

# Mood Oils & The Behavioural Matrix

This personality inventory is based on aspects of our character; whether a person is formal or Informal, and Dominant or passive.

<b>Formal</b>	<b>Dominant</b>	-	<b>Controller</b>
<b>Informal</b>	<b>Passive</b>	-	<b>Supporter</b>
<b>Formal</b>	<b>Passive</b>	-	<b>Analyst</b>
<b>Informal</b>	<b>Dominant</b>	-	<b>Promoter</b>

- Controller** - Makes decisions quickly - Wants results - Is very competitive & anxious to same time (\$). Relies on his/her power of personality to manipulate people and handle any and all situations. Often is a little arrogant and needs to learn to be more self-humbling.
- Supporter** - Likes people and is relationship – oriented. Needs to relax, take it easy and take his/her own time on tasks. Seems to enjoy detail work. Looks for Guarantees and assurance and relies on his/her friends for information rather than experts on any subject. Likes attention and acknowledgement. Will always abandon the task to save the relationship.
- Analyst** - Is a data person. Measures his/her progress by the amount of activity that’s going on, if it’s hustle-bustle, he/she feels secure that things are getting done. Is very careful about decisions and always tries to save face or get off the hock (the data was wrong, not me). Relies on his/her expertise when making recommendations and is usually impressed with people who have advanced degrees and supposedly have expert knowledge. Often slow starting a project and often needs external motivation.
- Promoter** - Is a good idea person and salesperson. Seeks applause and lives to work for incentives and bonuses. Continually looks for an easier way, trying to save effort. Is intuitive and relies on his/her powers of feeling when making decisions. Needs to learn more self-discipline.

<b>Controller</b>			<b>Analyser</b>		
Control	Results	Being In Charge	Rules	Files	Order Details
Be the Boss	Leader	Awards Recognition	Information	Paperwork	Figures
Saving Time	Organisation	Disciplined Action	Security	Being Right	Facts
<b>Promoter</b>			<b>Supporter</b>		
Fun	Parties	Exciting	Relationships	Family	Friends
Adventure	Travel	No Paperwork	Helping Others	Making a Difference	
Freedom	Energetic	Recognition	Warm Fuzzy Feelings	Nature	

## THE DOTERRA Essential OIL Blends That SUPPORT These PERSONALITIES

- **Controller – Serenity (Lavender Peace AUS)** – Lavender – (calm) Sweet Marjoram – (effective for reducing inflammation – muscle spasms) Roman Chamomile (Muscle Tension) – Ylang Ylang – (self love – confidence) Sandalwood – (support Cardiovascular – depression – increases oxygen around the pineal and pituitary glands) Vanilla Bean Extract.

The Controller needs balance as well as Serenity – Balance and Serenity regularly used bring the human back to the Controller, along with breathing – fresh foods and regular sleep patterns.

- **Supporter – Elevation (AUS & USA)** – Tangerine – (enhances energy – sedative) Elemi – (antidepressant – stress relief – calm nerves) Lemon Myrtle – (refreshing) Melissa – (anxiety – helps with depression) Ylang Ylang – (joy & peace) Osmanthus - ( smile aroma - uplifting)Sandalwood – (harmonizing – helps with nervous tension).

The supporter is more inclined to being in the background. Needs Balance & Elevation combined to keep the harmony and get the confidence up to move through difficult times.

- **Analyst – Citrus Bliss (AUS & USA)** - Wild Orange – (good for depression) Lemon – (purification – blood stream) - Grapefruit – (98% D-Limonene) Mandarin – (happiness – irritability) - Bergamot – (depression – agitation) Tangerine – (energy) clementine – (soothing & sedating – eases tension) – Vanilla Bean Extract – (another tension easing ingredient).

Because the analyst is always thinking, always planning and always taking things apart, they need to work harder for their joy – Citrus Bliss helps to bring that little sparkle back, and helps the person to let down their guard. Complimentary oil is Serenity (Lavender Peace) for helping to unravel the inner tension.

- **Promoter – Balance (AUS & USA) - Spruce** – (grounds the body – oxygen exchange – emotional blocks) – Ho Wood – Frankincense – Blue Tansy – Blue Chamomile with Fractionated coconut oil.

The Promoter doesn't know when to stop most times, so Balance essential oil blend can be used every day under the feet, along with Serenity (Lavender Peace) at night before bed. Diffusing Citrus Bliss and Elevation during the day alternatively can be very beneficial for the Promoter, to help them keep their cheerful energy up. They must have a balance of fun and play to continue to be an excellent Promoter.

