

Passive learners will rarely exceed level 5.  
To grow we must be more active with a plan.

Spiritual Conditioning Continuum (an example)

Active learners create and follow a plan until they achieve their written goals. Since love is intangible and we suffer from bias, we need feedback from others to help us examine our progress.

Due to personal bias it's good to hear others assess where we are at on this chart.

Zero	1	2	3-4	4-5	6-7	8	9	10
Lie all the time.	Able to see little truth.	Willing to hear some spiritual truth.	Seeking self-image enhancement, self-promotion, and self-flattery or self-deception for good feeling.	Balancing selfishness and godliness in thought and action. Still very selfish.	Seeking Godly truth to change & grow with God. Accepting fault in self and taking new action regularly.	Changing and growing in Godly character on a regular basis. See fault in selfishness and seeking inward adjustments to align toward God.	Follow truth in God with strong faith and deeper love. Lead others toward intimacy regularly with more confidence.	Guided by Godly character continuously. Seeking love and peace everywhere and in everything.
Will not see fault in self.	Maybe God exists.	Justify spiritual growth comparing self to others.	Doing the steps as a duty. Making corrections in attitude to fit in.	Attend groups, but think mostly about self-interests.	Attend groups to help others more selflessly. Think less of self-issues.	Participating with others through intimate sharing, guarding against dishonesty and corruption. Building spiritual relationships to promote honesty and depth in love.	Speak with more sincerity and compassion in conversations. Able to share experience of change through God's character.	Teaching the process of building love and peace daily with others.
Do not believe in God.	Avoid God, spiritual truth.	Avoid intimacy due to painful past lessons.	Fear of what other people think. Practicing prayer and testing spiritual principles more regularly. Seeing is believing.	Feel spiritually challenged, but take little action to seek God. Learn about God while guarding against it due to fear of intimacy.	Testing experience with compassion and humility. Listening more to understand others hearts while speaking truth to promote inward righteous adjustments.	Praying for inward peace regarding falsehood, fear, defensiveness, and selfishness. Learning how to compassionately live with others who lie and deceive while speaking truth. Gentle rebuke.	Affectionately & passionately leading others toward God. Able to stay at peace in the face of struggles and difficulties.	Solution-finding in spiritual conditioning dominates thought.
Self-seeking all the time. Victim, blame, defend.	Begin to see fear, anger, etc.	Exploit others, use the group.	Seeking selfish ambition.	Watching others for their selfishness and hypocrisy while doing little to help them embrace, witness, and experience God's character.	Believing in and more attentive to God's Spirit everywhere while seeking to server that spirit. Feeling some fear and frustration toward selfishness			Leading others into intimacy with God.
Hopeless, Helpless I Can't.	Still hold much of level zero.	Entitlement	Sharing problems & making some perception adjustments.	Outwardly doing the deal very well.				Sensing and acting in love.
My way!		Focus on improving outward conditions.	Comparing self with others...still.	Want to give more, but don't.			Feel lead by God most days.	Pacifist