions with a tendency to see decisions as having many possible outcomes or options. This modality can also be determined by examining how one takes in information or views possibilities.

Often telephoto people are described as viewing things as black and white, while wide angle people tend to see a lot of gray.

Telephoto people are famous for using an “all or nothing” approach to tasks and wide angle people tend to use compromise, examine possibilities, and find the middle ground. The telephoto personality will typically see fewer choices like they view options through a telescope while the wide angle personality will see more choices like they view options through a panoramic lens.



Telephoto



Wide Angle

Big Now or Step by Step (How we view time)

According to the MSD system people use time in one of two ways. People who are big now are said to view time as immediate and urgent while those who are step by step see time as synchronic with each moment connected to the next.

Step by step individuals tend to complete projects in a slow and orderly fashion. They are usually methodical, detail oriented, and it's common for them to make lists. The big now personality loves quick completion and they tend to move at a fast pace.

The Four Personality Profiles

Based on the functions of how we view time and space, Dr. Smith-Rohrberg has identified four personality types.

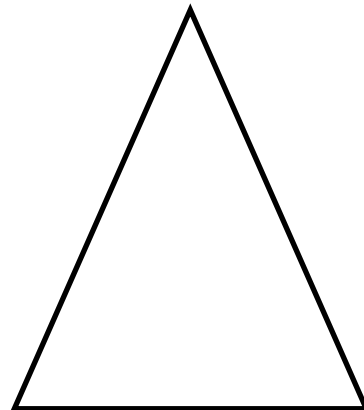
Perfectionist (telephoto & big now)

Concretist (wide angle & step by step)

Realist (telephoto & step by step)

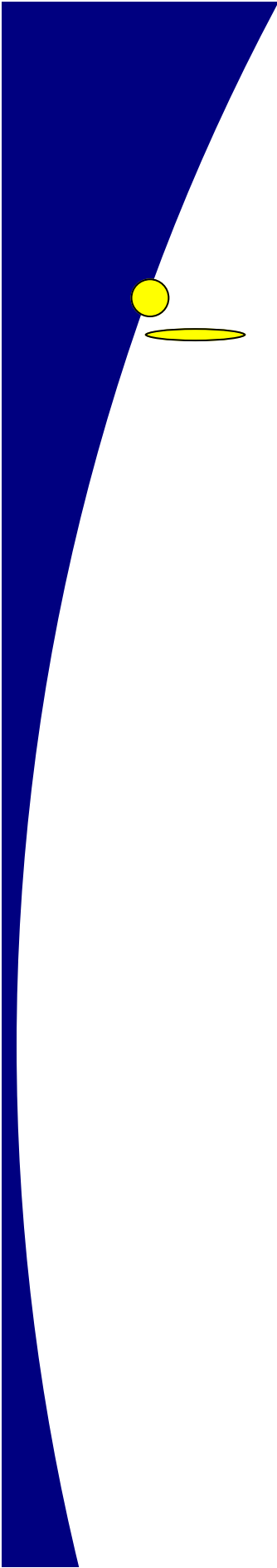
Idealist (wide angle & big now)

I-Centered/Other Centered



Telephoto/Wide Angle

Big Now/Step by Step



MSD and Relationships (The First Way, Negative Second Way, & Redemptive Way)

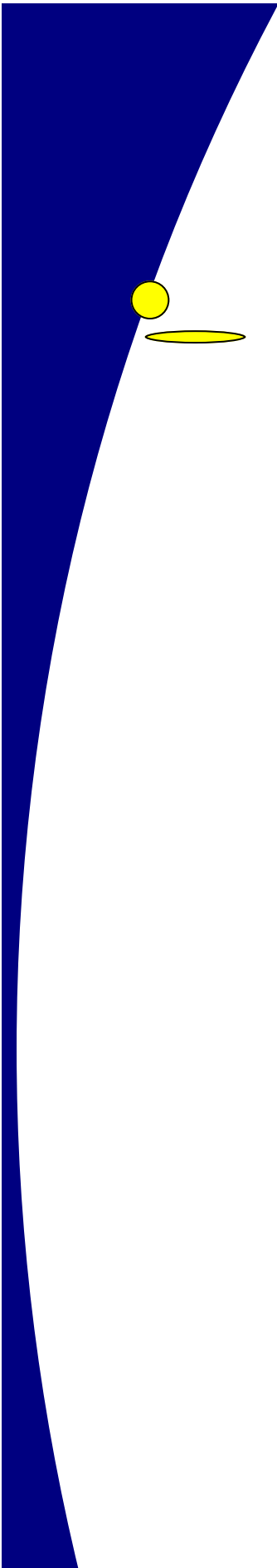
Based on the theory of Metastructural Dynamics, MSD contends that we will draw into our lives people who's profiles are opposite from our own for growth, balance, and development.

These individuals are known as complimentary opposites. Your spouse will always be your complimentary opposite and as you examine your closest friends it is highly likely that they too will possess profiles opposite from your own. This is because opposite energies bring balance.

For example, if you are an I-centered perfectionist you will be drawn to an Other-centered concretist and if you are an Other-centered realist you will bring into your life and I-Centered idealist.

MSD asserts that in addition to our instinctive "first way", the personality profile we are born with, that we also can function in a "negative second way." The negative second way is the polar opposite from our "first way" and we slip into this mode when we are in a fearful situation or an unhealthy frame of mind.

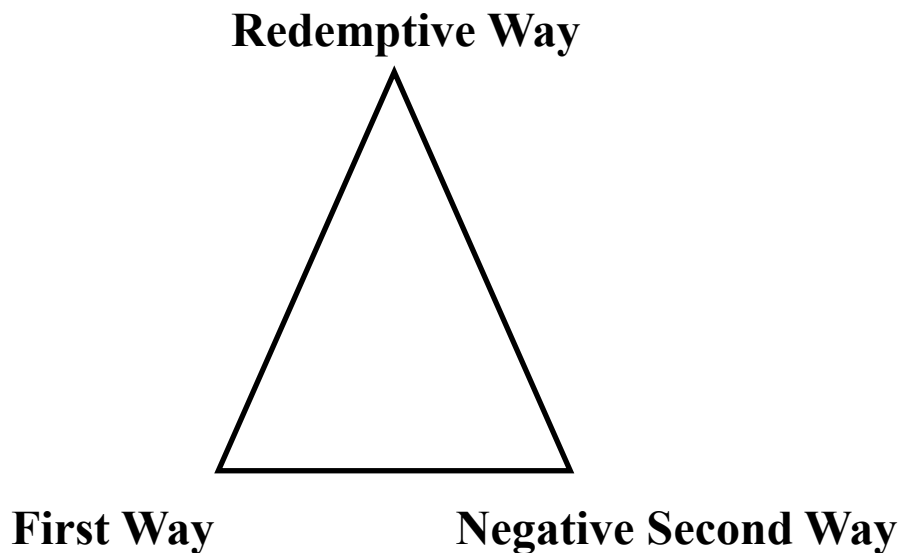
Therefore, when placed in an uncomfortable situation, where things simply aren't working for you, often times people slide into their negative second way. For an Other-Centered concretist that would be behaving like an I-Centered perfectionist and the Other-Centered idealist would conduct one's self like an I-Centered realist.



It's important to note that when you are acting in the negative second way the transformation occurs on an unconscious level without awareness. The negative second way is not a beneficial, healthy, or constructive mode for one to operate in. In addition to our first way and negative second way there is also a third way of functioning known as the redemptive way.

In contrast to the negative second way, the redemptive way is advantageous. Moving into the redemptive way occurs through conscious choice. Operating in the redemptive way, which is the opposite of, and directly opposed to your inherent first way, can be achieved only through deliberate awareness. Transforming experiences through interaction with complimentary opposites can assist in moving into one's redemptive way where balance is achieved.

For example, the I-Centered, telephoto, big now personality deliberately chooses to behave in their redemptive way by becoming more Other-Centered, wide angle, and step by step. An individual who is naturally Other-Centered, telephoto and step by step slides into their redemptive way by choosing to be I-Centered, wide angle, and big now.



MSD

Metastructural Dynamics

MSD is a therapeutic tool used to identify a personality profile and to identify the corresponding profile of who we energetically bring into our lives for partnership.

Being aware of three patterns—our sense of self, how we view space, and how we view time—together represent from birth our “genetic wiring.”

The Energy of Relationships (Opposites Attract)



Sense of Self
I-Centered = Other-Centered



Sense of Space
Telephoto = Wide Angle



Sense of Time
Big Now = Step by Step

