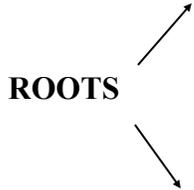


*CHRISTIAN COUNSELING CHANGE THEORY: Moral Psychology*

STAGES:	DEFINITION:	IMPACTS:	GOALS:	GOALS CONT...
<b>CRISIS</b>	<p>Defined by reactions, defenses, neg behavior patterns that demand attention from self &amp;/or others. Externally focused. Other focused for solutions. Solutions focused. Behavioral modifications. Surface change only. Focus is on reduction of chaos and increase in skill use to get back to homeostatic state, not insight focused.</p>	<p>Continued focus on casual longing fulfillment (Crabb), self fulfillment, maintaining homeostasis, and at least some resistance to change. No substantial shift in values. This level can initiate a cycle/pattern of blaming if the person is unwilling to look inward.</p> <p><b>BLOCKS/STOPS: APATHY, AMBIVALENCE, RESISTANCE TO CHANGE, LACK OF AWARENESS OF MY NATURE, WILLFULNESS, SPIRITUAL BLINDNESS, DEFIANCE, SEVERE SELF PROTECTION</b></p>	<p>Quiet/reduce the external crisis but increase internal existential crisis through the following: Connect with emptiness/lack of fulfillment in: casual longings, behavioral modification, self-focus. Increase longing for connection, insight, meaning. Initiate understanding in origin of “the problem” &amp; role the person plays in their own struggles/conflicts.</p>	<p>Increase curiosity/interest about/ searching for “why” I do..., identify my solutions as insufficient. “ITS NOT ENOUGH!” Realization, acceptance, internalization of unmanageability of life as it is. “How I’m affecting others/life is negative.” Belief that sanity is possible with internal change.</p>
<b>RELATIONAL</b>	<p>Focus shifts to my impacts on others and how that has neg. effects on me, natural consequences from my neg. influence on others. Natural consequences in external circumstances that are relational. new skill assimilation &amp; accommodation, light self insight seeking,</p>	<p>Shift in focus to casual &amp; critical longings (Crabb). Realized influence on my environment &amp; others. Increased desire for bondedness. Increased attempts at bonding &amp; maintenance of bonding w/ rewards &amp; relapse. Beginning awareness of inability to give/ receive love from another.</p>	<p>Increase the internal crisis and personalization as the “source” of trouble, inability, unwillingness. Intro &amp; Increase knowledge and understanding of impacts of “my nature” on my relationships. Realization of “my nature”—its existence (Am I broken?), skill acquirement &amp; practice. Connect with powerlessness over nature through observed skill attempt &amp; relapse. Actual searching for “why’s”.</p>	<p>Experience emptiness in perfecting relationships-shift focus to me from you and me. “I GOT IT BUT DOESN’T SATISFY!” Realization, acceptance, internalization of unmanageability of life as it is in my power—my way.</p>

<b>STAGES:</b>	<b>DEFINITION:</b>	<b>IMPACTS:</b>	<b>GOALS:</b>	<b>GOALS CONT...</b>
<b>ME</b>	<p>How I experience and interact with me. Realization of the self—my inner world &amp; its significance. Realization of the Impact of my: emotions, thinking patterns, attitudes, beliefs, values, perceptions, behaviors, and relationships. Outcomes of the above are choosing nature or conscience and the natural outcome of that choice.</p>	<p>Awakening to the internal self and the internal struggle. Shift in focus to critical longings and realizing existence of crucial longings (Crabb). Deeper skill use w/ rewards and relapse. Greater realization of inability/failure to love consistently. Connection with internal emptiness experienced as “its not enough, need more!”</p>	<p>Major skill acquirement in this phase—INCREASE MITIGATING FACTORS! Client must learn HOW to choose conscience over nature. What that looks like experientially. Client must apply the skills, succeed and fail, experience disappointment, receive encouragement to try again, and then try until mastery. Client must be able to identify the connection and application of each skill to their specific interactions. Realization of components of “my nature”—demands personalized in me. Realized longing for meaning &amp; purpose, ownership of responsibility for inner/outer life direction. “I CANT DO THIS!” “WHAT AM I MISSING?”</p>	<p>Love in—love out. Willingness. Acceptance. Emotional regulation. Forgiveness. Tolerance. Patience. Choosing Humility. Resisting isolation—building relationships. Service and its power for change. Acceptance &amp; tolerance of emotional pain. Trust.</p>

STAGES:	DEFINITION:	IMPACTS:	GOALS:	GOALS CONT...
<p style="text-align: center;"><b>ROOTS</b></p> 	<p><b>NATURE:</b> Behaviors, attitudes, thoughts, emotional patterns that are safe, easy, comfortable, <b>feed now pleasure needs, and protect the ego from change and fear. Ruts/patterns that allow me control.</b> Vice. dysregulation as facts. Demandingness and unrealistic expectations. <b>My way.</b> Willfulness. <b>Aggravating factors feed nature.</b></p> <p style="text-align: center;"><b>VS.</b></p> <p><b>CONSCIENCE: the higher moral good for self and others.</b> virtue, obedient action to personal conviction, service over self, love over isolation, faith/courage over fear, program over personality, facts are facts and feelings are known but relinquished. Surrender &amp; submission. <b>Your way-HP.</b> Acceptance. Willingness. <b>Mitigating factors feed conscience.</b></p>	<p>Shift in focus to realizing crucial longings (Crabb)&amp; impacts of the bilateral struggle (nature vs conscience). A leap in realization in personal responsibility for the direction of one's life all the way down to small actions/beliefs/attitudes taken/words spoken.</p>	<p>A NEW LIFE UNDER A NEW MASTER. For the client to learn to increase all choices, behaviors, and attitudes towards conscience and away from nature. Healing the God wound/anger at God. Reduction of skepticism/self-reliance. Increase HP way and decrease my way. Develop a relationship with a HP (practices). Realize and own the crucial longings. Pursuit of crucial longings (activities, groups, institutions, etc). More deeply understand and enter the battle between nature/conscience, acquire skills &amp; knowledge to feed/build conscience and relationship with HP. Build relationships with others that build relationship with HP.</p>	<p>Acceptance of crucial longings and their significance. Daily meditation and prayer. Created and sustained life plan for routine self care time. Acceptance of human state suffering/longing. Acceptance of the life-long process and today's present place. Increased willingness to trust. Increased ability to give/receive love. Commitment to obedient action. Forgiveness received and given.</p>

<b>Factors:</b>	<b>Definitions:</b>	<b>Examples:</b>		
Aggravating Factors	Factors within the person that are biological, psychological, social/relational/ environmental, or spiritual in nature that cause a proneness towards choosing and acting in self-protection and self-reliance causing an over-focus on self. Self becomes its own self sustaining system.	Childhood: trauma (physical, sexual, verbal, psychological, financial/economic, spiritual), neglect, abandonment, divorce, death, addiction, severe MI experiences, anger/rage towards person—persistence over a period of time, presence of fear for safety or wellbeing in 1 or more instances for self or other. Level of fear that’s present. Length of time & level of use of defenses and distortions. Length and level of use of dissociation. Hx of running/fleeing. Little to no—	-spirituality, faith, religious practice, meaning & purpose. Shallow spirituality (compartmentalized). No/ loose/disruptive/enmeshed family connections. Level of isolation (socially, emotionally). Low/no/spotty skill use in: pos. coping, relationships, emotional regulation, frustration tolerance, self discipline, service to others. Patterns of hypersensitivity in body, emotions, thoughts, experiences. Patterns of failure. Apathy. Ambivalence. Comfort with—	Neg habit use patterns. Neg childhood modeling. Replaying FOO patterns in thinking, feeling, responding, behaving (homeostasis). An obsessive mind. Habitual compulsions. Habitual dependencies. Low IQ. Low expectations. Low self-efficacy. Shame. Habitual anger use. Demandingness. High expectations. Dishonesty with self. Level of pride/fear of vulnerability. Level of control seeking.
Mitigating Factors	Factors within the person that are biological, psychological, social/relational/ environmental, and/or spiritual in nature that empower the will towards choosing and acting on the higher moral good for self and others. Highest self is developed connected to and within a system/s.	A belief in a power greater than ones self—a higher power/God. The ability to surrender ones will to a HP and a higher moral good. Ability to choose humility. Ability to trust. Openness. Teachable. Seeking answers outside of self. Willingness & willingness to self reflect. Ability to gain insight. Commitment & willingness to change. Willingness to submit to obedient actions. Accurate knowledge of self, others, world. Accurate understanding of self, others, world. Willingness and actions to become accountable and known. Ability to inventory—	-Self and apply changes. Use of honesty. All pos personality skills: respectfulness, gratitude, humility, admit wrongs, personal responsibility, confidence, hope, desire, interest areas, pos communication skills, understanding of self, others, relationships; level of available trust, level of available pos self protective ability, ability to cooperate, level of internalization of the self, level of self awareness, ability to give & receive love, etc. Ability to share power.	