

Examples of Shadow Traits and How they Clean Up

The Applicant (Shadow Trait)	What are they protecting?	The "Clean" Name (Integrated Trait)	The Job Description (Role in the Band)
The Arrogant One	Protects you from feeling small or invisible.	Confidence	To stand tall under the spotlight and own the stage.
The Control Freak	Protects you from the chaos of failure.	Mastery	To handle the "10,000 hours" of rehearsal and technical prep.
The Scam Artist	Protects you from being powerless or stuck.	Strategic Influence	To read the audience and skillfully guide their emotions.
The Bully	Protects you from being drained or exploited.	Assertiveness	To set boundaries, say "No," and claim your space.

