Stout in Psychology and Behavioral Studies (SPBS)

DOI: https://doi.org/10.61424/5g6tm046
Journal Homepage: https://stoutjournals.org/index.php/SPBS

Understanding Core Fears of Personality Psychotypes According to the A. Kapalbayeva Method

Altynai Kapalbaeva
Independent Researcher, Russia
✉ **Corresponding Author**: Altynai Kapalbaeva, **E-mail**: komandaaltynaikapalbaeva@gmail.com

ARTICLE INFORMATION

Submitted: July 12, 2026
Accepted: August 29, 2026
Published: September 21, 2026
Volume: 2
Issue: 1

KEYWORDS

Core fear; personality psychotype; Kapalbayeva Method; hierarchical model; dis-identification; behavioral inhibition; threat sensitivity

ABSTRACT

This original theoretical and methodological work formalizes the hierarchical model of core fears in the A. Kapalbayeva Method of personality psychotypes. The work introduces a model of three levels in which a psychotype-specific core fear is perpetuated by intermediate threads (sub-fears) and distal points of view (judgments and beliefs). The present article differentiates hard and soft psychotypes on the basis of quantity and density of threads. An identification and dis-identification protocol is systematized as an intervention sequence that could readily be replicated. The hierarchical Kapalbayeva model is positioned in relation to dimensional research into threat sensitivity and behavioral inhibition, against typological models of the organization of fears, and in relation to clinical methods of core-fear identification. This piece advances the Kapalbayeva work into an explicit scientific model and lays the foundation for empiric testings of the hierarchy and intervention predictions it generates.

1. Introduction

Personality remains one of the most historically and topically productive constructs within psychological science and is one of the linchpins for understanding stable interpersonal differences in cognition, emotion, motivation, and behavior. Recent research continues to reveal that personality organization influences not only moment-to-moment affective experience, but the way individuals approach, process, and respond to threat (Gerlach et al., 2018; Watson et al., 2022). Fear, specifically, occupies a position of particular importance within this area. Fear is more than an episodic feeling state of the moment it has been shown to act as a multidimensional, core regulatory process that impacts attention, decision-making, interpersonal behavior, and adaptation over time (Kogan et al., 2016; Lee &Ashton, 2008).

Dimensional models of personality such as the Five-Factor Model and HEXACO have begun to make meaningful links between individual differences in normal trait personality and fear-related phenomena. Dimensional models of personality, especially higher-order dimensions like emotio93 nality/neuroticism, have been found to predict greater phobic tendency (larger fear of specific stimuli), greater threat sensitivity, and greater intolerance of ambiguity (Lee & Ashton, 2008; Jach & Smillie, 2019). Work on reinforcement sensitivity theory has likewise shown that differences in a trait dimension that modulates sensitivity to signals of punishment and non-reward, called the Behavioral Inhibition System (BIS), might constitute a legitimate personality explanation of the experience of fear and anxiety (Carver & White, 1994).

Nomological, or propositional, approaches focused on universal combinations or arrangements of constructs are in stark contrast with typological approaches, which focus on discrete patterns of personality that organize experience at a more qualitative level. Work on types has demonstrated that consistently repeating constellations of traits are found with enough frequency to make stable category descriptions (Gerlach et al., 2018). In clinical and applied settings, systems such as the Enneagram have argued for decades that each personality type revolves around a central fear that in turn drives awareness, motivation, and defenses (Alexander & Schnipke, 2020). While the empirical evidence for and against each of these systems may

Copyright: © 2026 The Author(s). This open access article is distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC- BY-NC-SA) License (https://creativecommons.org/licenses/by-nc-sa/4.0/), published by Stout Journals, London, United Kingdom

be more or less firmly established, the proposition that fear is not homogeneously distributed across individuals but rather occurs in organized patterns consistent with a given underlying structure of personality is a shared one.

However, even these conceptual frameworks leave something to be desired in terms of detail. Most conceptualizations of fear conceptualize it as a dimensional variable, either as an aggregate of specific fears, or in terms of a small number of kindred fears. Alternatively, fear is often located within a few broad typologies. Few conceptualizations provide a detailed hierarchical account of how a core fear maintains the subsequent fears and the more specific cognitive-affective structures of beliefs, beliefs about beliefs, judgments, and points of view. Even fewer provide a detailed algorithm for how to go about uncovering, the layer upon layer of structures. But this is clear need in light of the real world demand for more than symptom elimination, but fundamental reorganization of the personality system itself.

To fill this gap, the A. Kapalbayeva Method introduces a systemic theory of various personality psychotypes, where each type is characterized partially by a primary fear combined with a web of holding relationships termed extending 'threads' (Kapalbaeva, 2026).The A. Kapalbayeva Method offers the theory that a psychotype and its fearful characteristics are mutually reactivating: one expels and sustains the other. The psychotype fosters and propagates the fear, the persistence of which provides the life-force sustaining its influence. Fear is regarded not as an individual experience but as a superstructure akin to a tree, grown of many levels where the heart is the primary fear, the conducting roots (threads) transmit currents to and from the heart, while slender grabbing roots (mindsets, assumptions, restrictions, and dogmas) sustain the entire entity. The A. Kapalbayeva Method recognizes hard and soft psychotypes depending on the number of these threads, supporting anarchy or dominance, creating fear-architecture of the system.

The present article makes a new and significant theoretical and methodological contribution by explicitly formalizing this core fears construct. This includes elucidating the hierarchical relationship between core fears, threads, and points of view; delineating the structural distinction between hard and soft psychotypes; providing representative mappings of particular core fears; and formalizing a step-by-step protocol for identification and dis-identification. While putting the Kapalbayeva method firmly into the context of the existing scientific canon on personality, threat sensitivity, and structure of fear to facilitate analysis and compare different facets, the article would compel future data collection and validation.

In this way, the paper attempts to address a persistent void in the literature, that of an integrative model linking dimensions and types, that accounts for the hierarchical nature of fear, and that moves from theoretical conceptualization into formalisms and practice. The next few sections detail the analytic method, the formalized model, and its significance for theory and practice.

2. Literature Review

2.1 Personality Organization and the Regulation of Fear

All of personality psychology has sought to explain people's individual differences in emotional response, motivational direction, and typical pattern of reacting to threat. Regardless of the source theorists have used to describe individual differences in fear, both dimensional and typological, fear has served as a linking mechanism through which relatively stable dispositions relate both to fleeting state affect and enduring approaches to adaptation (Watson et al., 2022; Gerlach et al., 2018). Fear is neither an emotion to overcome nor a temporary response to casual threat; it is an organizing mechanism that guides attention, perspective, behavioral inhibition, and social strategy (Kogan et al., 2016; Carver & White, 1994). A thorough understanding of the ways personality systemsorganize fear in its experience and persistence therefore remains an important theoretical and clinical task.

The strongest empirical support for the present is provided by dimensional models. Under the Five-Factor and HEXACO models, domains of emotionality, neuroticism, and low emotional stability have consistently been linked to high expression of phobic tendencies, increased sensitivity to threat cues, and decreased tolerance of ambiguity (Lee & Ashton, 2008; Jach & Smillie, 2019). In regards to fear learning, research has demonstrated that domains of personality other than extraversion contribute to the learning and manifestation of fearful responses, implying that trait structure influences fundamental learning processes characteristic of threat (Pineles et al., 2009). Cross-cultural effects on phobic anxiety have revealed that cultural and individual difference factors could synergistically explain perceptions of threat across cultures (Eisemann et al., 2004). Taken together, these studies demonstrate that fear is a core factor in the structure of normal personality.

In a related line of research, fear has also been investigated through the lens of reinforcement sensitivity theory. The Behavioral Inhibition System (BIS) is thought to be responsible for a sensitivity to cues of punishment, nonreward, and novelty that invokes anxiety and inhibiting behavior when cues indicate threat (Carver & White, 1994). Individual differences in BIS sensitivity provide

a motivational explanation for why some people are more prone to experience fear, and to experience it more intensely, than others. This approach is consistent with the larger framework of differentiating trait fear from trait anxiety and establishing the presence of both within hierarchical models of personality and pathology (Watson et al., 2022; Hofmann et al., 2021).

2.2 Typological Approaches and the Concept of Core Fear

Dimensional models do well to describe the manifestation of continuous variation. Typological models can complement this by focusing on discrete types of personality that organize experience in qualitatively different ways. Empirical testing has consistently revealed broad categories of types of personality that tend to co-occur in large samples (e.g., Gerlach et al., 2018). However, studied most extensively within applied and clinical traditions, it has long been proposed that the organization of each type of personality can centered around a core fear that guides attention, motivation, and defensive functioning (e.g., Alexander &Schnipke, 2020; Meyer, 2016).

The concept of core fear has found increasing acceptance in clinical research on anxiety disorders. Recent innovations in exposure therapy focus on demonstrating the importance of uncovering core fears at the foundation of surface symptoms, which serve to sustain avoidance (Zlotnick & Huppert et al., 2022). Ultimately, the goal of therapy becomes transitioning the individual's focus from the proximal feared stimula to the catastrophic appraisal which is the organizing principle of the fear network. Clinical analogs of core fear theories in phobia and paranoia research reveal that particular personality organizations are linked to specific fear configurations (Heinemann, 2015).

While these converging lines of evidence are compelling, it is also true that very few, if any, of the major typological and clinical frameworks outline a rigorous hierarchy of architecture delineating a core fear that is linked to intermediate sub-fears and to more precisely delineated cognitive affective ingredients such as beliefs, interpretations, and perspectives. In sum, then, the field has as yet no systematic model of how a core fear is held in the mind and psyche over time in its layered supports or how those supports may be systematically identified and depleted.

2.3 Emerging Frameworks and the Kapalbayeva Method

The A. Kapalbayeva Method of personality psychotypes brings its peculiar contribution to this field (Kapalbaeva, 2026). According to this approach each psychotype is characterizd by a defining core fear and by a system of still existing threads that keep the psychotype alive and resist the intrusions of other threats. It is assumed that fear is a hierarchical formation: the core-fear is trunk, the threads are conducting roots (subfears, pain centers), and the points of view, judgements, restrictions, and dogmas thin absorbing roots feeding the system. It has been determined that hard and soft types differ by the quantity and degree of semantic apprehension of its threads suggesting systemic variation in the structure of fear itself.

The hierarchical intension of these levels coheres with a clinical notion of core vs. surface fears (Zlotnick & Huppert et al., 2022, p.663) and with dimensional findings that there is generally uneven threat sensitivity across individual differences (Lee & Ashton, 2008; Carver & White, 1994). This hierarchy also demonstrates the extension of typological reasoning into a coarse cascading ofmaintaining structuresand an applicable framework of identification and dis-identification. Related research on fears of compassion pointed to self-related affective barriers as unlocking distress-related diagnoses of interpersonal problems (Volk et al., 2024), a point echoed in the Kapalbayeva focus on self-love as a facilitating structure in alleviating core fears like loneliness.

2.4 Aims and Objectives of the Present Study

While the Kapalbayeva Method has addressed the core fear architecture, along with its threads and points of view, one cannot find a definite formalization of this architecture within scientific theories to date. We capitalize on the originality of this research article to bring new theoretical and methodological contributions.

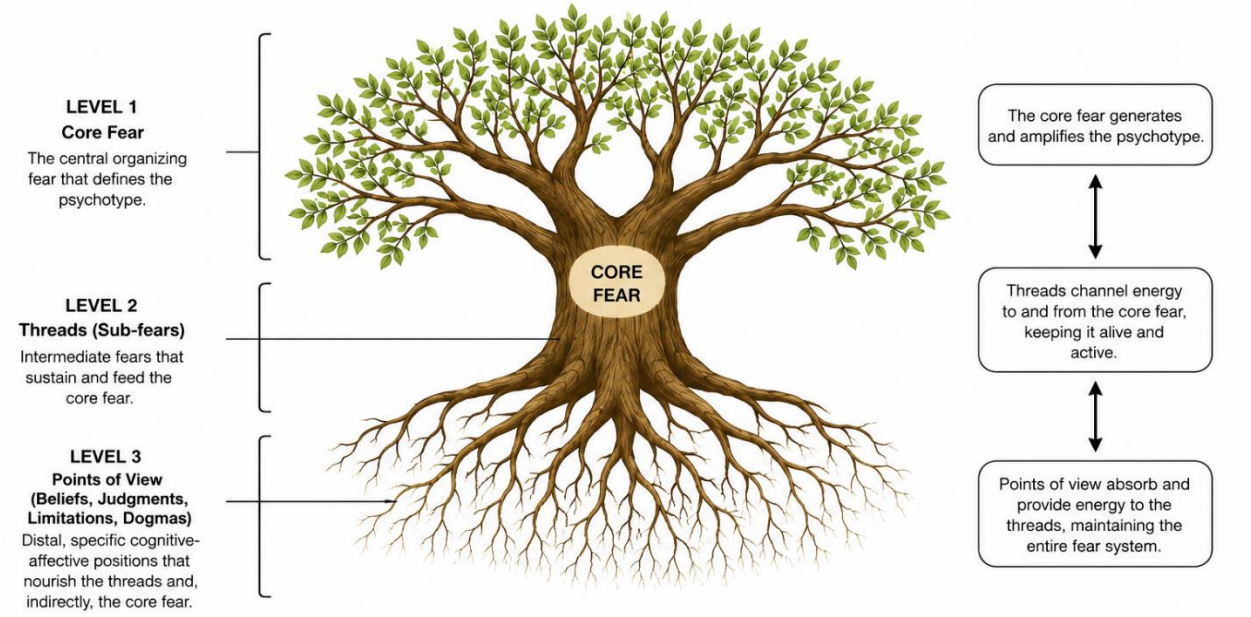
The main aim of the article is to develop a formalized presentation of the hierarchical model of core fears in the A. Kapalbayeva Method of personality psychotypes, and then place the model in modern literature of personality and clinical science.

The specific objectives are:

1. To address the hierarchical relations between core fear, threads and points of view as a unitary theory.
2. To explain the structural distinctions in the number and density of fear threads between hard and soft psychotypes.
3. To show examples of maps of some key fears, threads and points of view.
4. To formalize a sequential protocol for the (dis)identification of core fears and their sustaining structures.

5. To place the formalized model within the context of the dimensional, typological and clinical literatures on personality and fear for the purpose of guiding future empirical research.

Figure 1. Hierarchical Structure of Core Fear in the A. Kapalbayeva Method of Personality Psychotypes



Note. The model is organized as a three-level hierarchy: (1) core fear (trunk), (2) threads or sub-fears (conducting roots), and (3) points of view—beliefs, judgments, limitations, and dogmas (absorbing roots). The system is self-reinforcing, as energy circulates between levels, sustaining the psychotype.

3. Methodology

3.1 Research Design

This study adopts an original research design based on original theoretical-practical and research methodology. Rather than gathering new data on human subjects, the research seeks formal formalization, structural organization, and scientific positioning of the theoretical core of "CHIEF FEARS" framework integrated within A. Kapalbayeva Method of personality psychotypes (Kapalbaeva, 2026). Such methodology is typical for tradition in personality psychology that enhances theory by means of conceptual formation, model reconstruction and clarification of mediator mechanisms (Watson et al., 2022). In this way, the study touches upon constructive-theoretical design: the core practical-psychological system has been extracted, carefully constructed, organized, and transformed into clear, comprehensible and potentially empirical formal scientific model.

The primary analytic corpus included the comprehensive conceptual and practical exposition of core fears, threads, points of view, hard and soft psychotype architectures, and the dis-identification protocol at length as delineated in the core materials of the Kapalbayeva Method. These materials constituted the primary source data set for analysis. The secondary sources included scientific literature on personality structure, the classification of fear and anxiety responses, behavioral inhibition, and core-fear delineation for comparison and integration of emergent models to date (Carver & White, 1994; Lee & Ashton, 2008; Zlotnick & Huppert et al., 2022).

3.2 Analytic Objectives

The methodological work pursued five interrelated objectives:

1. For the identification and formalization of the hierarchical levels of the fear system (core fear, threads, points of view).
2. To distinguish the different structural characteristic of hard and soft psychotypes according to number and density of threads.
3. To organize examples of mapping for a number of representative core fears, associated threads, and counter-POV points of view.

4. For the purpose of reproducing as closely as possible a concrete process of identification and dis-identification, in as transparent a fashion as can be reproduced as a reproducible protocol.
5. In order to maintain conceptual equivalence with well established concepts in personality and clinical science whilst maintaining the unique elements of the Kapalbayeva schema.

3.3 Analytic Procedure

There were four incremental stages in the analysis, with each stage extending from the previous one. These stages are outlined in Table 1.

Table 1. Stages of the Analytic Procedure for Formalizing the Core Fears Model

Stage	Analytic Focus	Primary Activities	Output
1	Identification of the core construct	Isolation of the concept of core fear as the organizing trunk of the system	Formal definition of core fear
2	Extraction of sustaining mechanisms	Identification of threads (sub-fears) and points of view (beliefs/judgments)	Hierarchical cascade specification
3	Structural differentiation	Comparative analysis of hard and soft psychotype architectures	Quantitative and qualitative distinctions
4	Protocol formalization	Reconstruction of the identification and dis-identification sequence	Operational five-step methodology

In Stage 1, we identified the core fear, the central, psychotype-specific fear, that underpins and energizes the entire system of the personality. In Stage 2, we identified the threads, the intermediary, conducting channels (sub-fears) linking the core fear and its specific cognitive-affective material, and points of view, the distal, experience-based beliefs, judgments, limitations and dogmas that 'feed' the threads. Stage 3 examined the differential architecture of hard psychotypes (fewer threads, each "upheld" by a greater number of points of view) and soft psychotypes (greater number of threads, each "upheld" by fewer points of view). Stage 4 maped the pen-and-paper reconstruction of the practical methodology into a clear sequential protocol that facilitated both clinical application and future empirical operationalization.

3.4 Criteria for Hierarchical Extraction

In order to document the comparisons between subjects that would allow for analytic consistency, clear decision rules were employed to determine the extraction of levels. A construct was agreed to be a core fear only when it was posited as the top level (core fear), psychotype-defining fear that constrains the lower levels. A construct was considered a thread when it was posited as a sub-fear channel through which the core fear constrains the next level of content (useful content). Points of view were considered to be points of view when they could be identified as subjective, experiential beliefs/judgments that are useful to the threads. These decision rules were employed in a uniform manner with each source.

The differentiation of hard and soft psychotypes was kept in its original form and on the basis of the numerical ranges and quality of description presented in the original works: hard psychotypes worked with about 20–40 'threads' (as smaller units) and the various points of view in support of these had a greater relative density (10–50 points of view per thread), whereas soft psychotypes consisted of more numerous threads (40–100) and a lower density of points of view. This differentiation was "served as a structural hypothesis which can be tested empirically afterwards," (Jung 1912b, p. 289).

3.5 Formalization of the Intervention Protocol

The practical sequence for working with core fears was reconstructed into a five-step protocol:

1. Victimization: This step involves the recognition of the psychotype.
2. Identifying the core fear. The therapist should begin by asking, "What are you most afraid of?" Over time, the patient may provide a precise description of what he (or she) fears. Using this information, it is generally possible to get at the core fear.
3. The search for the threads that lead to the core fear.

4. Identification of the points of view supporting each thread.
5. Dis-identification with the identified points of view and threads.

Dis-identification was operationalized as intentionally dis-associating the observing self from the cognitive-affective material of interest. The protocol involves bilingual cartesian (cognitive/verbal) and embodied (body) steps (documenting in writing, repeating the dis-identification phrase aloud, and enacting a symbolic gesture of destruction upon the document), with optional ritual (destruction of document) steps. The duration of exposure (3– 7 days) was kept as empirically testable tentative parameter.

3.6 Quality and Trustworthiness Considerations

As the study was of a theoretical-methodological nature, quality assurance measures were implemented: (a) on the primary source material, repeated, close readings were performed to promote accurate representation of the original constructs and ideas; (b) the hierarchical schemas were examined for internal coherence across samples; (c) as the model was developed, it was continuously compared to established constructs within the scientific literature (Watson et al., 2022; Zlotnick & Huppert et al., 2022; Carver & White, 1994) in order to clarify conceptual definitions and to delineate overlap and differentiation; (d) the formalized protocol was composed with sufficient detail to be experimentally tested and replicated.

3.7 Ethical Note

Due to no human participants or primary data being collected as part of the study, no formal ethical approval was required for the research involving participants. The work is to be held accountable to academic benchmarks in the presentation and promotion of the theoretical material.

Figure 2. Hard and Soft Psychotypes in the A. Kapalbayeva Method: Differences in Thread Density and System Rigidity

Psychotype Type	HARD PSYCHOTYPES		SOFT PSYCHOTYPES
Illustration	 Dense, numerous threads (roots)	The core fear (trunk) is present in all psychotypes. Differences lie in the number, density, and rigidity of the threads that sustain it. ⟷ Continuum of system rigidity and flexibility	 Sparse, fewer threads (roots)
Thread Density	• Numerous sub-fears (threads) • Highly interconnected • Thick and rigid conducting roots	***Result:*** The more numerous and rigid the threads, the harder the psychotype.	• Few sub-fears (threads) • Loosely connected • Thin and flexible conducting roots
System Characteristics	• High rigidity of the fear system • Strong resistance to change • Fear is deeply embedded and self-reinforcing	***Implication:*** Interventions in hard psychotypes require more steps and deeper work.	• Low rigidity of the fear system • Greater openness to change • Fear is less embedded and easier to transform
Examples	Psychotypes organized around fears such as: abandonment, rejection, humiliation, loss of control, failure.		Psychotypes organized around fears such as: being ordinary, not good enough, conflict, death.

Note. Hard psychotypes are characterized by numerous, thick, and rigid threads that strongly anchor the core fear, making the system stable but resistant to change. Soft psychotypes have fewer, thinner, and more flexible threads, making the system more adaptable and responsive to intervention.

4. Results

4.1 Hierarchical Architecture of Core Fears

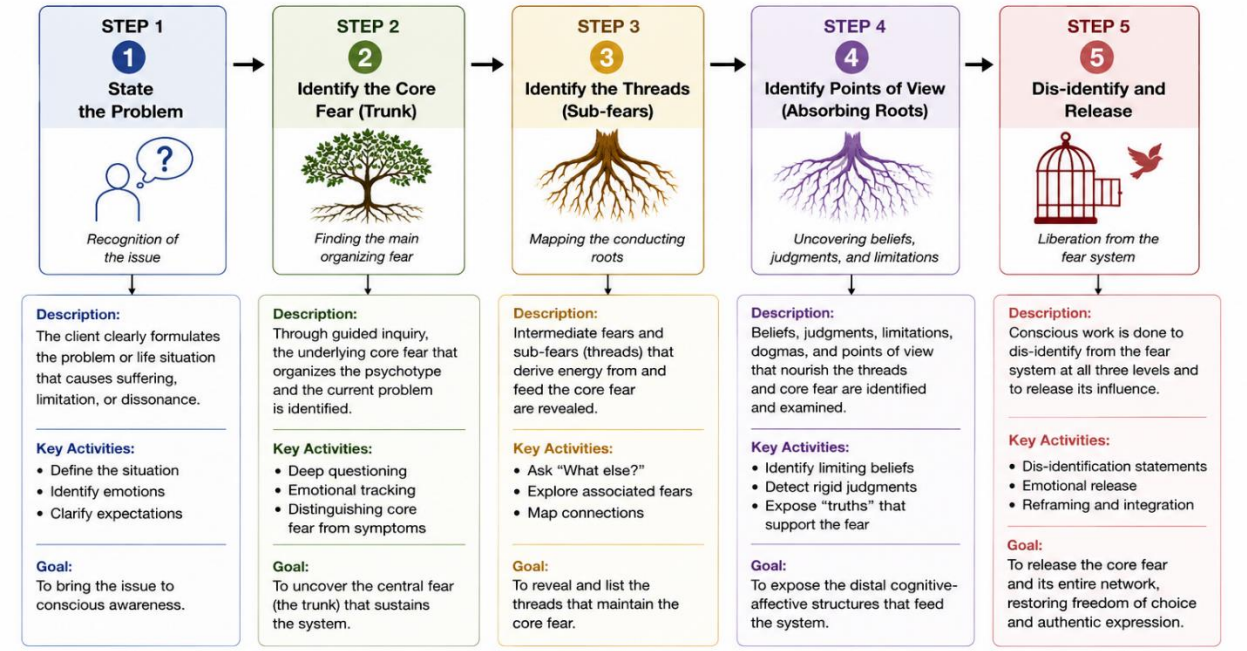
Systematic analysis of the Kapalbayeva Method has defined a defined cluster of nine fear organizing elements in these psychotypes into a simple hierarchical model. Occurring at the highest level of this hierarchy is the **core fear**, which is identified as the most fundamental, psychotype- specific core fear, the energetic and motivational basis of the system at the highest level. This core fear is metaphorically described as the trunk of a tree, around which other fear organizing elements are organized into stable hierarchical structures (Kapalbaeva, 2026).

Threads appears as branches, and is a disorder of conduct (or sub-fear). Threads are like intermediate pathways carrying, transmitting, and projecting the effects of the core fear into more refined areas of experience. A thread can be thought of a thematic flow or pathway through which the core fear is expressed. The process of threading can begin within the psychotype but, in some instances, can also begin from its opposite.

At the most distal level of the hierarchy are **points of view**. These are the lean absorbing roots of the system, comprised of subjective opinions, evaluations, restrictions, convictions, and traditional assessments based upon the individual's life experience. Points of view provide nutrients to the threads and thereby maintain the original fear. The perpetuation of unexamined points of view maintains the entire hierarchical system in an active state.

According to the model, dis-identification or ceasing to be induced by the distal positions, makes the intermediate threads weaker. Weak threads less nourishment to the core fear functionally dissolves the fear system. This is the main theoretical outcome of the analysis.

Figure 3. Five-Step Protocol for Identification and Dis-Identification of Core Fears in the A. Kapalbayeva Method



Note. The process is hierarchical and iterative. Movement through all five steps leads to weakening and dissolving the fear system at the levels of (1) trunk (core fear), (2) threads (sub-fears), and (3) absorbing roots (points of view, beliefs, and judgments).

4.2 Structural Differentiation of Hard and Soft Psychotypes

The second significant result is the systematic separation of hard and soft psychotypes relative to the structure of the fear system. Hard psychotypes contain a low number of threads (~20–40) and each thread is observed to be maintained by a large number of points of view (~10–50). The threads appear quite distinct, in general, from each other.

Soft psychotypes have on average more threads (roughly 40 to 100), albeit with less points of view in support of each. The threads in soft configs may also be closer semantically to one another. These differences suggest intervening denser but on fewer threads for hard psychotypes, and more widely for soft ones.

Table 2. Structural Characteristics of Hard and Soft Psychotypes in the Core Fears Model

Feature	Hard Psychotypes	Soft Psychotypes
Approximate number of threads	20–40	40–100
Points of view per thread	10–50 (higher density)	Fewer per thread (lower density)
Semantic distinctiveness of threads	High	Moderate to high proximity possible
Intervention implication	Depth-focused	Breadth-focused

4.3 Illustrative Mappings of Core Fears, Threads, and Points of View

The analysis produced clear indicatory mappings which clearly reflect the operation of the hierarchical model in practice. Three example core fears are shown below,

Fear of loneliness: The primary content is that which comes from the fact that "people you love are not there". A primary theme for the content is the belief of "...no one will do it for you". A secondary theme for the content is the expectation of "...no one will bring you a glass of water in old age". In the context of the broader interpretive framework of the method the content is further interpreted as a signal of an energy dependence on outside sources and of an under-developed self-love.

Fear of being superfluous/being unwanted: The key sense is someone else's experience of oversupply, being superfluous or not having a rightful place. The primary theme is that of 'having no niche in life'; suggested secondary themes include that this feeling is caused by beliefs such as 'this shows I'm inadequate', 'I don't belong in their group', 'I haven't got any good friends', 'I'm only useful to them if I can do anything for them' and 'I didn't speak to anyone at work because I'm unwanted'.

Fear of death (loss of loved ones): Despite the category heading, the most common experiential theme is that of the fear of the anticipated loss of close relationships, in this case parents. The most prominent secondary theme becomes "worry over the health of parents". Other secondary views include fear of the death of one's support system in life, the lack of a safety net, worry over property, unease about inheritance proceedings, and the feeling that if parents die "part of me will die".

For each of these mappings, they demonstrate the idea that same surface-feeling can be held across different threads with different viewpoints from the change of psychotype for example, in someone who fears being lonely, he or she will take it either as 'I am lost without being with people' or 'I am worthless'.

4.4 Formalized Identification and Dis-Identification Protocol

A core Fears Working Protocol is clearly reconstructed, which works in five ordered steps:

1. Identification of the individual's psychotype.
2. Identification of the core fear associated with that psychotype.
3. Identification of the threads that lead to and sustain the core fear.
4. Identification of the points of view that feed each thread.
5. Systematic dis-identification from the identified points of view and threads.

Dis-identification is defined operationally as specific intention to dissociate one's observing self from a specific object of consciousness (cognitive affective content). Its implementation involves: a) the computer-participants writes down material they wish to be released from and stands with their write in front of them so they have a visual reminder of the thought they are releasing; b) participants verbally repeats the phrase I dis-identify, I dis-identify, I dis-identify while shaking their wrists as a physical reminder of the release; and c) optionally reacts using a ritual procedure where participants symbolic burn their write while carrying out a formal incantation of intention. The repetition is suggested for a three to seven day period based upon any subjective feeling of release.

4.5 Mechanisms of Fear Recurrence

Another finding pertains to an explanation for fear recurrence: when previously treated fears re-emerge, or new fears arise after supposedly being settled, this is thought to be due to persistent deeper and unexamined perspectives. The system remains in partial nourishment until all supporting hypotheses in a network are named and released. Examples of secondary levels include the belief that one has to be the best expert (compensating for a ruling pathological fear of making mistakes), and competitive relational conditioning (compensating for a ruling pathological fear of being "the best" for a partner). This is why deepening of layers needs to be carried out in an iterative and layered fashion.

4.6 Functional Interpretations of Selected Fears

Lastly, the method has allowed for the functional interpretations offered by the systematized analysis to common fears. Fear of loneliness is interpreted as an indicator of other-energy dependency and a lack of full self-love. Fear of judgment and devaluation relates to rescuer issues and the ability to identify others needs. Fear of boredom signifies a narrowed view of potential.. Fear of re-choosing refers to functional cognitive foreclosure. Fear of success relates to fear of loss. Fear of money addresses a perceived threat of deprivation/seizure of resources. These functional readings proved useful in understanding common fears for clinical and practical use.

Taken together, the findings introduce a stable, hierarchically-structured and managably specified model of basic fears as the A. Kapalbayeva Method specifies them by the psychotype architecture and formalized intervention sequence.

5. Discussion

5.1 Summary of the Principal Findings

The current study attempted to formalize the hierarchical organization of core fears within the A. Kapalbayeva Method of personality psychotypes and to address this organization in the context of the general literature of personality and fear. The analysis resulted in four main findings. First, fear is hierarchically organized into a three-tier system in which a psychotype-specific core fear (trunk) is supported by intermediate thread (conducting roots) and distal points of view (absorbing roots). Second, hard and soft psychotypes systemically differ in quantity and density of each "branch" in a way that is neurobiologically meaningful to intervention. Third, concrete mappings of selected core fears are presented to illustrate the ways in which appearance of the same surface fear can be supported by different points of view and threads depending on psychotype. Fourth, a five-step protocol of identification and dis-identification is replicated here as a transparent, reproducible sequence with some explanation of why fear persists when the deep layers remain unprocessed.

These results upgrade the Kapalbayeva Method from an unsystematic practical system to a ready-to-write structural theory. They established a formal basis for discussion with the prior research on fear organization in personality.

5.2 Integration with Dimensional Models of Personality and Fear.

The hierarchical model appears to fit with, and build upon, dimensional accounts of threat sensitivity. Empirical work examining trait factors within the Five-Factor or HEXACO initiatives has consistently linked traits of emotionality and neuroticism with greater phobic liability and intolerance of ambiguity (Lee & Ashton, 2008; Jach & Smillie, 2019). The model developed here offers a possible addition to evidence for a dimensional function, suggesting that these individual differences dimensions may be organized within specific psychotype constellations, which used these dimensions to activate specific core fears, and their supporting cognitive biases.

The focus on persistent reactivity to cues of possible loss, rejection and punishment strongly echoes reinforcement sensitivity theory. The BIS is considered to be responsible for the sensitivity to punishment and non-reward and for producing anxiety and inhibitory behavior (Carver & White, 1994). In the Kapalbayeva model, the core fear and its threads could be considered a particular psychotype-grounded crystallization of BIS processes. Those with high BIS sensitivity may be more vulnerable to energy-dependent sustaining of core fears; the dis-identification protocol could therefore be seen as an effort to break whatever automatic activation of threat-related aspects of the self is occurring in certain groups of people.

More inclusive conceptualizations of fear and anxiety in the domains of personality and psychopathology reinforce the utility of hierarchical analysis. Recent reviews highlight the importance of parsing fear from anxiety, both mentally and geographically, within multilevel architectures of individual differences(Watson et al., 2022; Kogan et al., 2016). The Three-level cascade provided in the current work (core fear–threads–points of view) is one particular instantiation of a multilevel structure, given a particular typology.

5.3 Integration with Typological and Clinical Perspectives

Typological approaches have historically proposed that types are arranged by typical fear or 'motivational cores' (Alexander & Schnipke, 2020; Meyer, 2016). The Kapalbayeva model adopts this foundation but explicitly delineates a hierarchy and differentiates between a hard and soft architecture. The hard/soft distinction marks out a structural variable not usually identified in typologies and which might be helpful in adjusting the level of intervention needed.

Kobori, McEvoy, & Huppert (2020) in their clinical work on core fears in anxiety treatment has likewise emphasized how clinicians must identify the deeper catastrohic appraisals that form the meaning of surface manifestations. The present model aligns with

this clinical approach but builds on it, adding the explicit articulation of intervening cognitive threads and points of view as additional levels for conceptualizing systematic intervention. Furthermore, clinical observations of emotional inflexibility associated with some personality organizations (Heinemann, 2015) seem to reflect the present model's assertion that points of view and their entrenchment sustain the fear system.

Cross-national research concerning phobic anxiety, as well as fear experience studies in psychopathy, reflect the remarkable inconsistencies in fear responding (Eisemann et al., 2004; Hofmann et al., 2021). The individuated, psychotype-specific hypothesis of core fears is a plausible factor for this variability. Furthermore, failure to tackle the fear of compassion findings (Volk et al., 2024) with the method dovetails with the explanation of loneliness as the individual's outgroup as a failure in self-love and external energy reliance, implying self-relevant affective barriers as etiological factors.

5.4 Theoretical and Practical Implications

Theoretically, the Formalized model offers for fear a sort of hierarchical, psychotype-sensitive conceptualization of how fear is organized within and persists over temperament. It connects the dimensional work on threat sensitivity to the typological claims about discrete organizing fears and at the same time introduces a level of structural precision that has been considerably lacking in either of these models. The hard/soft organization adds a new aspect to the fear differentiation process that could prove very helpful in understanding the differences in intensity, suppression, intervention rates among different emotional types.

In practice the five step protocol gives clinician/practitioner a logical order of steps from the prediction of psychtpe to the resolution of the sustaining cognitions-affective structures. The recognition that fears may come back unless a deeper point of view is resolved gives a helpful explanatory paradigm for incomplete or transient gains. Functional explanations of particular fears (e.g., loneliness, judgment, success, money, and others) further provides clinicians with interpretive hypotheses useful in their didactic and therapeutic work.

5.5 Limitations

Several limitations should be noted. The theory as presented is theoretic and methodological not empirical. The theory is formalized from the material, but has not been subjected to tests of predictive or treatment efficacy using independent data sets. It might be noted here that the defined numerical parameters of the hard and soft psychotypes (excluding the number of threads and points of view and, therefore, functioning only as a qualitative descriptor) have yet to be empirically verified, the mentioned lack of controlled outcome studies on the dis-identification protocol notwithstanding. Additionally, the model's coalescence with other indices of the psychometric (e.g., BIS/BAS scales; phobidity indices), remains hypothetical.

5.6 Directions for Future Research

Further research, as discussed above, must be devoted to defining and operationalizing the specific fears, threads, and points of view of each of the identified psychotypes. Future longitudinal research designs would need to determine (a) whether a systematic chronic dis-identification systematically diminishes fear-related distress and modifies personological functioning and (b) whether hard and soft structures indeed serve as predictors for differential treatment response or divergent emotional regulation orientations. Further validation may come from comparing these measures to existing measures of behavioral inhibition system, phobic tendency, and tolerance for ambiguity lending greater credibility and positioning to mainstream personality science literature. Lastly, controlled research on the dis-identification protocol (active ingredients, optimal application, and mechanisms of change) is the logical next step.

In conclusion, the current work provides a formal, theoretically pleasing hierarchical psychotype model of core fears that can yield meaningful conversations with dimensional, typological, and clinical literature. Empirical testing would be steps forward, but the model has formalized the theoretical and methodological issues and is prepared to be explored more thoroughly in future research.

6. Conclusion

This original research article has laid out in formal terms the three-leveled architecture of the foundation fears of A.Kapalbayeva Method of personality psychotypes and threaded it into modern biological and psychological research on fear and personality. The analysis demonstrated that: all psychotypes are built upon one of the nine foundation fears, on the levels of the intermediate and distal points of view this single fear is supported by independent lines of evidence according to three levels: 1 foundation fear, 2 intervening intermediate points of view and 3 position which constitute a continuous distance away from the next foundation fear. The difference of very hard-hard from soft psychotype with respect to the number of coordinations and their density of lines of support emerged, which allowed to draw clear conclusions regarding the necessary scaling of the

intervention. A simplified and transparent schema of the identification and dis-identification procedures as five manual steps was reflown and validated as original and likely to be studied further with respect to the development of its usefulness and lawfulness. Number of the reverberations of the coordinator fear was accounted for as well as the functional meaning for a selected set of the foundation fears.

Then describing the different components so exactly the way the study aims to do will convert the Kapalbayeva Method from something that has been used mainly as a practical tool, into a more explicitly defined theoretical system, while showing where it intersects with dimensional approaches to threat sensitivity and behavioral inhibition, typological perspectives on high-motion fears and clinical theories on the importance of core fears in the absence of observable ones.

The project, however, remains largely theoretical and methodological. Its actual usefulness depends on future empirical work that tests the hierarchical of predictions, confirms the hard/soft sorting, creates measurements of the constructs of threads and points of view, and observes the effects of the dis-identification protocol. Until then, the formalized model provides a robust conceptual and operational framework from which to approach future research.

Finally, the hierarchical conceptualization of core fears offered here maps a route from the management of exactingly fearful states to the systematic deconstruction of the underlying cognitive-affective model that they perpetuate. In so doing, it restores hope that the underlying personality systems, once their fear-based architecture is brought to light and engaged, can be reconfigured in the service of freedom, self-support and flexible functioning.

Funding: This research received no external funding
Conflicts of Interest: The authors declare no conflict of interest.
Publisher's Note: All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers
Artificial Intelligence (AI) Use Disclosure: The authors declare that no artificial intelligence tools were used in the preparation of this manuscript

References

[1] Alexander, M., & Schnipke, B. (2020). The Enneagram: A Primer for Psychiatry Residents. *American Journal of Psychiatry Residents' Journal*, *15*(3), 2–5. https://doi.org/10.1176/appi.ajp-rj.2020.150301
[2] Ashton, M. C., Lee, K., et al. (related HEXACO work) + Lee, K. & Ashton, M. C. studies on phobic tendency. Lee, K., & Ashton, M. C. (2008). Phobic tendency within the Five-Factor and HEXACO models of personality structure. Journal of Research in Personality, 42(3), 734–746. DOI: https://doi.org/10.1016/j.jrp.2007.10.001
[3] Carver, C. S., & White, T. L. (1994). Behavioral inhibition, behavioral activation, and affective responses to impending reward and punishment: The BIS/BAS Scales. *Journal of Personality and Social Psychology, 67*(2), 319–333. https://doi.org/10.1037/0022-3514.67.2.319
[4] Eisemann, M., Richter, J., Torres, B., & Sica, C. (2004). Phobic anxiety in 11 nations. *Personality and Individual Differences*, *37*, 627-643. https://www.academia.edu/download/50851008/Phobic_anxiety_in_11_nations20161212-2344-1pksr7y.pdf
[5] Elad Zlotnick, Jonathan D. Huppert and colleagues (2022). Core Fear Manual (identification and use of core fears in anxiety treatment), Research group materials and related peer-reviewed work on core fears https://eladzlot.github.io/publications/core-fear-manual.pdf
[6] Eric R. Meyer (2016). Relational Psychology of the Enneatypes – Part II: Personality. IEA Nine Points (scholarly Enneagram research). https://ieaninepoints.com/relational-psychology-of-the-enneatypes-part-ii-personality-by-eric-r-meyer-phd/
[7] Gerlach, M., Farb, B., Revelle, W. *et al.* A robust data-driven approach identifies four personality types across four large data sets. *Nat Hum Behav* **2**, 735–742 (2018). https://doi.org/10.1038/s41562-018-0419-z
[8] Heinemann, A. (2015). The importance of the detail complexity (symptoms) and dynamic complexity (emotional flexibility) for the description, diagnosis and therapy of mental disorders (shown by the example of phobic and schizoid personality disorders). Psychiatria (Psychiatry), 12(4), 213–237. https://doi.org/10.5603/psych.44244
[9] Hofmann, M. J., Schneider, S., & Mokros, A. (2021). *Fearless but anxious? A systematic review on the utility of fear and anxiety levels to classify subtypes of psychopathy*. *Behavioral Sciences & the Law*, 1–34. https://doi.org/10.1002/bsl.2544
[10] Jach, H. K., & Smillie, L. D. (2019). To fear or fly to the unknown: Tolerance for ambiguity and Big Five personality traits. *Journal of Research in Personality*, *79*, 67-78. https://doi.org/10.1016/j.jrp.2019.02.003
[11] Kapalbaeva, A. (2026). Personality Psychotype According to The A. Kapalbayeva Method. *American Journal of Human Psychology*, *4*(1), 37-45. https://doi.org/10.54536/ajhp.v4i1.7125
[12] Kogan, C.S., Stein, D.J., Maj, M., First, M.B., Emmelkamp, P.M.G. and Reed, G.M. (2016), The Classification of Anxiety and Fear-Related Disorders in the ICD-11. Depress Anxiety, 33: 1141-1154. https://doi.org/10.1002/da.22530

[13] Pineles, S. L., Vogt, D. S., & Orr, S. P. (2009). Personality and fear responses during conditioning: Beyond extraversion. *Personality and individual differences*, *46*(1), 48-53. https://doi.org/10.1016/j.paid.2008.09.003

[14] Volk, K. W., Mehr, K. E., & Mills, J. A. (2024). Fear of compassion and big five personality traits in college students. *Journal of College Student Mental Health*, *38*(2), 328-340. https://doi.org/10.1080/87568225.2023.2181256

[15] Watson, D., Clark, L. A., Simms, L. J., & Kotov, R. (2022). Classification and assessment of fear and anxiety in personality and psychopathology. *Neuroscience & Biobehavioral Reviews*, *142*, 104878. https://doi.org/10.1016/j.neubiorev.2022.104878