Here’s the 4 personality poster with a description for each quadrant. The photos that were on my training poster offer a great visual in helping others understand how within everyone is the potential to care and to hurt (verbally or physically). This potential is fueled, in large part, by the experiences we’ve had during our lifetime. Inside each of us are these four distinct traits of our personality that define who we are and the way we’re capable of treating ourselves and others.

Staying “above the line” helps us remain cognizant of needing to nurture ourselves and others. The more we’re nurturing, the less we’re hurting ourselves and others. The goal is to stay “above the line” in our everyday life situations. The reasons are even more obvious for the families we serve:

1. If parents practice nurturing (staying above the line) a high percentage of the time, children will develop a very “nurtured” part of their personality and in turn will develop very “nurturing” ways of treating others (keeping their behavior above the line); or
2. If, however, hurting parenting (staying below the line) is practiced more often, children develop the “victim” part of their personality and come to believe that being “victimized” is a natural and frequent part of life. Life as a victim gives birth to life as a perpetrator. Perpetrators are those who victimize others. The training to be a perpetrator comes from experience as a victim.

The Nurturing Philosophy of Life and of Parenting accepts **NO** degree or frequency of abuse and victimization. The inability of adults to take the time and to make the commitment to nurture themselves is housed in the belief that maybe, just maybe, we don’t deserve to be treated with respect **ALL** the time, or maybe we can’t expect to live a good life all the time, that a little victimization now and again helps us appreciate the good times even more. Staying “above the line” must start with us.