Passive learners will rarely exceed level 5. To grow we must be more active with a plan. Spiritual Conditioning Continuum (an example)

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

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.

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