PSYCHOGEOGRAPHICS
PsychoGeometrics is based on the notion that we tend to be attracted to certain shapes and forms in the environment because of our personalities, attitudes, education and experiences, as well as the ways in which our individual brains function.
• By identifying our preferred style and those of others around us, we can communicate more effectively.
The 5 shapes we will explore include:

- BOX
- TRIANGLE
- CIRCLE
- RECTANGLE
- SQUIGGLE
The first shape we will explore is the BOX

Characteristics of the Box:

- Hard worker
- Very Structured
- Logical Thinker
- Detailed oriented
- Analytical
- Perfectionist

- Patient
- Meticulous
- Appears Cool, Aloof
- Resistant to Change
The Box:
Loves routines,
Lists, Calendars,
Putting it in Writing,
Promptness,
Neatness,
Cleanliness.
Is a social Loner
The next shape is the triangle

Characteristics of the Triangle include:

- Focused
- Decisive
- Ambitious
- Competitive
- Loves to make decisions for self and others
- Can appear Self-centered
- Overloaded
- Political
- Well respected
The TRIANGLE is

• Informed
• Interrupter
• Game player
• Early Arriver
• Good problem solver
• Prefers small groups
The Rectangle is the 3rd Shape

• The rectangle symbolizes change and a state of flux;

• It is the stage we go through when we change jobs or experience any rites of passage (marriage, birth of a child, etc.)
The rectangle:

- Is unpredictable and may appear to be a different person each day;
- They are in a period of growth, change, learning, and searching
Characteristics of the Rectangle include:

• Open minded
• Exciting
• Unpredictable
• Courageous
• Confused
• Inconsistent
The Circle:

• Really cares about others
• Is a people person
• Will do whatever it takes to make co-workers, friends and family HAPPY
• Best listener
• Is a Weak business manager
The CIRCLE is

- Friendly
- Nurturing
- Empathetic
- Generous
- Easy Going
- Considered Gossipy
- Indecisive
The Squiggle

- Is the creative shape;
- Does not like detail;
- Disdains structure;
- Is future oriented;
- Prefers free-flowing independent situations
The SQUIGGLE

- Is Energized by Change
- Is Spontaneous
- Will Talk to Anyone
- Loses Things
- Daydreams
How do we see things? What is your Paradigm?

• Do we see things differently from our friends?
• Why?
• What do you see in this next slide?
• Did you see both the young woman and the old woman? If not have someone else look at it with you until you find both.
What do you see here?
• Did you see both the vase and the faces?
What do you see here?
• Did you see both the duck and the rabbit?
• If not get someone to help you until you do see both.
• We all see things differently based on our knowledge and past experiences.
• You must shift the way you look at things when you don’t see things the same way someone else does. Use effective listening skills (from Bolton) and assertive statements when necessary to understand others and be understood.
Can you
“Think outside the Box” ??

If you are right, is the other person wrong?
What is your Paradigm?

Can you make a Paradigm Shift?
Taking a closer Look

• Be open to others’ views and ways of looking at things
• Identify their “Shape” and be open to their suggestions