

Table 3.4: Levels of Emotional Development According to Dabrowski's Theory of Positive Disintegration (Piechowski, 2003)

Level I: Primary Integration

Dog-eat-dog mentality

Dominant concern with self-protection and survival; self-serving egocentrism; instrumental view of others

Level II: Unilevel Disintegration

A reed shaken in the wind—Matthew, XI, 7

Lack of inner direction; inner fragmentation—many selves; submission to the values of the group; relativism of values and beliefs

	UNILEVEL DYNAMISMS
Ambivalences	Fluctuations between opposite feelings; mood shifts
Ambitendencies	Changeable and conflicting courses of action
Second Factor	Susceptibility to social opinion; feelings of inferiority toward others

Level III: Spontaneous Multilevel Disintegration

*Video meliora proboque deteriora sequor.** —Marcus Tullius Cicero

Sense of the ideal but not reaching it; moral concerns; higher versus lower in oneself

	MULTILEVEL DYNAMISMS
Multilevel dynamisms are ways of critically perceiving and evaluating the world, others, and oneself, leading to the work of inner transformation	
Hierarchy of Values and Social Conscience	
Hierarchization and Empathy	<i>What is</i> contrasted with <i>what ought to be</i> : Individual values Universal values lead to authenticity
Positive Maladjustment and Empathy	Protest against violation of ethical principles
Emotionally Charged Self-Reactions and Self-Judgments	
Dissatisfaction with Oneself	Anger at what is undesirable in oneself; self-loathing
Inferiority toward Oneself	Anger at what is lacking in oneself, of not realizing one's potential
Disquietude with Oneself	Disharmony in one's inner state of being
Astonishment with Oneself	Surprise in regard to what is undesirable in oneself
Shame	Shame over deficiencies and others' view of one's moral standard
Guilt	Guilt over moral failure; a need to repay and expiate

Level IV: Organized Multilevel Disintegration

Behind tranquility lies conquered unhappiness.—Eleanor Roosevelt

Self-actualization; ideals and actions agree; strong sense of responsibility on behalf of others' well-being and inner growth

	DYNAMISMS OF INNER RESTRUCTURING
Subject-Object in Oneself	The process of critical examination of one's motives and aims; an instrument of self-knowledge
Third Factor	The executive power of choice and decision in one's inner life; active will in self-regulation and self-determination

*I regard the better but follow the worse.