

The idea of calling it Activity Level was the belief that it really had a great deal to do with what we would call physical activity. And the general principle for a long time was that essentially a high Digit Symbol is more or less indicative of a person who is, in the general word, aggressive, intense, driving. This would be the idea of the high Digit Symbol or high Activity Level that there is a drive in the individual. And the important thing when you talk about this drive was that an A individual could show intensity and drive and get away with it better than a U individual could show drive. Because the U individual when he gets to be a driving person becomes very objectionable, becomes very hostile. Therefore the U individual, to make the best adjustment in a sense,

cannot be too aggressive. So that originally it looked like the
Digit Symbol was clearly, positively, an indication of this particular
tendency toward an individual to be aggressive, active and in a sense
outgoing. But over a period of time, the difference between the
internalizer and the externalizer began to show up, in what
I was trying to talk about yesterday, in that because of the nature
of the Digit Symbol task, which is in a sense an internalized
activity. That is, you have to pay attention. You have to really
be motivated in a sense to do what it is that the task itself calls
for you to do, that the active aggressive internalizer is less to
be willing to withdraw, to do the Digit Symbol kind of a task.
Therefore a low Digit Symbol many times in an internalizer is an
indication that the person is physically active, rather than physi-
cally passive. And therefore an ~~internalized~~ internalized individual
who has a high Digit Symbol is usually relatively passive, withdrawn,
introspective. An externalizer who has a high Digit Symbol is in-
tensely alert, would be aggressive, controlled, overcontrolled. So
there's much tension involved in a high Digit Symbol in an E in-
dividual than there is in the I individual, in this sense that I'm
talking about that the high Digit Symbols in the internalized in-
dividual, that is generally an indication that the internalized
person is tending to be preoccupied, passive, introspective, or
passive and withdrawn in particular. Some high Digit Symbol in-
dividuals who are E, that high Digit Symbol is an indication of the
possibility that they are introspective. That is, they are self-
involved, they are intensely engaged in trying to evaluate their own
feelings, preoccupied with themselves. But now the other thing

that I talked about last time was the complication that comes in terms of this, in the sense that just the attitude that the person is taking toward the test is likely to show up more in the Digit Symbol than in any other one test. That is, if he is motivated, he is likely to do pretty well, because he tries to do the task. If he's not motivated, he sort of does it haphazardly. Remember now, the score is based on how much the individual does in the certain set time limit. And consequently an individual can be hostile toward the test and not be willing to pay the attention necessary to do the task, which will lower his Digit Symbol. Or he can be so depressed and discouraged that he doesn't do well on the test. Or he can be organically impaired, because the Digit Symbol is one of the best tests of picking up a certain kind of organic impairment, on the basis of the ability or the inability of the individual to focus on the task is very definitely influenced by certain kinds of organic difficulties. One of the rather tricky ~~things~~ things in terms of this is that if you remember the test at all, one of the symbols at least in the Wechsler, the WB-1, the first time it was put out, was a reversed N. Now there were a lot of people who had a tendency with that reversed N, to turn it back around and make it a straight N, and it was an error. In the second Wechsler, in the WAIS they did away with the reversed N. Now we keep the reversed N, because this reversed N is one of the very definite indicators that an individual is likely to have a certain kind of, in some cases, organic involvement. So it gives you a little better indication of the mood the person is in when he's taking the test. It's a very confusing one but as long as you think in terms of activity level, but in

obsessive as a means of controlling his tendency to be too Iu, the individual is going to be over-committed to activity as the ^{means} ~~means~~ ⁰⁰³³⁴. Therefore an Iuc⁺ low Digit Symbol individual is a very active E-looking individual. An Iuc⁺ high Digit Symbol is not going to be nearly as socially interpersonally active.

Beverly: The Iuc high Digit Symbol, he's not as physically active?

John: He's not as physically active but he's mentally active. What an Iuc individual can do is he can become engaged in some kind of a mental procedurized activity which keeps his mind from wandering. The primary problems that an Iuc individual has, is that he has a tendency for his mind to wander in such a way that he loses contact. The primary dynamic of the Iuc individual and particularly the Iuc⁺ individual is that he has to do something to keep his mind from wandering. The two things that he can do are he can be physically active, keeping him in contact, or he can be mentally ritualistic as a means of keeping himself in contact. An Iuc₋ with a high Digit Symbol one of the things that he can do, as I mentioned the example last time of the priest who is not being active, will ritualize by reading his Bible. You see them do this often, or saying a catechism or doing some kind of activity in this inactive way, which in a sense at a relatively superficial level keeps him in contact. I also mentioned in the past that an Iuc individual and an Iuc individual with a low Digit Symbol, and the low Digit Symbol now begins to indicate that the person needs some kind of external activity to keep him pre-occupied. I mentioned that one of the characteristics of an Iuc

44.

individual, particularly if he has a low Digit Symbol, but it even
can be in a high Digit Symbol state in some cases, is that the minute
they move into a room no one is in, they are isolated. They have to
turn on the radio, because the radio in a sense is a means by which
they can keep from getting out of contact. Now an Iuc+ individual
with a high Digit Symbol, might be a person who spend a great deal
of time listening to music. Now he's not being physically active, but
he is very dependent upon some kind of external stimulus, to the
basis of which he can lock himself into to keep from allowing his
mind to wander. Now the difference between an Iuc and an Icc is that
the Ic is oftentimes able to develop a certain kind of internal dis-
cipline on the basis of which he doesn't need as much external support
to keep occupied. The example that I gave several times in the past
in terms of an Iuc individual having to study, oftentimes they can
study better * with the radio on because the radio helps them pay
attention. With an Icc, it's not going to make much difference
whether the radio is on or not because they have a capacity to be
able to discipline themselves to do what it is that they're supposed
to od. The Euc individual, what the Euc is concerned with and where
the Digit Symbol comes in terms of this, the Euc is likely to be a
kind of an individual who is very vulnerable to distraction and needs
some kind of something that will keep him in control so that he will
not give in to his distractions. The things that he can do in terms
of this, and he's much more likely to do it than the Iuc, the Euc is
going to be much more inclined to find some kind of ritualized, in-
ternalized activity which keeps him busy so that he will not respond

to distractions. An Euc, the first thing that he would want to do if he had to study is to get into a room, if he could, his ideal would be that he's block off the windows. Because he would sit there and nothing would distract him. The last thing he would want to do is turn on the radio, because if he turned on the radio, the radio is likely to pull his attention, rather than enable him to keep his attention like it is in the Iuc. ^{He} ~~It~~ is likely to be very distractible. The Ecc, on the other hand, is the one who in a sense has disciplined himself into a certain way on the basis of which he forces himself to continue to operate even in the face of distraction. One of the major PAS concepts that we haven't talked about is this concept of tension. And tension in a sense, an Icc or an Ecc, there is going to be an element of tension in both of these adjustments because the person has not completely disciplined himself not be ~~was~~ aware of distractions. What he has disciplined himself to do is, if he's Ecc or has external distraction, what the Ecc is likely to do in terms of this is force himself in a direction in which through a certain amount of tension he continues to be proud of the fact that he can work in a distracting environment. But in that distracting environment, the effort that is necessary for him to do it results in a kind of psychological tension state. So consequently an Icc individual is consistently or an Ecc individual is consistently tense. An Iuc or an Euc individual has a tendency to be tense some of the time and not tense another part of the time. To a certain extent, one of the worst/ tension states that can occur is in the Iuc or the Euc individual who is consciously aware of the fact that they are ~~xxx~~ likely to relax in a way which is a negative way for them. That is,

the Euc has a feeling⁴ that "If I ever give in, I will be too involved." Therefore their primary surface adjustment pattern is more likely ⁰⁰³³⁷ to be indicated by anxiety. The person is anxious because he is very aware of what is likely to happen to him if he doesn't hold on for all his worth. The Ecc is likely to be less anxious but more tense. What the Digit Symbol begins to ~~ix~~ indicate in terms of this is in what way or what direction is this tension likely to manifest itself. The low Digit Symbol in the Ic is an indication that the person disciplines his tendency to be too withdrawing by being an active, relating person. A high Digit Symbol in the Ic individual is an indication that the person is using some kind of mental activity primarily, disciplined, appropriate mental activity as a means of not being autistic or purposeless. An Icc individual with a high Digit Symbol who is intellectualizing will have a considerable amount of feeling of hostility and feeling of disdain for any kind of mental activity that he considers a waste of time. An Ecc individual is likely to have the feeling that in terms of the expenditure of any particular kind of behavioral motor type of activity, that he'll be quite controlled in relationship to that because he will not be willing to do purposeless or waste his motion. A low Digit Symbol Ecc is a person who is engaged still in a certain amount of relating to people. He's still moving somewhat in the E direction, but the low Digit Symbol indicates that he controls his motor movements in his overt behavior in relationship to other kinds of people. He does not become too responsive. A high Digit Symbol in the Ecc individual is an indication that he is moving much more into the direction of using mental activity as a means to avoid being too relating and too res-

ponsive. The high Digit Symbol is an indication that he's not going to be nearly as E in his behavior. He's going to look more like an I. An Ecc with a high Digit Symbol is going to look like an I. An Ecc with a low Digit Symbol is going to be E in his behavior but is going to be a very controlled, cold kind of an E.

Now I pulled those two out of, actually both of these people have migraine headaches. And this is the test in terms of migraine headaches. Now one of the ways in terms of which you explain this, or why you would begin to talk of something in terms of this is you've got an individual who is Iuc Futc A+uc_. Without taking anything else into account in terms of this, this individual as an Iu has a tendency toward autistic retreat, withdrawal, schizoid, a certain amount of lack of control fundamentally. However, he's done something about it. He's Iuc. He's F and he's ut. That u_ means in terms of this that this is an extremely tense, conscientious individual. All right, he's tense, he's conscientious. Therefore, he among other things in relationship to this, he cannot allow himself to become too autistic. He has a tendency to withdraw but has a strong conscientious structure, which makes him feel very ashamed of the fact that he wants to withdraw. He's A+u, and as A_u in terms of this, one of the adjustments that he could have made and probably did make at some particular point in time would be that this could be an individual who's socially very responsive and very reactive to avoid being Iuc. However, you notice that strong c+ at the end. There is an indication here that he has very strong anxiety about his social interpersonal relationships. Then you add out here, the high Activity Level. Now what does that high Activity Level indicate? The A+uc_ indicates this is an

individual who can not really be very responsive in social personal relations, who conscientiously cannot really withdraw and retreat⁰⁰³²⁹ to a schizoid adjustment. One of the ways that this kind of an adjustment can manifest itself, because neither can he be socially active nor can he be withdrawn, why wouldn't headaches be when the tension and the tension that would come in that, one of the ways in which that particular adjustment would be manifested? Because conscientiously he cannot be socially responsive or can he withdraw giving him an inhibited state ~~wix~~ which is an extreme tension one. If you gave me this one I couldn't say without a doubt that he had a migraine headache. But the fact that he has a migraine headache would be certainly consistent with this adjustment because the adjustment pattern that I can put in this, this is a very inhibited, tense individual who is having great difficulty in learning how to relate and is not really moving into a withdrawing state.

Olga: Does migraine give you a chance to withdraw~~xxxx~~ ?

John: It is a way to withdraw which is certainly not nearly as frightening as is the withdrawal that the Iu individual is very close to. Remember now, a primary dynamic is that the Iu individual is fearful of losing contact. And losing contact is a very frightening thing. Therefore, much of his adjustment is going to be put on the basis of making sure of doing something about not losing contact. One of the ways of making sure that you don't lose contact, there's

many an I that will use contact types of activities to make sure that he's getting some kind of help in terms of relating, or an Au in terms of his social interpersonal relationships. He can be socially very active to avoid the danger that comes in a sense of being in a situation where there's not something to keep you in contact. One of the early symptoms of this kind of individual is likely to be insomnia. He'd be afraid to go to sleep. A person who is afraid to go to sleep and is very anxious about relating and responding to people, is in a real bind. A real bind on the basis of that it is going to create a great deal of tension. And if he has a propensity for a migraine headache, he activates a migraine headache type of thing. I'm not saying that a migraine headache is psychosomatic, don't misunderstand me, because it's too clearly explained by other kind of terms. But this kind of an individual if he has a tendency in this direction, the psychological makeup is much more likely to precipitate itself in this particular kind of a direction. I could say without a doubt that this individual is going to suffer from headaches. Because a headache, the dilemma, if you have a propensity in that way, this is likely to be one of the ways in which it will show up. You could get some hysteric manifestations sometimes in this kind of individual, but all of them are not hysterics.

Sadie: This is an adult formula. Could the same thing be apparent in a child? I mean the same type of formula, in a younger person?

John: Yes, it could, it would manifest itself in a different kind of way.

Sadie: It wouldn't necessarily be in the headache or insomnia or something, it would be in temper?

00341

John: As a matter of fact, this particular pattern in a relatively small child, and by small child, I'm going to talk about somebody twelve or thirteen. It is likely to manifest itself by something like tantrums, unexpressed debilitating rage. That kind of a child would be, particularly with this A+ -- this is an individual that a great deal of attention would be paid to. And he would have a great deal of expectations, hasn't really developed any particular discipline other than this, than moving in this direction of being conscientious, which is what the u+ is beginning to get, overly conscientious. That would be less likely to be in the child. As a small child you would have a history of him having rage and he would be punished because of the fact that it was a sort of meaningless tantrum-like rage. He conscientiously overcomes the tantrum like rage and the mere process of doing that creates a different kind of tension state. In a sense, this person could gain some relief out of tantrums.

Cleo: What effect does the Digit Symbol play in this.

John: Well, the Digit Symbol is a very definite indication of the fact that the individual is not moving out in an E direction. He's internalized. You wouldn't talk much about headaches if you had the low Object Assembly in this same one, the individual would be much more inclined to rather an inappropriate, purposeful E-like activity. This would be an overactive person, if there ~~were~~ was a low Digit Symbol. He'd be overactive and he would be even sometimes inappropriately overactive because he'd be so busy engaged in trying to be active to avoid the tension and the thing in terms of internalizing.

Theoretically, we were going to talk about therapy, and even although it might not cure his migraine headaches, it certainly ⁰⁰³⁴² might in a sense prevent a little bit the number of times it recurs. If you could teach this kind of an individual to engage without anxiety in some kind of rather intense activity, you would do something about it. This one we were talking about is a candidate for sensitivity training. This would be a very good one in the sense that he probably in these terms, if you can get rid of a good deal of this social interpersonal anxiety, get him to the place in which he can learn in a little bit better way to relate, you're going to decrease the tension that he's in. That will not necessarily cure the migraine headaches but it might go a long way toward keeping them from developing as frequently. You can cut down their incidence and that would be part of the therapy.

Now the second one, which is also a migraine headache, E+c+u, an H+ activity level out here, a very high one. If you've got an individual who is E+c+u, the thing in terms of that is that you have an individual who has defended strongly against his tendency to be too E, but has not developed any particular ability to do this by any particular kind of mental activity. E+c+c, at least the individual is moving in the direction on the basis of which he can spend a certain amount of time in intellectualized activity, to avoid being too You've got an extremely tense, inhibited individual in terms of this again with this indication of highly ritualized moralistic behavior. Social interpersonal anxiety is not being picked up in terms of this, because this isn't the place that anything is happening. This individu

is intensely engaged in trying to relate appropriately. The first person is trying to do neither, neither to relate nor withdraw. This individual cannot withdraw into any kind of an internalized activity. He is conscientiously engaged in trying to relate properly but the H+ indicates that he is very tense about how he is doing it, that he is very much disturbed because he cannot learn how to be socially effective. This gives him a tension state and again you can say one of the things is that you could predict in this guy's case that any time you place him under strong interpersonal stress on the basis of which he has to behave in a certain kind of way, you are likely to increase his tension state to the place in which he is likely to come up with headaches. If he has the propensity for migraine headaches, this is one of the ways that it would come out.

Olga: To go back to what you were saying about the variability of the Digit Symbol, in these migraine cases, I wonder if maybe even at a broached H, they would probably have some way of testing it and I don't know of any way that you could test it without contaminating a factor of factors, would you predict that the E would be less variable with regard to the Digit Symbol than the common migraine cases?

John: Yes, very definitely. And again you can't tell if you can't test it, other than it's in the migraine. But the thing is it would make very little difference how many times you give him the test, they would always come out high. Rather than the usual one, that is if I got this one, and it is someone who had no history of migraine headaches, and we weren't talking about migraine headaches, and I

44

saw that H+, one of the things that I would say in terms of that is this guy would be very cold and distant part of the time and very ⁰⁰³⁴⁴ discouraged and depressed part of the time, but that he would work pretty hard to try to appropriately relate to people. And some of the time he would be high Digit Span, sometime he would be low Digit Span. But he might even say, "I get very tense," and as a matter of fact, the other thing in terms of this is if you have a propensity toward it, this E+c+u individual would have high blood pressure, is likely to be one of the things that would develop in this kind of an individual, because the tension state on the basis of which he is involved in trying to keep from being responsive can be reflected by a tendency for him to move into the direction of a hypertensive state. Because he's driving himself by tension. This top one up here, one of the other things in terms of this, they might end up with an ulcer rather than migraine headaches because their internalized increased tension is the propensity that they have to develop, it would manifest itself as an ulcer. So you'd say this is a high blood pressure type, this is an ulcer type; yet, there are many other kinds of things depending upon the physiological makeup of the individual that these same kind of pressures can manifest themselves in.

You know that there's always been ~~xxx~~ stories in the literature for all time about the migraine headache type, always obsessive, compulsive, highly conscientious. The thing that these two people have in common is they are both highly conscientious individuals. And there are indications that there is an extreme amount of tension and not particular comfort in the adjustment that he made to do those

things which they conscientiously think they should do. This second individual, if he was E+c+c+ with that H_ in terms of this, he would be conscientiously engaged in being an intellectual. But he would be a very tense overconscientious --- there would be extreme tension ~~and~~ involved in that but he would be a conscientious intellectual. This guy is trying to be conscientious, social, now you put the term affectionate as being one of the things in terms of it. This guy would have a very definite need to be affectionate but would very strongly controlled against manifesting that affection by the ordinary way/ E"s show affection. He cannot be a demonstrative person.

Olga: But, if you could follow him around would you say that, would it be easier to predict the onset of his migraines?

John: Very definitely. I also would say that in terms of the generalized personality characteristics, this person would fit very definitely in the textbook description of the migraine personality. This top one, there would be some very confusing aspects of that on the basis he didn't fit the pattern in quite the same way because the pattern is being manifested in a different way. There is more ambivalence, much more ambivalence in this first person. This is not an ambivalent person here in fact he would be much healthier if he were more ambivalent.

Perfectionistic, over-conscientious, intense, involved. This has always been a debateable concept, mainly because I don't think anyone has ever been willing to go on record as saying that migraine headaches are psychosomatic like they say about some other kinds of things. And there's a lot of discussion as to whether the migraine

headaches make the personality rather than the personality makes the headaches.

Olga: Like epilepsy, maybe?

00346

John: Yes.

Olga: There's supposed to be an epileptic equivalent. The same ordinant would hold for the epileptic type personality.

Cleo: But migraine usually starts in adulthood, doesn't it?

John: Yes.

Bev: So the personality would already have been there?

John: Not always. But it is my contention that there isn't any such thing as a migraine pattern in the PAS, that it is always a possibility. There are certain ways in which you can explain that possibility.

The thing in terms, this second one is a very common pattern in ~~epileptic~~ epileptics. And all of them who have this are not epileptics but if a person has this particular propensity, and this is the way that it is, this is likely to be one of the ways, that will precipitate it a little bit more, frequently.

Now ~~w~~ epilepsy is quite a different kind of a thing because it usually shows up at different periods of time.

(Gap)

...unreliable this is and how much information you need to know to really be able to evaluate it. But there is one artifact, meaning something that happens, and that it happens in such a way that it masks anything else that the test indicates. And the one thing in terms of this is because of the nature of whatever it takes for ^a person

to be able to learn to be effective in shorthand, that a person experienced in shorthand taking the Digit Symbol is likely to knock the top off the test. And this is because they know shorthand, not because they're extra high Digit Symbols. And certainly in the past, occasionally when a trained secretary or something like that would take the test, you could look at the test and if you didn't know that you had the test of a trained secretary because of the abnormally high Digit Symbol that comes out with a person that has that particular type of experience. Consequently, anytime there is a really extraordinary, and I really mean it in terms of this, because in most cases they are likely to be able to kind of hit the top of a weighted ~~xxx~~ score in relationship to this. The individual with this particular kind of a score is more likely to have some kind of specialized training, that is, influencing their Digit Symbol performance. Another thing I think is still relatively true, this relates to normal level is that the original Wechsler Bellevue, the WB-1, on the basis of which a great deal of the whole PAS is derived and which the ~~so~~ so-called WBG is a contamination, and the WAIS, is that in the WB-1 Picture Completion and Digit Symbol was the weighted score, the way they were derived in terms of that, it was almost impossible, for anyone to get a score higher than 15 on the Picture Completion and a score higher than 15 on the Digit Symbol. And ~~x~~ consequently whenever that 15 Picture Completion and the 15 Digit Symbol began to indicate, they'd show up on the test, it began to look like low scores if you will when you got into higher Normal Level groups and that you have to really take this into account even in terms of the

WAIS, because in the restandardization of the WAIS, they sort of arbitrarily began to develop a higher ceiling for picture completion⁰⁰²⁴⁸ and the Digit Symbol. And, in doing this, they caused to a certain extent, both Picture Completion and Digit Symbol to rather arbitrarily and rapidly begin to move up based upon very small changes. The essentially normal weighted score ~~xxx~~ on the Picture Completion in the WB-1 for someone who did very well on the test, they would get 14 and 14 would mean that the only thing ~~xx~~ they missed ~~was~~ the last item which was the eyebrow item on the other test. By adding the additional ones, some of which we took out in making the WBG, the scores of 16, 17 and 18 are beginning to go up, beginning to climb much too high in relationship to this at the same time, so whereas in the WB-1, there are some people who have abnormally low Picture Completion and Digit Symbol scores because they have high Normal Levels, now in the WAIS there are some people that have abnormally high Picture Completions and~~y~~ abnormally high Digit Symbols because of the changes that they have made in the test. In addition~~x~~ to a person's mood, in addition to a person's activity level in the normal way that I talk about that, there is a third factor that can ~~xxxx~~ cause a misinterpretation of the Digit Symbol and this is one of the very definite problems so far as the test is concerned, because I think you can tell from the things I've said about this, the Digit Symbol is an extraordinarily important concept in the interpreting of the PAS, yet the measure for this is the most unreliable, most unpredictable and the most difficult anywhere along the line. Other bits and pieces of things that I'm not sure I've talked about in

relationship to this, is to go back and talk about the Object Assembly. 00349

The Object Assembly has a little bit of what I would call again using my term, artifactual relationship to it. But it is a little bit more meaningful in this sense. I notice this most strikingly in the hospital/ population, that I sort of started with the PAS on, back 25-35 years ago, in the sense that when you have people taking the test (and this is relatively important anytime and I'll use the word primitive for want of a better term) an effective primitive group of people, one of the things that happens on the Object assembly is that because the people who grew up in a relatively primitive or one which depends upon a certain amount of mechanical type skills, for example, the two groups of people in the old hospital group that I often talk about, who had high Object Assemblies were, to a certain extent, relatively low level normal level individuals who had either, for example, women who made their own clothes and therefore a person who had a certain amount of experience, a certain learning in a rote way how to put patterns together, oftentimes was able to do very effectively on the Object Assembly, just because they could in a sense do the kind of task that was involved and were not in anyway influenced by the content of the material. The other group were, of course, some of the farmers and the others in terms of this who were used to a sort of do-it-yourself way, in order for them to exist at all, they had to have a lot of a particular amount of capacity of learning how to put things together because their livelihood, their security, everything else depended upon it. So you do find in general

that there is a tendency for low level normal level people to do
better on the object assembly than high normal level people do on
the object assembly. The lower normal level people do what they're
told without putting very much knowledge, insight, psychological makeup
or anything else involved in it, in terms of the task that is being
required. And as the individual begins to get brighter, he is likely
in a sense to be more evaluative, to be more cautious, and to have
a certain amount of his anxiety being picked up by the object assembly.
One of the major characteristics of highly schizoid people and by a
schizoid person I'm talking about a person who is able to maintain
himself very well in a relatively effectively cast way, the sort of
thing that let's say, the farmer's wife in Oklahoma, or the people
who ~~spend~~ spend years as GS 4's and 5's with the FBI, filing fingerprints
or the group putting telephone parts together and so forth without
distraction. That high object assembly in this kind of an individual
is a suggestion that they have a certain amount of capacity ~~to~~ to do
in an ambulatory way different kinds of things which make them appear
to be much more in contact than they are. And as a matter of fact
makes them more effective than they are because of the fact that they
are able to follow rather specifically directions that they are
supposed to follow.