

Introduction to Structure/Function

How to better understand yourself and other people

by Gordon Stokes

The Basic Principles of Structure/Function

Structure/Function is *behavioral genetics*, meaning that our innate genetic makeup, our DNA, determines our basic patterns of behavior in this life. Because it is so exact and its implications so revealing, we incorporate Structure/Function into all our trainings. Thanks to Robert L Whiteside, it is statistically validated. Statistical validation, however, merely attests to the truth that it **works** – and it *has worked* in one form or another throughout all recorded history and in all known cultures.

To us, there is **no** other skill as *immediate* or effective if you want to recognize and understand your own individual unique-ness and the individual unique-ness of every other human being. Together with the Behavioral Barometer, Structure/Function forms the spine of our Three In One Concepts insight. Take a look at its basic principles. They constitute a clear point of departure from current psychological beliefs.

**From the moment of conception, our
genetic DNA determines our instinctive
individuality**

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**Differences of comparative cell
proportion within individual structure
indicates instinctive differences in human
behavior**

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**More cells indicate more of a given
behavioral function while fewer cells
indicate less of the same function**

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**Genetic DNA determines most of our
response to life, our belief system
influences and modifies or inhibits the
rest**

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**Choice can always supersede structure
and/or life experience**

Psychology has taken giant strides toward mapping general trends of behavior. Its emphasis is on general categories of motivation. It compares the individual with expected "norms" of social interaction. In contrast, Structure/Function is specific. It's emphasis is on the genetics of individually only to that person's own unique structure.

How accurate is Structure/Function in evaluating instinctive individual response? The traits you'll study in UNDER THE CODE are all validated at the 1% level – meaning that what we say about the traits could not happen by chance 1 out of 100 times. Or to put it another way, what we say about a Structure/Function trait's physical indicator and the behavior it out-pictures is at least 99% accurate. (Robert L Whiteside and his staff conducted this study which tested a truly random sample population of 1,060 adults.) You can rely on Structure/Function's information. Be assured: it's accurate and it works!

We'll all unique in our genetic structures and in our experience of life. Just as no one else has exactly the same finger-prints or shape of ear as you do, no one else has exactly the same response to life. (You don't expect a dachshund to act like an Irish Wolfhound, you or a gazelle to respond to life the way a tiger does, do you?)

Still, Type A and C people believe their behavior is the only correct behavior, and their perception the only "right" way to perceive. When they're confronted by their opposite number's natural behavior – which is *different* than theirs – they take it as a personal affront **intended** to hurt their feelings.

What's the alternative to this self-destructive and relationship-destroying line of thought?

The Conscious CHOICE to accept and respect (even "honor"!) another's instinctive behavior. Structure/Function (S/F) is a "given" after all; there's no guarantee that someone will ever change to suit another's belief of what constitutes correct or incorrect behavior. And the best way

any of us can do when conflict comes on-line is to make the CHOICE of *ACCEPTANCE*.

People truly **are** their traits. Either you accept your own structure for the function it represents – or you don't. If you don't, you're in real trouble with yourself. And either you accept others' structures for the functions those structures out-picture – or you don't. And if you don't, you're in real trouble with **them**.

It's really stupid to believe that anyone else in the world has the same life-experience as you have had. Other people experience life on their own terms, not yours. You have your own behavioral patterns, they have theirs. You respond to life in one way, their way may be *different*. It's DNA-determined, after all. You are who you are, they are who they are.

In exactly the same way and for the exact same reasons, it's almost impossible to accurately convey your experience of life to someone else. Oh sure, you can "talk about it." But so what? Only you have lived your life. Nobody except you has exactly the same DNA-determined behavior, or (therefore) feels as you feel.

The real purpose for knowing Structure/Function is two-fold:

1. To know and accept yourself as you really are, not as what you want to believe you are.
2. To know and accept the innate behavior of others, without taking that behavior personally.

With *ACCEPTANCE* comes freedom. And acceptance comes only through CHOICE.

It's true – and it is – that we humans respond to life in a consistent, instinctive way as determined by our genetic programming, then

we'd better acknowledge this fact. Only when we accept our true individual nature can we fulfill its promise.

If you deny that you **can** know yourself, you're at the mercy of every self-appointed "authority" around you – not to mention religious, "credentialed" or elected officials. To **KNOW** yourself is the first step toward taking charge of your response to life and gives you the confidence to manifest what you want to manifest in this world.

The "A/B/C" Evaluation – Is this "Typing People?"

Why the terminology of "Type A/B/C?" This is the least *judgmental* way to describe differences of cell proportion on a given trait. Please remember:

"**Type A**" describes an *extreme Absence* of cells out-picturing trait's function.

"**Type B**" describes a *Balanced* cell proportion with neither Type A or C extreme obvious.

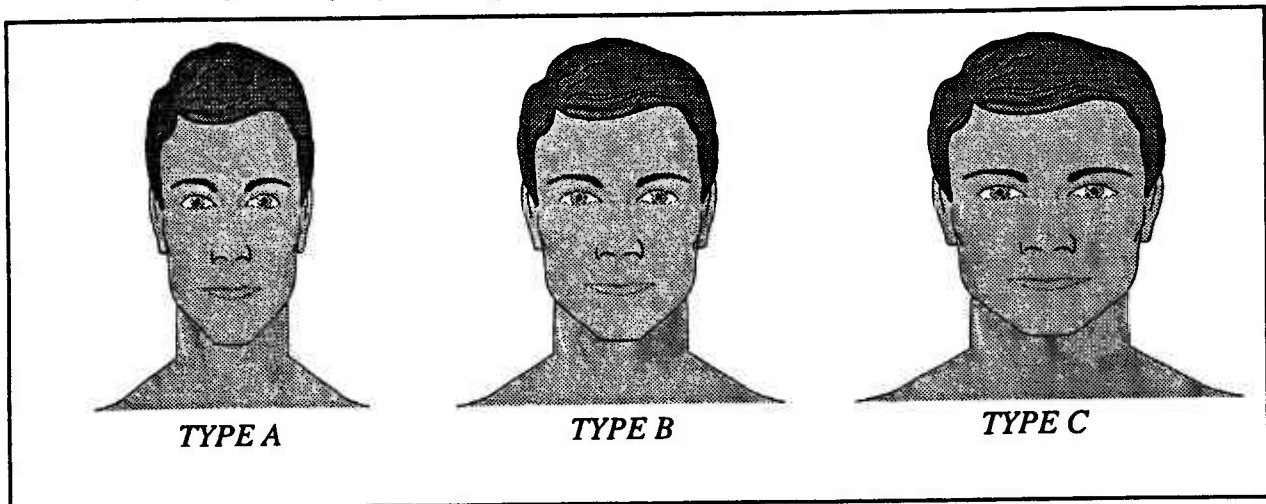
"**Type C**" means the trait out-pictures itself with *more* cells; in fact, a true Type C cell proportion is *extreme*.

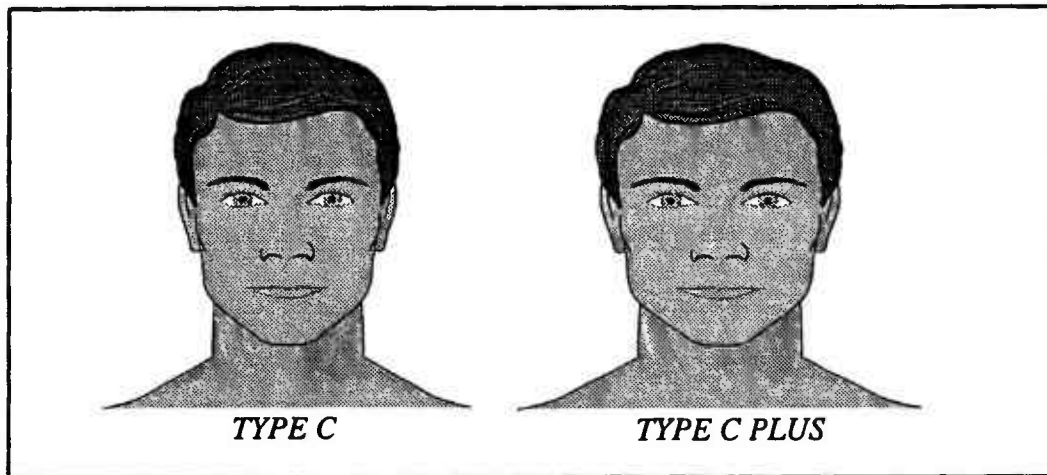
And at this point, many people ask: "*Is Structure/Function a way of 'TYPING' people by their physical appearance?*" The answer is a strong, enthusiastic and heart-felt "NO!"

We are all type A/B/C – It depends on the relationship

And how is that possible? Easily . . .

You may be Type this-or-that physically – and the information you'll learn certainly does apply to you *in general*. But Structure/Function (S/F) is never general. It is *always specific*.





So you're basically Type B on some S/F trait. You can see that in your photographs; you can see it in the mirror. You can recognize B-behavior in your life. BUT . . . what happens when you relate with a Type A of the same trait structure? You become an "instant Type C" *in that relationship*. The Type A person sees you as "guilty of Type C behavior" – even if you don't feel or act anything like a true Type C, you're a Type C in *that* relationship.

Change the relationship, change the trait *function* . . . In another relationship, you find yourself dealing with a Type C person. Does Type C believe you operate as a Type B in that Trait's behavior? Certainly not! *To Type C, you're now behaving as if you were Type A.*

You could be "more of" Type C structure than 98% of the population on a given trait. This means that 98 people out of a hundred are Type A people to your type C. You feel that way toward them and they react that way toward you. Yet when you meet a person who's at the **99th or 100th** percentile, your "98 percentile position"

makes you a Type A. You feel more Type A and you react like Type A *in that specific relationship*.

"No excuses!" We all have experienced being Type A,B,C.

Because we've all been through every trait position due to our changing relationships, any time we **want to** we can *understand* and attune to any other person's point of view, needs, fears, desires and *instinctive* nature. Actually we have no valid excuse for not doing so once we accept the truth of Structure/Function.

Learning to Evaluate Yourself: Photographs

The most effective way to learn your own Structure/Function is to look at yourself, and the easiest approach is to look at your photographs – from your baby-self to a good current photograph in a head-on frontal view, and a good, clear right and left profile. (If you don't have all three poses immediately available, have them taken NOW before you complete your UNDER THE CODE training!)

Under the Code's S/F Trait Reference

1 - The Thinking Trait Area

Summation . . . Thinking style

PHYSICAL INDICATOR (see top next page):

Profile: the angle of the forehead from eye socket (on Pupillary Line) to the forward projection of Frontal eminences.

Type A - extreme "fast-back" forehead

Type B - moderate backward angle, neither extreme obvious.

Type C - "vertical forehead:" may project even forward of vertical (baby forehead).



Type A - Out-focused



Type B - Both



Type C - In-focused

**Summation . . . Multiplicity of ideas -
Reciprocal to focused energy**

PHYSICAL INDICATOR (see below):

Profile: On pupillary Line (PL), establish a point midway between the turn of the forehead and VAL, then a point (also on PL) the same distance behind VAL. Actually touch/hold these points and compare which brain area is higher – frontal or parietal.

Type A: Parietal area *extremely* high compared to frontal.

Type B: "neither extreme obvious", level at both points.

Type C: Frontal area *extremely* high compared to parietal.

TYPE A REMINDER

(Focused Energy Type C):

Barometer: "WILLING to be

responsible for immediate action."
Reacts instantly and forcefully in the moment with no emphasis on thoughtful reflection.

TYPE B REMINDER:

It's up to you to adapt to Type A or C's style as appropriate to the relationship of situation unless you're willing to have Type a condemn you for being a Type C – or Type C condemn you for being a Type A.

TYPE C REMINDER:

Barometer: "ASSURED through mental exploration." When allowed to do so, feels complete ASSURANCE/WILLING/ONENESS. When not allowed to do so, or when pressured take immediate action, feels absolute ANGER/FEAR OF LOSS/SEPARATION. (All traits with a Barometric Major Heading word in their oneliners have MAJOR importance and special impact!)



Type A - Out-focused



Type C - In-focused

TYPE C REMINDER:

Barometer: "WILLING to be Answerable for immediate action." WILLING/Answer-able goes with ASSURANCE/Bold and ONENESS/at peace – which is what you feel when you can take immediate, Answer-able action. Or *when you can't*: ANGER/Fuming erupts along FEAR OF LOSS/disappointed and SEPARATION: Loveless/Unlove-able. (Major heading/ Major Trait/ MAJOR impact! FOCUSED ENERGY and MULTIPLICITY OF IDEAS people feel direct opposition from each other; it's a "natural enemy" position.)

Type C's Self-Talk: "When something needs to be done, it needs to be done right NOW! this instant I set a short-term goal, I take full responsibility and exert all my energies to achieving it! Immediately is not soon enough. It's obvious what has to be done and nothing else matters. Questions have to be answered NOW! The people involved have to get moving NOW! When they don't, I can hardly suppress my rage! Can't they see there's only this priority to deal with right now? Are they really so blind, or are they just stupid?"

A word of advice: When it's time to think, stop and think! Quit butting your head against the brick wall. If others put pressure on you

TO think, they're probably right. Blind effort is not thinking. Realize that your intensity may be too hot, too forceful, too domineering to produce the *co-operation* you want? Take a deep breath, relax and *consider* how much resistance you create with your demands for immediate action.

With Multiplicity Type C: Be WILLING to consider their needs and priorities as well as your own. Maintaining a good relationship may be worth more in the long run than immediate goal-getting. Lighten up! Cool off! THINK!

3 -The Feeling/Emotion Trait Area

Summation . . . Self-Confidence

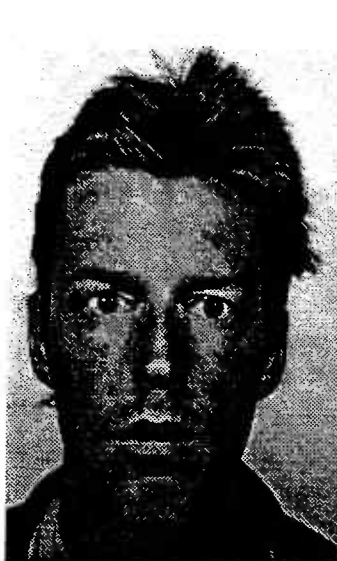
PHYSICAL INDICATOR (see below)

Facial width through ZFS compared to facial height from chin to turn of forehead.

Type A: facial width 1/3 (or less) of facial length.

Type B: facial width approximates 1/2 of facial length.

Type C: facial width almost 2/3 (or more) of facial length.



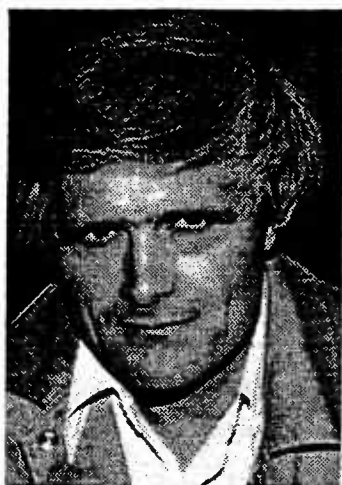
Type A - In-focused



Type B - Both



Type C - Out-focused



Type A - Out-focused



Type B - Both



Type C - In-Focused

Summation . . . Emotional selectivity

PHYSICAL INDICATOR (see above):

Distance between underside of eyebrow and height of eye aperture compared on PL (pupillary Line)

Type A: less than 1/2 eye aperture height.

Type B: distance equals one eye aperture's height.

Type C: underside of eyebrow set higher than 1 & 1/2 of eye aperture

TYPE A REMINDER:

Barometer: "Optimistic in the moment" and therefore feels Admirable and in balance until the situation sours, then shifts to feeling Questioned and Put-upon which results in unmovable, inflexible "Rigid" (Primarily a male structure.)

Summation . . . Reserved style

PHYSICAL INDICATOR (see below):

Type C: straight, horizontal underside of the eyebrow which extends over the full width of the eye apertures and even across the glabella. The longer the straight, horizontal line, the more type C behavior you'll observe in operation.

Type A Reminder:

There is no Type A, only one of the other three styles on-line. Unless that's EXPANSIVE style, it's not an issue in UNDER THE CODE.

Type B Reminder:

Straight, horizontal line of eyebrow extends over 1/2 the eye aperture. A "sort of" factor. 50% of Type C's reserved control behavior - and 50% more of some other style. Under



Type B



Type C - In-focused



Type C - In-focused

stress, Type C people are likely to accuse you of EXPANSIVE STYLE's "exaggeration" and try to exert extra heavy-handed control upon you.

Type C Reminder:

Barometer: "*EQUAL* through determination, design and desire" – therefore at CHOICE and with INTEREST alive and well. Or: if blocked or defeated in manifesting and maintaining that desire and design, goes into total RESENTMENT, GRIEF AND GUILT and NO CHOICE. Here's another Major heading trait, one which really does characterize a personality. (Primarily a male structure.)

Summation . . . Expansive Style

PHYSICAL INDICATOR (see below):

Outward arching eyebrow – the highest point of the arch being beyond the pupil of the eye. The more obvious the high arch, the more Type C behavior.

TYPE A REMINDER:

There is no real Type A position, instead you're looking at more of one of the three other styles. Most often, it's going to be reserved style.

TYPE B REMINDER:

A "B" position here is only a "sort of" factor. However, under stress, RESERVED STYLE people will write you off as being Expansive Style, while Expansive Style people will certainly accuse you of Reserved Style's "crimes of control" and, being dramatic, they will thoroughly condemn you for such behavior.

TYPE C REMINDER:

Barometer: "*At peace when expressing emotion*" (any emotion prompted by Body, Mind or Spirit). Also Bold/Answer-able when emotional expression is allowed. When it isn't Fuming, Disappointed, Loveless/Un-love-able.



Type B



Type C - Out-focused



Type C - Out-focused

For further information contact:

Three In One Concepts
2001 West Magnolia Boulevard, Suite A
Burbank CA 91506

phone: 818-841-4786 FAX: 818-841-0007