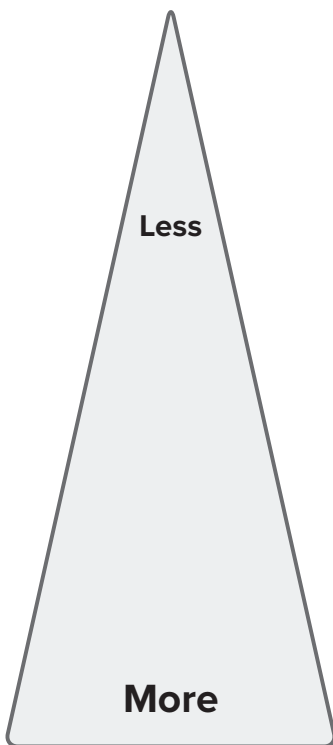


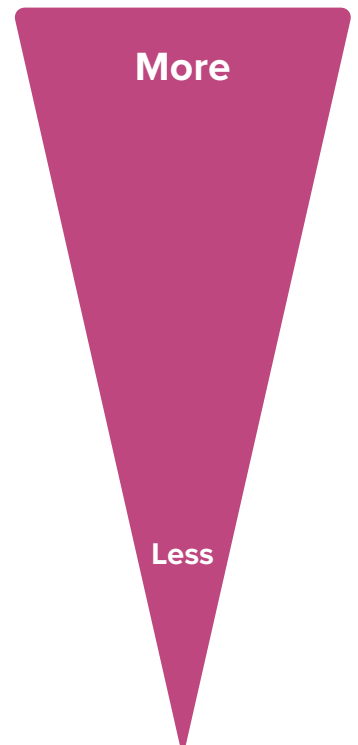
Degree of  
self-centredness

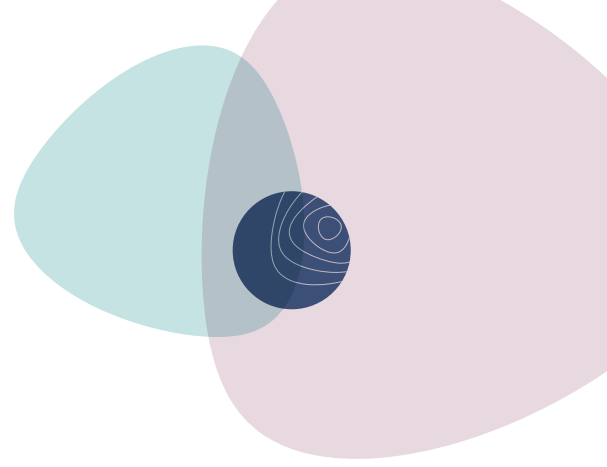


Emotional  
health levels  
characterised by:

1. Presence
2. Wisdom
3. Social Value
4. Recognition
5. Automated Response
6. Exaggeration
7. Survival
8. Preoccupation
9. Delusional

Degree of  
behavioural freedom





# Emotional Health Level Description

## Level 1 - Presence

At this level a person has a quiet mind and is fully in touch with the present moment or the 'now'. Presence or 'flow' is the norm. They are happiness. They have total behavioural freedom and operate with complete integration of the centres of intelligence. Their inner observer is very powerful and they are present in all they do; each moment they are in is the most important and they are fully available to it.

## Level 2 - Wisdom

At this level a person has long periods of being present. With a very high degree of behavioural freedom and almost no self-centredness, they are able to integrate their experience, knowledge and life learnings and lead by example in ways that inspire and motivate others. They have a powerful inner observer and only very rarely allow an automatic pattern to dictate their behaviour.

## Level 3 - Social Value

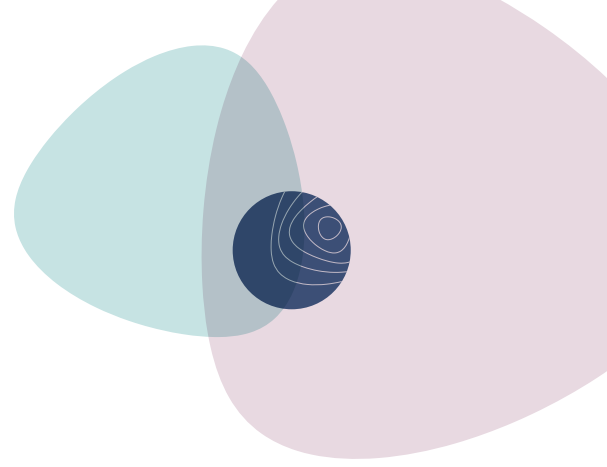
At this level, a person has a high degree of balance in their life and, for the most part, redirects their concerns to those of others and to broader social interests. A person who reaches this level, as reduced their self-centredness

by developing a willingness and desire to embrace the 'greater good' for their community/communities. They have a high degree of behavioural freedom, an effective inner observer and the capacity for whole body thinking. Their inner observer is used to monitor their own consciousness and behaviour and to bring them 'back above the line' when they find themselves internally moving below the line in an automated response to some stressful situation.

## Level 4 - Recognition

A person moving to this level from Level 5 starts to recognise that they have choices with all of their reactions and behaviours and begins to observe them on a more regular basis. This observation helps them to increase their level of consciousness, which in turn leads to a greater degree of behavioural freedom. They also start to better integrate the head, heart and body centres and so increasingly create moments of 'presence' under certain circumstances.

While a person at level 4 can still display automated patterns of behaviour, such response are less likely to have a negative impact on others.



# Emotional Health Level Description

## Level 5 - Automated Response

At this level, a person is dominated by a range of automated responses to situations they find themselves in. These automated responses are mostly defensive and reactive and are about controlling the environment (which can include the people in it) in order to get their perceived needs met. With a limited inner observer and a tendency to integrate no more than two of the centres of intelligence, their freedom to catch the 'magic quarter second' and respond with greater personal responsibility is limited.

## Level 6 - Exaggeration

At this level a person is more 'demonstrative' in their defences than a person at Level 5. Their reactions are exaggerated as they over-compensate due to internal fears and anxieties. Their thinking takes place largely from the perspective of their preferred centre of intelligence, with limited connection to the other two. With a fairly ineffective inner observer, they lack the capacity to reflect on their behaviours and therefore change them.

## Level 7 - Survival

At this level a person's fears and anxieties become intolerable, as they believe there is little to support them in their life. They continually react to situations, they think only with their preferred centre, their inner observer barely exists and they have little or no behavioural freedom. Survival tactics become the focus of their world, given them little or no control over making any reasonable choices.

## Level 8 - Preoccupation

At this level a person starts to lose touch with reality, and their thinking, feeling, perceiving and behaviours all become severely distorted. They are out of control. This is considered to be a full pathological state and most people at level 8 or 9 would be subject to some form of medical care.

## Level 9 - Delusional

At this level a person is delusional, out of touch with reality and willing to destroy others and themselves. This includes states of extreme psychosis where they are totally uncontrollable and unreasonable. Their mind obsessions.