



FOUNDATIONS OF
Nourishment
& Self Care

A photograph of a man and a young girl playing outdoors. The man, wearing a dark blue polo shirt with white stripes, is leaning over and holding the girl's hand. The girl, with long dark hair and a pink bow, is wearing a pink floral dress and smiling. They are in front of a wooden fence and pink flowers. A green curved banner is overlaid on the right side of the image.

Nourishment, Aliveness, and the Wright Developmental Model

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Life Assignment

Find yourself in the early levels of the Wright Developmental Model. Keep a copy of the model handy to refer to the aspects of the different levels, principles, emotions, and areas of life. Reflect on your challenges, conflicts, and wins at various levels and record what you're learning about yourself. Use the prompts below to support your exploration.

Level One:

Where in my life have I limited my aliveness?

How do I facilitate aliveness?

What am I afraid of?

What's my relationship to scarcity and trust? -

Level Two:

How does play/engagement usually go for me?

How do I block or facilitate my aliveness as I relate to others?

How/when do I experience hurt?

What's my relationship to hunger and affirmation?

Level Three:

What's my default relationship to intention—my own intention and the intentions of others?

How/when do I experience anger?

What's my relationship to reactivity and assertion?

What does all of this have to do with my nourishment now, as an adult?

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

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Wright Model of Human Growth and Development

In order to leap from incremental change to real transformation, you must understand the levels of human growth and development.

Psychologists, philosophers, and others have been studying human development and the refinement of our highest capacities for well over 2,000 years. We know that in ancient Greece the ideal human developed excellences or virtues in the areas of mind, body, and spirit, including both personal and political life.

Well-known psychologists including Freud, Erikson, Piaget, Kegan, Kohlberg, and Maslow—as well as lesser known practitioners and theoreticians such as Woolf, Loevinger, Ichaso, and Graves—created models of human development designed to explain the progression of awareness and growth. Developmental theories are so common because they identify what Gail Sheehy (1976) described as the “predictable crises of adult life,” and as a result, they give us key tools in understanding and mastering ourselves.

The Wright Model of Human Development pulls together the best of these models to give you an edge in creating a fulfilling life in all areas. Using it, you will gain insight to deal with the problems you encounter, move beyond stuck points, and thereby develop further, adding to the richness and effectiveness of your life.

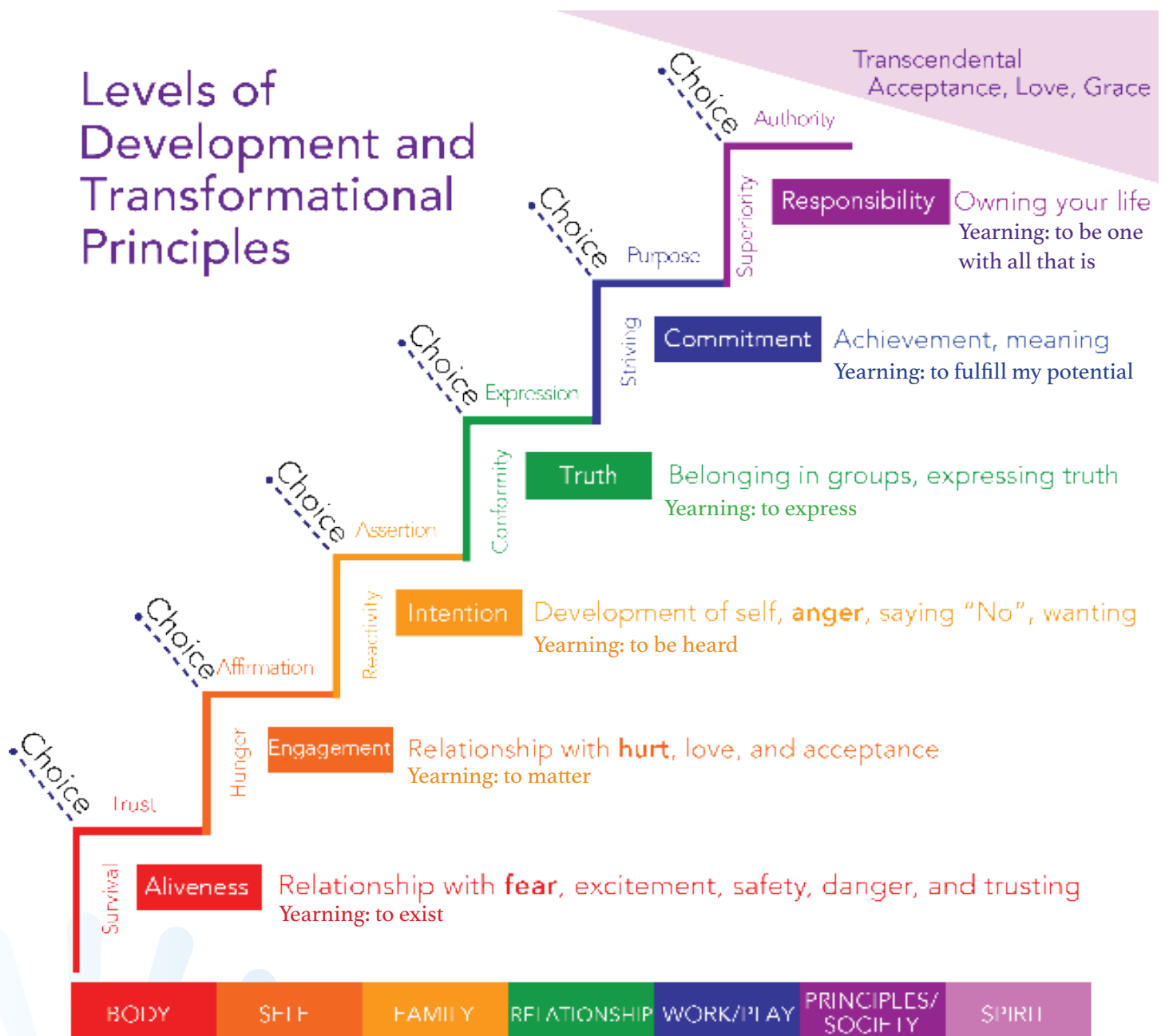
The Wright Model of Human Development is invaluable to you because it provides a map for getting the most out of your life—particularly during periods of transition and change. It gives you a way to think about, assess, and identify your needs. Additionally, it provides an ideal or vision toward which you can develop and a tool to guide your personal transformation.

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Wright Model of Human Growth and Development (CONT'D)

The Wright Model of Human Development includes seven levels of development, moving from unconsciousness to consciousness.

Levels of Development and Transformational Principles



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Stinking Thinking and Mistaken Beliefs

All of us develop “mythconceptions” to some degree that color our thinking. We develop mistaken beliefs in three different areas: beliefs about ourselves, our feelings, and the world around us. Mistaken beliefs about ourselves can be beliefs such as: I am not good enough; I’m not lovable; I’m not worthy. Mistaken beliefs about our emotions are beliefs such as: My feelings are bad; having feelings are weak; my feelings are wrong and must be suppressed or hidden; I’m too sensitive. And our mistaken beliefs about the world are beliefs such as: The world is not safe; the world is scary; people are out to get me; there isn’t any support for me.

Our mythconceptions are just that—mistaken concepts which cause faulty thinking. Our mistaken beliefs and assumptions spawn stinking thinking. Stinking thoughts are mistaken thoughts that appear as factual, but are not true. Stinking thinking takes many forms: rationalizing, making excuses, being defensive, over-generalizing, thinking you are unloved or unworthy, labeling, blaming, minimizing, projecting, being prejudiced, mind reading, being superstitious, obfuscating, all-or-nothing thinking—all ways of fudging or denying the truth and escaping from the deeper reality underneath.

When you learn to recognize your Stinking Thinking for what it really is—thoughts masquerading as truth—you can see that it stems from mistaken beliefs. This false thinking keeps you from achieving what you could and discourages you from trying new things, taking risks, and creating MORE. You may use these thoughts to talk you out of pursuing MORE before you even get a fighting chance. Stinking thinking lowers motivation and kills hope. Yet, it’s how most of us think and talk most of the time.

Complete the Stinking Thinking Template. Pick a demeaning, judgmental, rationalizing thought you have about yourself, your feelings, or your world, and fill out the template to see what the belief could be underneath. Every time you blame another, shame yourself, or justify yourself, you are indulging in stinking thinking related to your mistaken beliefs.

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Stinking Thinking Template

1. What event, situation, or circumstance triggered your stinking thinking?

2. What was your stinking thought?

Examples of Negative Thoughts (stinking thinking):

That's too hard.	I don't need it.
I can't do that.	I don't have time.
I'm not ready.	I don't have enough money.
That's too much.	I'm tired.
I'll do it later.	I've done that.
That's too far.	I can't.

3. Name 3 other instances in your life where this stinking thinking has come up.

4. What are the feelings you experienced?

Fear

Hurt

Anger

Sadness

Joy

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Stinking Thinking Template (CONT'D)

5. Identify some of the mistaken beliefs that may have triggered your stinking thinking.

Examples of Mistaken Beliefs:

I am not enough, not good enough.
I'm too much.
I'm alone and on my own.
I am not lovable.
I'm not okay.
I have to earn love.
I have something wrong with me.
There are not enough resources
(time, money) to go around.

My feelings/emotions are bad.
There is no support for me.
People are out to get me.
The world is dangerous.
I don't matter.
There is not enough love to go around.

6. What is the deeper yearning underneath the mistaken belief(s)?

Examples of Mistaken Yearnings:

I yearn to matter.
I yearn to make a difference.
I yearn to be seen.
I yearn to be heard.
I yearn to be known.
I yearn to connect with others.

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Stinking Thinking Template (CONT'D)

Yearnings:

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, connect

- To be seen, heard, known, and understood
- To see, hear, & know others
- To touch & be touched
- To feel “felt”
- To empathize

To have my existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express my essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on Earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To be connected to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

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Stinking Thinking Template (CONT'D)

7. What are alternative ways you could meet your deeper yearning?

8. What supportive, creative, generative, positive thoughts could you have thought in that situation?

Examples of Positive Thoughts:

- That's challenging, but I'm willing to engage in the challenge.
- I've never done that before, but I'm willing to give it a try.
- I am afraid, but I'm willing to go for it anyway.
- This is tough, but it's not insurmountable.
- I need to apply myself now because putting it off is just an excuse.
- I haven't made the time but I can choose to.
- I don't have an immediate solution for how to afford it, but if I intend it I can make it happen.
- This happens from time to time, but I can get this done on time.
- I wonder what he meant by that. I'll ask him.
- My contributions count in the big picture.
- I feel upset, but that doesn't make me a bad person.
- I didn't do that sooner, but I can learn from that mistake.

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Stinking Thinking Categories

1. **Overgeneralization:** You view a negative event as a never-ending pattern.
 - a. All or Nothing: You look at things in the absolute ... black white... no gray.
 - b. Magnification: You blow things out of proportion.
 - c. Can't/Won't: Helpless/Hopeless.
 - d. Always/Never
2. **Jumping to conclusions/Irrational conclusions:** You conclude that things are bad without any evidence.
 - a. Mind Reading: You assume that people are reacting negatively to you.
 - b. Fortune Telling: You predict that things will turn out badly.
 - c. Projection: Attributing to others things I am feeling inside.
 - d. Mental Filter: You dwell on the negatives and ignore the positives.
 - e. Prejudice: You avoid the facts by deciding ahead of time.
 - f. Discounting the Positives: You insist that your accomplishments or positives do not count.
 - g. Magical Thinking
 - h. Helpless/Hopeless
3. **Emotional reasoning:** You reason from how you feel (Ex. "I feel stupid therefore I must be.") and fail to reality test.
4. **Should statements:** You criticize yourself or others with "should," "shouldn't," "must," "ought," and "have to."
5. **Blame/shame:** Blame yourself for something you weren't entirely responsible for or you blame others and overlook that you contributed.
 - a. Labeling: Instead of saying "I made a mistake," you tell yourself "I am a loser," "I am stupid," "I am a jerk."
6. **Looped Thinking:** Obsession/perseveration

Source: Revised from Daytop

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Tactics to Avoid Responsibility

Tactics are a survival mechanism. To take away our tactics is to take away the very life power of irresponsible thinking. Using these tactics fuels anger and aggression, promotes feelings of self-satisfaction, negates the need to change, and allows denial that thinking errors exist. Give up tactics and take your power back.

1. Attack/Superiority <ul style="list-style-type: none"> a. Puts others on the spot by degrading, quibbling over words, trying to embarrass, and by using anger as a weapon b. Continually points out inadequacies of others c. Accuses others...of misunderstanding, etc. d. Holds self up by putting others down e. Projecting 	2. Obfuscation <ul style="list-style-type: none"> a. Excuses b. Puts off any obligations by saying "I forgot" c. Is deliberately vague d. Diverts attention from self by introducing irrelevant material e. Attempts to confuse others f. Makes a big scene about minor points g. Expresses phony (BS) analysis
3. Avoiding/Minimizing <ul style="list-style-type: none"> a. Minimizes the situation ("It was just...one...a beer/joint") b. Claims of having changed because of doing it right once c. Over thinking – Neural navel gazing or mental masturbation d. Over declaration of wants – I really want... e. Depersonalization – "It" versus "I", "you" versus "I" or "one" versus "I" f. Going to Formula picking a course of action to avoid the issue g. Jargon 	4. Passive Aggressive <ul style="list-style-type: none"> a. Disconnect b. Surface Compliance c. Agrees or says, "yes" without meaning it d. Pleaser, tells others what they want to hear, rather than the truth e. Is totally inattentive f. Repeating the question g. Withdrawal/Punishing – Silence h. I don't know... I'm trying
5. Self-Pity/Shame/Inferiority <ul style="list-style-type: none"> a. Pays attention to only what is self-satisfying b. Confesses to diffuse and avoid c. Communicates self-pity to avoid responsibility d. Expresses self-pity through whining 	6. Manipulation <ul style="list-style-type: none"> a. Indirect requests b. General statements to avoid specific requests c. Shifting focus covertly
7. Defensiveness/Lying <ul style="list-style-type: none"> a. Lies by omission, by distorting the truth and choosing only what benefits self b. Deflection c. Justification d. Rationalization 	

*Credit to Daytop Academy