

Emotional Health Levels

Level 1 – Presence

At this level we are completely open, in balance and liberated from any degree of self-centredness. We are integrated with complete behavioural freedom and are fully in touch with the present moment or the “now”. We are happiness itself.

Level 2 – Wisdom

At this level we have long periods of being “present”. We interpret what is occurring around and within us with insight, intuition and instinct and share this wisdom with others for the benefit of the greater good. Our behavioural freedom increases to the extent that we are able to operate with a minimal focus on our own needs.

Level 3 - Social Value

At this level we have greater balance in our lives and start to move our concerns to more social interests. As we start to lose more of our self-centredness there is a natural tendency to embrace the social aspect of our community. We also start to increase the number of opportunities to be “present” and further understand how to use our “inner observer” to raise our own consciousness more.

Level 4 – Recognition

At this level we start to recognise that we have choices about all of our behaviours and begin to observe our own behaviours on a more regular basis. The level of consciousness starts to rise as we begin to observe ourselves more. We also start to recognise that we can create moments of “presence” under certain circumstances. We still find it easy to fall back into our defensive coping strategies and need to constantly work at moving away from them.

Level 5 - Automated Response

At this level we are dominated by a range of automated responses to what is occurring around us. These responses are mostly defensive and about controlling our environment (including the people in it) in trying to get our perceived needs met. There are still times when we do make decisions about our behaviours, however the automated responses tend to take over in the moment.

Level 6 – Exaggeration

At this level we start to escalate our personal defences, with our behaviours being exaggerated and over compensating in response to our internal conflicts and anxieties. The majority of responses occur automatically without thinking, or from our mind taking over from a distorted perspective.

Level 7 – Survival

At this level our internal feelings become intolerable as we start to realise that our defence mechanisms are not working. We now start to employ a survival tactic as a self-protective response. We have started to lose all control over making reasonable choices and become fixated on the survival tactic we have chosen.

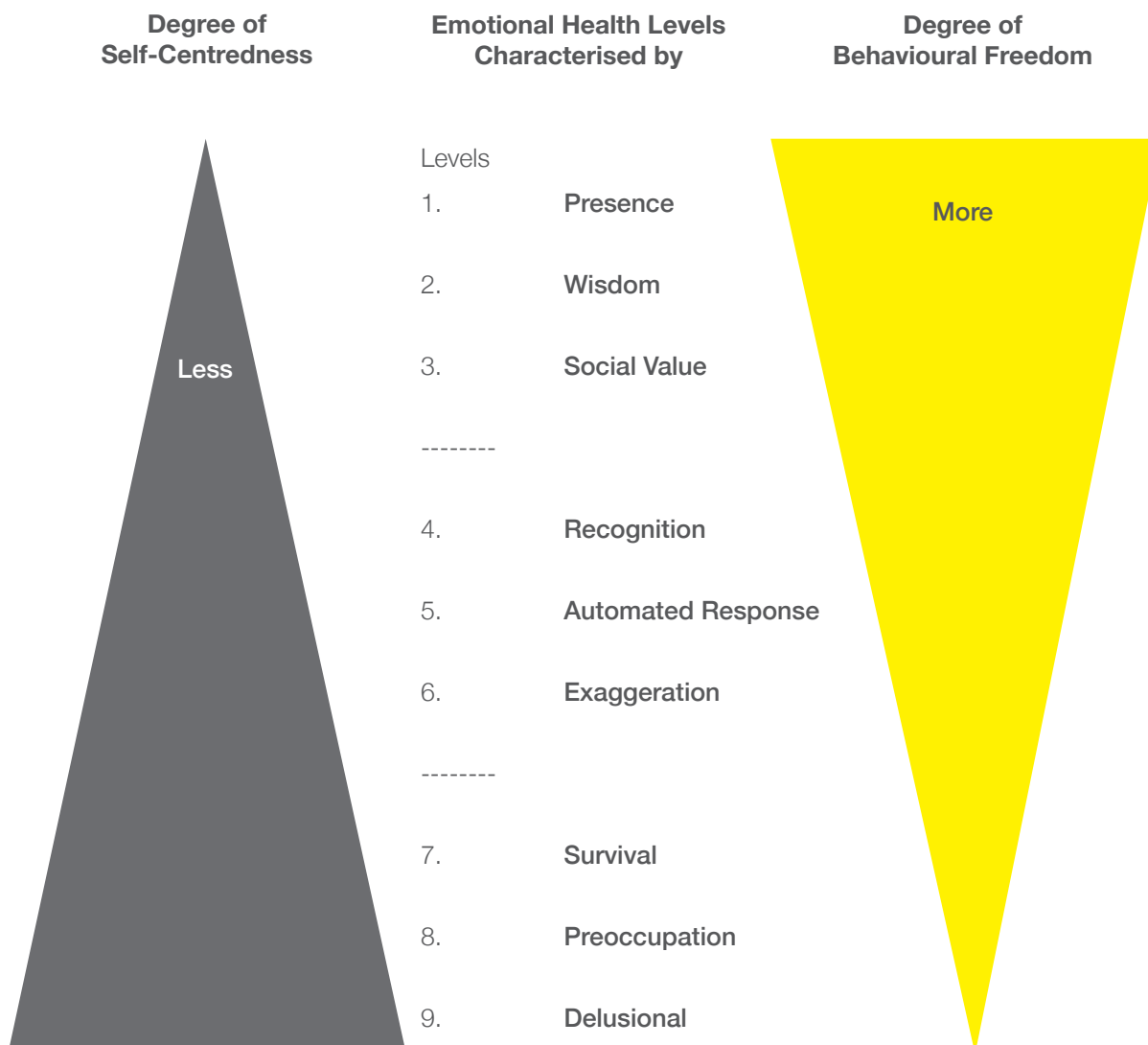
Level 8 – Preoccupation

At this level we start to lose touch with reality, and our thinking, feeling, perceiving and behaviours all become severely distorted. We are out of control, and this is considered to be a full pathological state.

Level 9 - Delusional

At this level we are delusional, out of touch with reality and willing to destroy others and ourselves. This includes states of extreme psychosis where we are totally uncontrollable and unreasonable. Our mind obsessions take over our life completely.

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