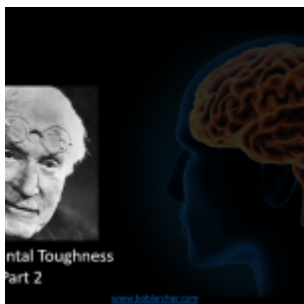


Jung & Mental Toughness – Part 2



In part two of this two-part series I am going to try and superimpose the work of Jung onto the Mental Toughness model.

Concerning the work of Jung; I am going to use the Insights “colour” approach as the reference.

Both Insights and Mental Toughness use a circle as a basis of their model and both use four quadrants to represent their constituent parts.

The upper right quadrant in the Insights model is the home of “Fiery Reds”; those people who tend to be determined, competitive, purposeful, task orientated and like working to demanding but realistic objectives.

In the Mental Toughness model, the upper right quadrant corresponds to Goal and Achievement orientations. **Goal Orientation** being about liking to work towards clear goals and **Achievement Orientation** being about not easily giving up and achieving goals.

The lower right quadrant in the Insights model is where the “Sunshine Yellows” hang out; this is where we find creativity, out of the box thinking, trying things out and participating in new (and challenging) experiences.

In the Mental Toughness model, the lower right quadrant

corresponds to Risk Orientation and Learning Orientation; **Risk Orientation** being about pushing oneself & taking risks and **Learning Orientation** being about learning from everything even setbacks.

The lower left quadrant in the Insights model is where the "Earth Greens" live; our "Greens" tend to be quietly confident in their abilities, encouraging & supportive of others and enjoy sharing.

In the Mental Toughness model, the lower left quadrant corresponds to Interpersonal Confidence and Confidence in one's Abilities; **Interpersonal Confidence** being about influencing others & standing one's ground if needed and **Confidence in Abilities** being about self-belief in one's capacities.

The upper left quadrant in the Insights model is the residence of the "Cool Blues", typically they are somewhat detached and not easily excited, they tend to like (and to respect) procedures & processes. They are analytical and like to know where they are going.

In the Mental Toughness model, the upper left quadrant corresponds to Life Control and Emotional Control; **Life Control** being about believing they can make a difference and **Emotional Control** being about their ability to manage both their own, and the emotions of others.

Interestingly, I am an Insights dominant Blue and my highest score on the MTQ is Control which is completely coherent.

Any thoughts?