

THE SIX LEARNED DISTRESS® TYPES

The Quanta Change® process provides a powerful mechanism for you to uncover the reasons you feel bad and to change that for good.

— Sara Avery, Quanta Change Executive Director



Why do the negative patterns in your life keep repeating?

And why hasn't all of your hard work eliminated those patterns?

It's not your fault!

Learned Distress—the feeling you absorbed early in life that there's something wrong with you—shows up as six distinct types, each of which intensify over time.

The good news: working with Quanta Change, you CAN permanently burn off layers of Learned Distress (no matter what type you are!) to change how you feel and how your life works.

[Click here to take the test to get a free, personalized report with your specific type\(s\).](#)



Are you an Idealist?

You survive by creating and maintaining the illusion that everything is great.

Main characteristics.

- You focus on some ideal way things "should" be, and through this ideal, you work hard to create the appearance that everything is great.
- You bury or deny what feels bad.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Idealist type starts to crumble:

- You have to work harder and harder for the same results, or you no longer get results at all, despite doing what has always worked for you.
- You can no longer keep your negative feelings buried, and your life starts to feel out of control.

Quanta Change potential.

The direction that Quanta Change takes for the Idealist:

- Achieving your goals gets easier. You no longer have to make a Herculean effort to make good things happen.
- You discover what you really want, as opposed to just having to fulfill your ideal.
- You become more comfortable with all of your feelings and with being yourself, and you feel more at ease with other people being themselves.

Are you a Caregiver?

You survive by creating reciprocal dependencies.

Main characteristics.

- You focus on pleasing others, and you work hard to get them to care about you.
- You feel unable to rely entirely on yourself, so you depend on people's approval and support, and you please them in order to get what you need from them.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Caregiver type starts to crumble:

- People abandon you because of your neediness, and you don't get what you need from them.
- You feel increasingly invisible and unappreciated, and you start to resent that you "give, give, give," and never get anything back.
- Your inability to achieve goals on your own becomes overwhelming. You are forced to take care of yourself, and yet you still feel unable to do that.

Quanta Change potential.

The direction that Quanta Change takes for the Caregiver:

- You discover what matters to you, and you discover your inner ability to achieve that.
- You know within yourself that you matter, you begin to rely on yourself, and you enjoy other people instead of being dependent on them.
- You openly express what you think and feel without worrying about what someone will think.

Are you an Optimist?

You survive by having a crisis today to prove that tomorrow will be better.

Main characteristics.

- You focus on the future to feel good, and you believe things will be good.
- You're engaged in a constant struggle, and you always have chaos today to prove that life will get better.
- Your life is a tug-of-war between feeling bad and needing to make things OK.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Optimist type starts to crumble:

- Your crises get too big to overcome, and you're exhausted and frustrated by your struggles, instead of motivated by them.
- You start to fear that things might not get better.
- People who are important to you reject or abandon you because of your constant crises.

Quanta Change potential.

The direction that Quanta Change takes for the Optimist:

- You begin to feel comfortable with being at peace, instead of needing a crisis to feel OK.
- Your crises get smaller in scope and intensity, and achieving your goals gets easier.
- You start to feel that life is good now.

Are you a Defeatist?

You survive by proving that nothing ever works for you.

Main characteristics.

- You often expect something to be wrong, for "the other shoe to drop."
- You don't believe that your actions will make your life good, and you feel that nothing can change.
- You reject or fight compliments or congratulations for something that goes well for you.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Defeatist type starts to crumble:

- You become more and more overwhelmed by what is going wrong for you.
- You feel a tug-of-war between needing to prove that nothing ever works and needing something to work for you.
- People abandon you because of your constant negativity.

Quanta Change potential.

The direction that Quanta Change takes for the Defeatist:

- You let yourself want good things for yourself, instead of fearing disappointment.
- You're able to work towards goals with the hope of success, rather than being sure of failure.
- Things do actually begin to go well and more easily for you, and you allow others to see and congratulate you for that.

Are you a Perfectionist?

You survive by keeping everything under control.

Main characteristics.

- You keep everything under control to feel safe and make your life the way it should be.
- You depend on self-control and you believe that life is about being in control.
- You believe that there is a right and a wrong way, and you make sure to keep everything around you the right way.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Perfectionist type starts to crumble:

- Your life and your negative feelings start to feel out of control, and you feel powerless to overcome being overwhelmed by situations or people.
- The mechanisms you've used to keep things under control no longer work, no matter how hard you try.

Quanta Change potential.

The direction that Quanta Change takes for the Perfectionist:

- You feel more at ease with all of your feelings, and you can relax and be yourself, even around other people. You feel less on guard.
- You start to discover what really matters to you, instead of just what's "right" for you, and you start doing things in your own, unique way.

Are you a Dictator?

You survive by establishing your way as the only way.

Main characteristics.

- You believe your way is the only way, and you make everything happen your way.
- You have to know how life works and what is happening around you; you are a know-it-all.
- You often clash with authority, and you are involved with others mainly to control them based on what you know.

Break down.

Your survival mechanism usually works for a significant part of your life, but then starts to fail. What happens when the Dictator type starts to crumble:

- You meet with a barrier to doing things your way, such as an authority figure or structure.
- People who are important to you reject your way of doing things or abandon you.
- Your inability to listen or collaborate gets in the way of accomplishing goals.

Quanta Change potential.

The direction that Quanta Change takes for the Dictator:

- You can relax and be yourself, admit that you don't know everything, and connect with people on a more personal level.
- You can listen and collaborate, instead of taking over. You can start to work with society's rules and structures in ways that work for you, also.

Are you wondering which type you are? [Click to get your free personalized report.](#)

