

BUDDHIST PERSONALITY TYPES

Conditional Relations from Abhidhamma
6 Baseline Mental Legacies

1. *Kamma*: The mental legacy left by the volition to perform good and bad actions.
2. *Anusaya*: The mental legacy left by unwholesome mental states such as greed, anger, etc., that motivated unwholesome deeds, ie. 7 latent torments.
3. *Pārami*: The mental legacy left by wholesome mental states involved in generosity, morality, etc. ie. 10 *pārami* profile.
4. *Ajjasaya*: liking and disliking that are related to previous experiences.
5. *Vesana*: tendencies that are associated with our past habits.
6. *Carita*: mentality that we cultivated in the past. ie. 6 Buddhist personality types.

Pārami profile

Identify your 3 most developed baseline *pārami*.

1. _____
2. _____
3. _____

Identify your 3 least developed baseline *pārami*.

1. _____
2. _____
3. _____

Index of Latent torments

Identify most active latent torment is from each category:

1. Attachment: _____
2. Aversion: _____
3. Conceit: _____
4. Wrong view: _____
5. Skeptical doubt: _____
6. Delusion: _____
7. Other: _____

What practice will you use to address it?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Baseline mentality - personality type:

Identify your baseline mentality along a 5-point scale from 1- not much, ...3- 50/50, ...5-very much

- | | |
|-------------------|----------------------------|
| 1. _____ Greedy | 4. _____ Faithful |
| 2. _____ Aversive | 5. _____ Discerning Wisdom |
| 3. _____ Deluded | 6. _____ Speculative |