

## Arenas of Individualizing : Ensuring Continuity of the Self

	Hierarchy for SOCIABILITY	Hierarchy for SELF-CONFIDENCE	Hierarchy for FRIENDSHIP	Hierarchy for USEFULNESS	Hierarchy for ACCEPTANCE	Hierarchy for HOPEFULNESS	Hierarchy for SELF-PROTECTION
	PH'2-Q1H	PH'2-Q2H	PH'2-Q3H	PH'2-Q4H	PH'2-Q5H	PH'2-Q6H	PH'2-Q7H
L7	Celebration	Idealization	Meshing	Backing	Credentials	Beliefs	The Path
L6	Competitions	Love	Compliance	Influence	Voluntarism	Gratitude	Positions
L5	Interests	Feelings	Rituals	Identification	Roles	Realism	Humour
L4	Generosity	Sexuality	Exchanges	Dependability	Personality	Self-adjustment	Faith
L3	Approval	Attraction	Validation	Abilities	Sharing	Settings	Self-Knowledge
L2	Conversations	Challenges	Closeness	Engagement	Responsiveness	Strategies	Significance
L1	Events	Physicality	Caring	Concern	Interaction	Goals	Openness
	Daily Continuity Vital > Sensory	Psychic Continuity Emotional > Vital	Relational Continuity Individual > Emotional	Practical Continuity Relational > Individual	Societal Continuity Social > Relational	Survival Continuity Transpersonal > Social	Spiritual Continuity Sensory > Transpersonal
	<i>vs isolation</i>	<i>vs being stressed</i>	<i>vs loneliness</i>	<i>vs futility</i>	<i>vs alienation</i>	<i>vs negativity</i>	<i>vs fears</i>

## Ways .... Types

	To Connect Socially	To Feel Alive	To Maintain Relationships	To Assist Others	To Get Acknowledged	To Respond to Adversity	To Handle Vulnerability
t7	Join in Celebrations	Welcome Idealization	Mesh Life Choices	Give Backing	Gain Credentials	Create Beliefs	Choose a Path
t6	Enter Competitions	Seek Love	Show Loyalty	Use Influence	Make a Contribution	Express Gratitude	Develop Positions
t5	Explore Interests	Release Feelings	Join Rituals	Communicate Identification	Adopt a Role	Engage Reality	Find Humour
t4	Be Generous	Use Sexuality	Bestow Gifts	Promise Dependability	Reveal a Personality	Make Self-adjustments	Awaken Faith
t3	Express Approval	Allow Attraction	Proffer Validation	Apply Abilities	Offer Sharing	Exploit Settings	Know Your Self
t2	Enter Conversations	Take on Challenges	Stay Close	Choose Engagement	Be Responsive	Pursue Strategies	Attribute Significance
t1	Attend Events	Embrace Physicality	Feel Caring	Show Concern	Manage Interaction	Set Goals	Allow Openness

## Strengthening .... Modes

	Interacting for Social Ties	Self-confirmation for a Self-Image	Bonding for Closeness	Input for Involvement	Presence for Social Recognition	Adjustment for Personal Resolve	Milieu Awareness for Self-Protection
M7	Ritualized Celebrations	Unselfconscious Idealization	Interpersonal Meshing	Solid Backing	Credible Credentials	Useful Beliefs	Chosen Path
M6	Friendly Competition	True Love	Loyal Compliance	Potent Influence	Useful Contributions	Conscious Gratitude	Defensible Positions
M5	Shared Interests	Revealed Feelings	Created Rituals	Deliberate Identification	Necessary Roles	Mature Realism	Unifying Humour
M4	Reciprocal Generosity	Conventional Sexuality	Meaningful Exchanges	Constant Dependability	Presentable Personality	Deliberate Self-adjustment	Practical Faith
M3	Obvious Approval	Mutual Attraction	Appreciative Validation	Applicable Abilities	Spontaneous Sharing	Suitable Settings	Cosmic Self
M2	Stimulating Conversations	Meaningful Challenges	Physical Closeness	Willing Engagement	Reliable Responsiveness	Viable Strategies	Esoteric Significance
M1	Available Events	Natural Physicality	Sympathetic Caring	Targetted Concern	Conventional Interaction	Achievable Goals	Deliberate Openness