

TEST ANALYZING MANUAL

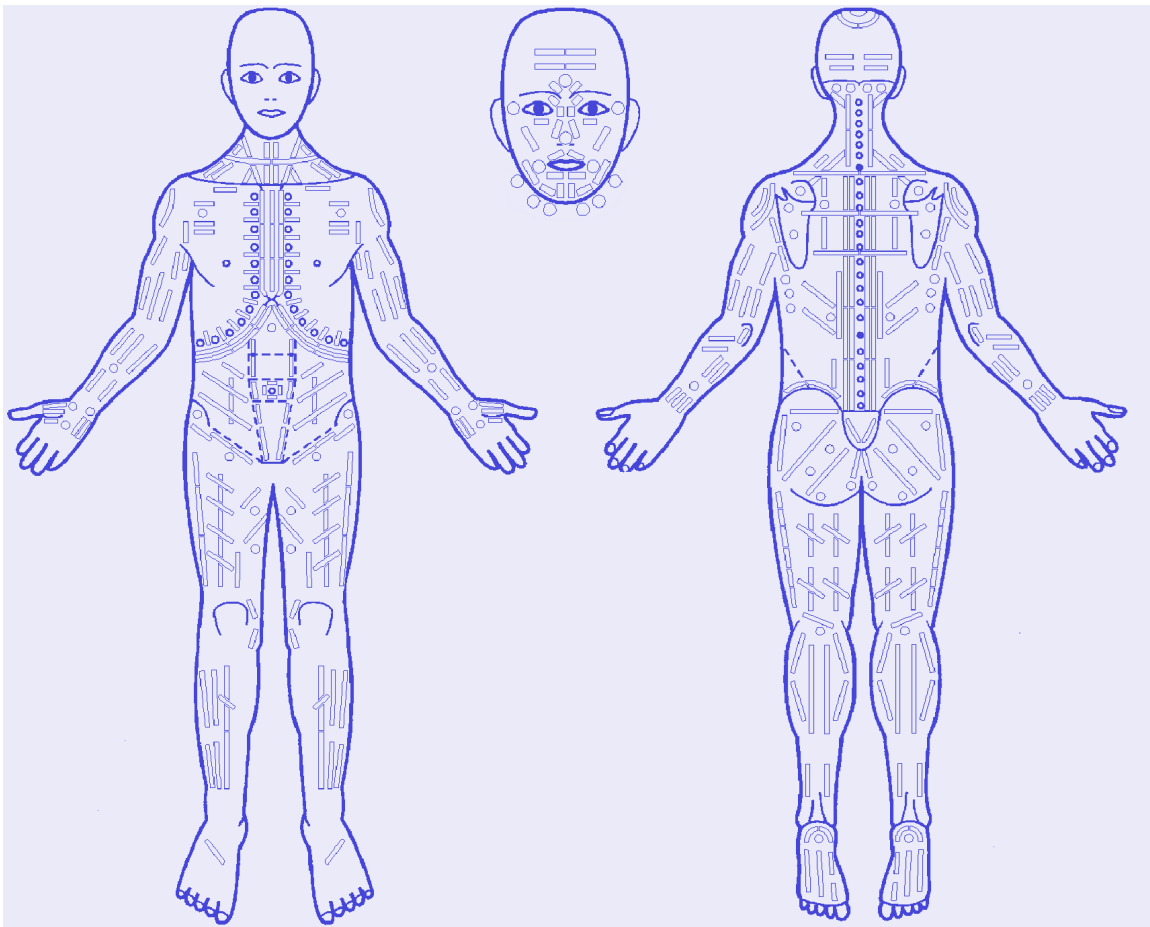
by Lene Wisbom ; 2026

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**In the update of the manual Jan. 2026
page references have been added in the alphabetical list,
which can be used for all manuals from 2015 - 26**

**There are also other updates
which are available when purchasing a new manual**

Bodydynamic Ego Functions & Character Structures



© **SPECIALLY DESIGNED MANUAL FOR THE EDUCATION IN READING BODYMAPS.**

Designed and published by Lene Wisbom i 2015©

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This manual is inspired by:

Originally *Test Manual, BODY-map*, released on Kreatik of Bodydynamic Institute in 1992 organized by Sonja Fich, ISBN: 87 - 980885-80

Body Encyclopedia, published by North Atlantic Books in 2010, written by Lisbeth Marcher and Sonja Fich, ISBN: 978-1 - 55643-940-7

Muscles Intelligence, About 11 Bodydynamic I functions; Published on Kreatik in 2006, written by Merete Holm Brantbjerg and Lennart Ollars,



INDEX of MUSCLES with muscle number with reference to pages of Ego Functions and Character Structures

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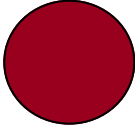
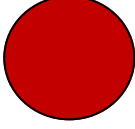
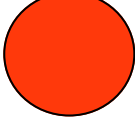
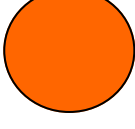
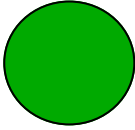
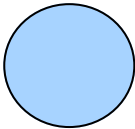
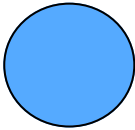




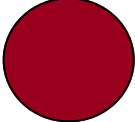
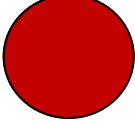
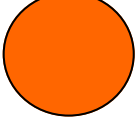
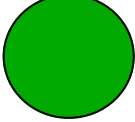
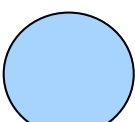

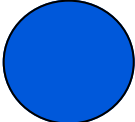
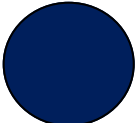
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Behavior and coding	The meaning of coding into the basic psychological behavior.
A4 	<u>Unconscious– closed coding</u> <ul style="list-style-type: none"> • Locked in a bigger way both in behavior and possibilities. • Cannot be met or worked with. • Can create psychical harm.
A3 	<u>Unconscious - closed coding</u> <ul style="list-style-type: none"> • Locked in both behavior and possibilities. • Cannot be met or worked with. • Can create psychical harm.
A2 	<u>Pre-conscious - partly closed coding</u> <ul style="list-style-type: none"> • Push away contact and possibilities at a distance as an automatic behavior. • Not being conscious about own reactions; • Require help from outside to see the behavior and change it.
A1 	<u>Conscious - open coding</u> <ul style="list-style-type: none"> • Push a little bit away as a behavior; Energy goes outwards. • Say something or do something and regret it with a little delay • Quickly getting conscious about reaction
N 	<u>Neutral - no coding</u> <ul style="list-style-type: none"> • React to a meeting without any reservation. • No story or memory in their behavior pattern. • Can seem naive, a little off. • Can also react adequate
B1 	<u>Conscious - open coding</u> <ul style="list-style-type: none"> • Hold a little back; withdraw energy a little inwards. • Don't say no or move away right away. • Quickly getting conscioius about reaction and regret.
B2 	<u>Pre-conscious - partlys closed coding</u> <ul style="list-style-type: none"> • Withdraw from contact and cannot see possibilities, as automatic behavior. • Not conscious themselves about their reaction; • Require help from outside to see the behavior and change it.
B3 	<u>Unconscious - closed coding</u> <ul style="list-style-type: none"> • Give up and let go on own impulses and are not aware of it. • Cannot be met or worked with. • Can create psychical harm; Collapse in certain parts both Psychologically and bodily.
B4 	<u>Unconscious - closed coding</u> <ul style="list-style-type: none"> • Give up more readily and let go of own impulses and are not aware of it. • Cannot be met or worked with. • Can create psychical harm; Collapse in certain parts both Psychologically and bodily.

<p>Test Qualities</p>	<p>You go in through cloth. Skin, fat, fascia -> in muscle, make a pull. Hello $\xrightarrow{\hspace{2cm}}$ Good Bye $\xleftarrow{\hspace{2cm}}$ It is not the point to get all in green, but to find a tension balance. To work with conscious muscles, will also have an effect at the unconscious.</p>
<p>A4 </p>	<p>Unconscious $\xrightarrow{\hspace{2cm}} \text{STOP}$</p> <ul style="list-style-type: none"> • Can not get into the muscle, untreatable, closes completely out • To be labeled as a board / stone, lacking life, confused with bone • Not treatable, find muscles nearby, no tenderness by training
<p>A3 </p>	<p>Unconscious $\xleftarrow{\hspace{1cm} \text{resistance} \hspace{1cm}} \xrightarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Can not get all the way in untreatable, not filled in pushing back • Rich, inflexible, lacking life • Not treatable, find muscles nearby, can be sore at training
<p>A2 </p>	<p>Conscious $\xleftarrow{\hspace{1cm}} \xrightarrow{\hspace{1cm}} \text{STOP}$</p> <ul style="list-style-type: none"> • Stop in depth. Easy activated staying at the muscle. Can push on the way out • Very vivid, clear no-reply • Treatable, sore, like pain, wait until it releases easily
<p>A1 </p>	<p>Conscious $\xleftarrow{\hspace{2cm}} \text{STOP}$</p> <ul style="list-style-type: none"> • Coming all the way into the muscle, pushing slightly on the end • Suppleness, elasticity, density • Like massage, easy switch of character
<p>N </p>	<p>Neutral $\xleftrightarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Comes out with the same speed as you enter • Vivid, springy, cooperate, a rubber band in use • Like to be touched, moved, pulled in
<p>B1 </p>	<p>Conscious $\xleftrightarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Coming all the way into the muscle and completely out but slower, "wait for me" • A little sleepy, aroused by touch, easy switch in character, untrained muscle slow both on the way in and out • Like touch, quiet, calm, confident, "baby massage"
<p>B2 </p>	<p>Conscious $\xrightarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Coming in, very slow out and not quite out of impulse • There is bottom in the muscle, experienced slack, stings / bruise • Treatable, being in it and wait until it is filled out
<p>B3 </p>	<p>Unconscious $\xleftarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Un-filled, non-life, something to go into, but there is no response • No life, where is muscle, it does not respond • Not treatable, find muscles nearby, can be sore at training
<p>B4 </p>	<p>Unconscious $\xleftarrow{\hspace{2cm}}$</p> <ul style="list-style-type: none"> • Un-filled, doesn't follow you out • whipped cream • Not treatable, find muscles nearby, no pain when training





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