

# Trinity of the Psychology

- Thinking
- Feeling
- Willing

These three forces are the Trinity of the Psychology. Every person operates from one of these three forces in the psychology at all times. We all have all three, and one predominates, while the other two serve the preferences or submit to the preferences of the dominant force. The Ideal Universal Being will allow these three forces to shift to the optimal condition to meet the situation. As artists we strive for this kind of balance as perfect balance is present in peak performance states of inspiration and generates an ideal center. Conversely, focus on the ideal center can help unite the three forces. However, our characters will be more fascinating when off-center and out of balance to maintain dramatic or comedic tension.

For our purposes, we can say that a character that takes their course of action based on their logical thinking forces is thinking dominated. One that takes action based on their emotional feelings is feeling dominated. One that takes action on their desires and impulses is Will-dominated.

We can have many different qualities of thinking (slow, witty, deliberate, erratic, flighty, pondering), feeling (expressive, repressed, pessimistic, optimistic) and willing (aggressive, covert, weak, undefined, manipulative) forces. Each person is always a combination of all three, with predominance of one that can shift as the character develops, or for specific moments. This predominance will affect speech and movement very dynamically and specifically and lead to a host of other behaviors.

When an actor knows the basic patterns of movement associated with Thinking, Feeling and Willing characters, and every moment the actor makes can be crafted to crystallize the characterization. No random patterns of the actor's habitual movement will reveal themselves. One will arrive at rapid decisions on how to create unique moments in rehearsal and performance. Please see both the *Quick Reference Grid* and the *TFW Body Chart* for clear details on how to physicalize these concepts by knowing where centers might be and how Imaginary Bodies might move.