

because he has a right to be.

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#16 - Similarities,
cont'd.
(Ruc, Fuc Adjustments)

But I don't think that I had begun to say much about the relationship with the F. So I'll try to do that.

At this particular point it's very important, to me anyway, to begin to try to put the combinations together, and get across some kind of an idea of what happens with the different combinations. I think I went into considerable detail because again it's one of the most important ones, in terms of the information and the comprehension test. The extent to which the Information and the comprehension test as modifiers in relationship to this represent an obsessive-compulsive component, or the effort or the energy that an individual is likely to use on top of a certain lack of self-control, self-disciplines, so forth in the sense that again I've gone over what an Iuc and an Euc. I haven't gone over very much about what an Ruc and an Fuc and I will try to talk a little bit about that.

I think I had started and maybe said too much about the fact that the Similarities subtest is a very difficult one to explain because in a sense it is a test that is a natural test for the F individual to do, and therefore a failure to do well on the Similarities subtest is much more likely to indicate a compensation, in the ordinary meanings of the word, a compensation against an F tendency. Consequently, the low Block

Design by theory at least , it takes effort for the low Block Design, the real F individual, to not do well on the Similarities subtest. Therefore it is a denial aspect that is taking place in terms of this and a kind of a stubbornness and that is likely to come out many times in behavior with an individual being mean. Mean because they are stubbornly engaged in refusing to see relationships. There is a sadistic quality, a meanness. Now, actually, the low Similarities formulation is a relatively rare one. It's not an adjustment that comes about with a great deal of frequency, that is, the test does not necessarily show it up in relationship by a tendency on the part of the individual to not do well on the Similarities Subtest. What is likely to happen because the natural state for the F individual is in a sense to be able to do rather rapidly and rather efficiently the Similarities test. Therefore, it is relatively common for an F individual to have a high (in relation to his normal level performance on the Similarities test. In other words, it is more frequent than not that the F individual is going to overachieve on the basis of his expected normal level range on the Similarities items.

Consequently, now this is a hard thing to explain, whenever the Similarities in the clearly F individual does not tend to begin to move up very high in relationship to this, there is a suggestion that he is moving somewhat in the Fc direction. That is, there is a sort of compensatory range that is, compensatory movement in terms of this. So if you have just Fu, because what it would come out that Fu would mean, that the person had a low Block Design, and a Similarities very close to the Normal Level. There is a sort of a suggestion here of an Fc-ish kind of direction.

I have been in the past fantastically impressed by the fact that of all of the tests on the Wechsler, the Similarities seems to be the most sensitive, the most subtle and even a one-point drop and this is likely to take 2 or 3 points in many others for it to be significant, but a one point drop in Similarities is likely to be a highly significant type of thing. Now let me give an example of this, by putting a combination together.

Now let's make an individual and make him Eu to start with, and for the purposes of this let's call him Fu. Eu, a low Digit Span, low Arithmetic, Fu, low Digit Span (Block Design)?, moderate similarities. What that Eu Fu means in relationship to this is that this is an acting out kind of an individual, acting out and highly emotionally labile. The E and the F acting out highly emotionally labile. Eu -- not too much control of his tendency to be E. The place that there is some kind of a control in relationship to this is that when you have Fu, just this little Fu in terms of this, there is a tendency on the part of the individual to in a sense control his tendency to be too emotionally labile. Everything else being equal, the person is able to keep from being too emotionally labile, but because of his Fu, just plain little Fu, any particular kind of pressure that is likely to be placed upon that individual ~~that~~ there is a bit of danger if you will that the individual is going to lose his control. His loss of control is going to be what is in a sense an Ec F confused, F or F emotionally labile, emotion - tension. Therefore an Fu individual if he's just plain Fu, that is, his Similarities is not very high in relationship to this, one of the places that is going to indicate the extent, or the method, or the means by which the individu

is controlling his tendency to be too overtly emotional labile, ⁰⁰²¹² is going to be what happens with the comprehension subtest. The comprehension subtest because the Comprehension type of item represents in an individual general adjustment, a sort of a way in which he uses procedures, methods, compulsive behavior to keep him ~~in~~ in control. Therefore if you have $Fu+$ in the formula, the tendency on the part of the Comprehension begin to move up very high, you have an indication that the individual is going to keep his emotional lability under control by some kind of intense compulsive behavior which keeps him from getting in any kind of situation on the basis of which he is going to lose control. Ritualistic, he becomes extremely ritualistic because he uses his ritual as a means of maintaining control. ~~On~~ On the other hand if the Similarities test begins to move up, like as I say it has a tendency to do pretty consistently in the healthy F individual, or generally healthy individual, if you get $Fu+$ in the formula, that is the very high Similarities, the individual is moving in a direction in which there is much more of an inhibition if you will of his emotionality. That is, he's moving in a direction in which he recognizes that there is a tendency to lose control but the individual has used a considerable amount of tension in order to maintain his control. So an $Fu+$ individual is going to be ... let me go back again a minute and talk about an $Ec+$ individual -- he's defensively non-E. He is defended against being E, and even can move into the direction of that defense that he can actually repress E, on the basis of which he ~~he~~ thinks that he is I. $Fu+$ does not carry the p repression component with it, and so therefore the individual is

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not defensively non-emotional when he is Fu+. The individual is intensely engaged in suppressing anything that is likely to cause any very great emotionality. So he is emotionally non-emotional. Therefore Fu+ is a very good one in an individual of rather marked tension. It is a tension state. And it is a tension state which is a tension state directed against the individual's tendency to lose control. Consequently, an Fu+ individual is a person who knows he's emotional, and he knows that he is too emotional or too sensitive or ~~too~~ too close in the direction of being confused, and is therefore intensely engaged in trying to prevent a confusion state from taking place. Now this is different than an Rc+ individual. Now an Rc+ individual, now again this means the very high Similarities beginning to occur in the R individual. At this particular point the R individual becoming very good on the Similarities kind of exercise is moving in a direction of which he feels he is becoming more sensitive. Therefore in a sense, it is a more comfortable adjustment. An Rc+ individual is likely to be more comfortable because he is an individual who has a feeling that he has learned to control something. The Fu+ individual is very aware of the fact that there is something he might lose control of and he's not sure that he can control it, causing him to be tense and in a sense much more non-responsive because the Fu+ in certain circumstances is going to be afraid to respond, because if they respond they're likely to respond too ~~much~~ much. The Rc+ individual on the other hand is never going to be afraid to respond because in most instances they're going to feel that they have learned the way to respond.

Question: Does that mean that the Rc+ has more control, natural control over his emotions or sensitivity than the repressed Fu+?

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Gittinger: Suppressed Fu+, never repressed. The Fu+ to me is never a repression. An Fc is a repression, that is, the person who is denying his ability to see relationships. Fu+ therefore what your question was "Does that mean that the Rc+ has better control of his emotions than an Fu+?" I suppose this is a place where value judgments have to come in terms of this. In general, I would say yes, the Rc+ has more control over his emotions. That is, the control that he has in terms of this is in a sense a rationalized feeling that he knows what is right and knows that what he is doing is right. Now the reason that I say a ~~xx~~ value judgment in terms of this is that an Rc+ individual may become completely convinced that something is right when it is really wrong. Consequently, a characteristic of an Rc+ individual, he can be extremely prejudiced and be completely comfortable in being prejudiced.

Q. Unrealistic?

G: Well it can be unrealistic. Now all Rc+'s are not necessarily unrealistic. But an Rc+ individual, if he is taught over a period of time that ~~a~~ certain things are a certain way, this is why a characteristic of an Rc+ adjustment, and the word that I use most frequently in terms of this is that there is a moralistic cast in the Rc+ individual. He doesn't know what's right or wrong. Let's again, that's an overstatement. He starts out not knowing what's right or wrong. Therefore he has to be taught what is right and wrong. And therefore if he is taught and becomes convinced that he has been taught what is right, he is comfortable with what he is taught is right. This is the area which I would say would come in terms of prejudice. It becomes a prejudice in

the sense that because he becomes so completely sure that his judgment and the way that he's seeing relationships is the right one and it is justified by whatever is the authority that he has grown up with. He is comfortable in the sense that, let me use this rather vicious example, and one that I use often in terms of this, and by a vicious example is ~~xx~~ that it's subject to great misinterpretation. Either an individual who is ER or IR as an initial response state, as they begin to move and grow up over a period of time, begin to have better than most people an awareness that there are a lot of things that are going on around them that they do not see and they do not understand. The life experience of an R carries with it a tendency for an individual to become more aware than usual that he's missing a lot of things. Again, this is due to what I call the tunnel vision, the one-track mindness, the tendency to be taken by surprise which I've talked about in the R individual. And that therefore one of the things that he is much more aware of than anyone else is the fact that there are things going on around him that he's got to learn something about. He's got to learn. This is moving him in the Rc, the high Similarities direction. He's got to see things, learn to see things or learn to understand things. Now either an ER or an IR if they begin to move in a direction on the basis of when they get to be adolescents they're going to be much more willing to be people who'll say in a sense, "I don't understand a thing about people." or "I don't understand a thing about myself." And they are likely to move in terms of this, when they go to college is that one of the courses they're initially going to be most interested in is going to be a course in psychology on the

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basis of which somebody is going to tell them how to understand people and how to understand in a sense to a certain extent themselves. The F individual is also going to be interested in psychology, but there's going to be a different kind of interest that he has, in a sense that he's looking for a means of control rather than the direct means of understanding. But to come back to that, I'm talking about the ER and IR in terms of this going into a course, and the vicious example that I'm saying is that it is quite possible, much more possible with an ER or an IR than it ever is with an IF and an EF, that if you give them a course in say they go to medical school, and they get through with medical school and they get ready to specialize and that they say I do not understand any, I want to be a psychiatrist and I don't understand any psychiatry. You put this kind of an individual, and particularly if he's in the Rc+ direction, you put him in a course in psychiatry which has a well defined curriculum in terms of this, on the basis of which he is taught how to understand people. He can come out of that particular kind of a training with a feeling that is very precise, "I didn't use to understand people. Now I have learned to understand people." Now do you get the little bit of the Rc+ quality that I'm talking in terms of this? "I didn't understand, I've worked very hard, I've learned it." And they are likely to get fixed in a sense in terms that of learning. Again, this is what I'd call prejudice, sometimes you can use the word logic-tight compartmentation. An Rc+ individual is quite capable of logic-tight compartmentation in the sense of which they have learned that something is right and are logic tight against anything that is any way, shape or form going to interfere with what they've learned because they understand it. they are comfortable with it.

Now an Fu+ individual, to try to use the example that goes in terms of considering a course in psychiatry and he comes out a psychiatrist. Part of the sensitivity, if this is the word used and part of the awareness in terms of this is that he is much more aware of the fact that everything that he's been told, he doesn't really completely understand, or that he doesn't really buy. He may do one of two things. He may become disillusioned, "To hell with psychiatry. It's not teaching me anything." So he quits. Or he stubbornly moves into the direction and the Fu+ psychiatrist is going to be an individual who is very aware of the fact that he doesn't understand as much as he should but he will stubbornly insist that he knows it, ~~xxx~~ ^{he} stubbornly insists that he knows it because there is an awareness that he doesn't. Now there's a difference, what I'm trying to differentiate between is stubbornness and consistent, I guess would be what I'm heading in terms of. An Rc+ has a considerable capacity to be consistent, that is they're consistent because they've learned something, they're comfortable with what they've learned, they have no particular need to defend one way or the other about it.

An Fu+ is likely to have much more of an element of stubbornness because the point that I'm trying to get across, a person has no need to be stubborn unless there is an ingredient of insecurity. And the Fu+ individual is never able to completely get rid of his ~~xxxxxxxx~~ insecurity. So consequently, in terms of this, you make an individual Fu+c+, making at the end of this, this highly conventionalized, high degree of ritualization or compulsivity, Fc+c+, you have got a person who

probably has a considerable amount of tendency to be compulsively engaged in never letting anybody see how he feels about anything. Compulsively engaged in not letting anybody see how he feels about anything because he is afraid to show his feelings.

Now the R+c+, this is going to be an individual who is going to show a great deal of feeling because he has learned the procedure, and the method and the way to begin to be extremely overtly feeling, understanding and relating.

Fu+c+ compulsively engaged and this is why even F, one of the things that people keep mentioning to me every once in a while, "That's the most R-ish person I ever knew." And yet the test says they're Fu+c+. Well, the minute that you get Fu+c+ in terms of that, you've got an individual who is going to be engaged in some kind of action to avoid showing feeling. This is not defensiveness. This is not the lack of awareness of the Ec+ kind of thing. It is almost, and it is a tense movement in the direction of not allowing their feelings to influence their ~~judgment~~ judgment. I mean for example, let's take an individual and make them EF. This is a person who is likely to show their feelings too much. This is a characteristic in terms of this. What is the adjustment that the individual is going to have to make in terms of that? The adjustment is going to have to be in the direction of the control of that particular kind of feeling. Now the two things that an individual can do -- he can remain an Eu on the basis of which there is a sort of an anxiety state because he has not been able to control his tendency to be reactive, or he can move in a compensatory direction, moving to Ec, making him an internalizer. Therefore a characteristic of an Ec Fu+c

individual, a characteristic in terms of this is that they are moving in the direction of rationalizing and a direction on the basis of which they're controlling their tendency to allow their feelings to have anything to do with the judgments that they make about people. Therefore, in terms of the feeling state, the Ec Fuc+ has is that they have a very strong feeling that they have overcome any tendency to be irrational by becoming extremely rational, objective. And that it's almost always you will find in a characteristic and it's not a and oftentimes it is partly true, except as it is mainly true, there is the characteristic of the Fuc+ individual on the E base to be a person who overestimates the fact that they are rational and therefore are not aware of how emotional they are when they're being rational because they have

Now turn it around, this is again one of these tricky concepts that to me is very important but is hard to get across. The tendency of the Ec Fu is to be emotionally rational. The characteristic of the Ic Fu is to be rationally emotional. Now that's a very important switch because the thing in terms of this, one of the characteristics of an I who is Fuc+ one of the things in terms of this, they are likely to be the most overtly emotional of all because they have rationalized in their relationship in the way on the basis of that they can be extremely rational in the way in which they're emotionally relating to people. Now, you have the characteristic ~~then~~ then of the IF individual, who is a very emotionally outgoing person in a rational way and the E Fuc who is a very cold, non-relating and non-responsive individual in an intensely emotional way.