

20 Interview Questions for Steven Kessler **author of *The 5 Personality Patterns***

What's most important about this book?

On the back you say it shows the reader "a path out of your suffering." What do you mean?

You say we can take back control of our lives -- take it back from what?

What's valuable about having a map of personality?

What do you mean "we're not all the same"?

Do these personality patterns distort our view of reality?

How do those distortions affect us?

How do these patterns arise in people?

What do you mean by "we try to keep ourselves safe in different ways"?

What are these 5 safety strategies and the patterns they create?

So is this a set of personality types, like Meyers-Briggs or the Enneagram?

How is this different from the Enneagram or the Meyers-Briggs typologies?

Does a person use only 1 of these safety strategies?

Where does this map of personality come from? Did you invent it?

In the book, there's a chapter on the basic skills needed for inner work -- what are they?

What do you mean by Basic Energy Skills?

How has the book been received? What do reviewers say about it?

How can people learn more about this?

Can they get training in this?

Where can people buy the book?