

Arenas of Individualizing : Approaches, Modes, Spiral & Trees in the Q-Expansion

Q#	Ways Modes	Orientations X & Y Axes	Diagonals (LR→U L : LL→UR)	Spiral of Strengthening Cycles	Cycle Progression	Tree focus	Context Content	PH'4-Stabiliz'n Method Origin
1	Ways: To Connect Socially Modes: Social Interaction	X: Attention to the social setting Y: Effort to interact	• Comforting incr. automatic • Expressive incr. supportive	Aim: Strengthen ties to others 1: Grounded in available events 2-4: Establishing enjoyable social activity 5-7: Increasing active participation	Events are: Occasional Regular Special	Sociability	Making Interaction Personal guides Interacting with Others	Vital supports Sensory
2	Ways: To Feel Alive Modes: Self-Confirmation	X: Dependence on physical activity Y: Dependence on others	• Subjective incr. compelling • Overt incr. reassuring	Aim: Strengthen a valued self-image 1: Grounded in embracing physicality 2-4: Getting positive feedback 5-7: Validating the self-image socially	Physicality is: Body awareness Liveliness Assured physic.	Self-confidence	Relating to Others guides Self-presentation	Emotional supports Vital
3	Ways: To Confirm Relating Modes: Social Bonding	X: Attention on the other Y: Attention on oneself	• Supporting incr. controlling • Engagement incr. significant	Aim: Strengthen bonds of friendship 1: Grounded in caring for another 2-4: Developing an emotional attachment 5-7: Enabling deeper involvement	Caring is: Liking Service Devotion	Friendship	Integrating the Other guides Attaching to the Other	Individual supports Emotional
4	Ways: To Assist Others Modes: Personal Input	X: Recognition by others Y: Likelihood of effectiveness	• Practical incr. direct • Personalized incr. exposed	Aim: Strengthen constructive involvement 1: Grounded in a specific concern 2-4: Providing prompt assistance 5-7: Increasing personal responsibility	Concern is: Immediate Sustained Committed	Usefulness	Personal Involvement guides Practical Assistance	Relational supports Individual
5	Ways: To Get Acknowledged Modes: Social Presence	X: Orientation to a social consensus Y: Orientation to personal engagement	• Dynamic incr. focused • Stabilizing incr. visible	Aim: Strengthen social recognition 1: Grounded in polite interaction 2-4: Enabling acceptance by others 5-7: Consolidating social recognition	Interactions are: Polite Personalized Valued	Acceptance	Sustained Recognition guides Polite Acknowledgement	Social supports Relational
6	Ways: To Respond to Adversity Modes: Personal Adjustment	X: Orientation to the future Y: Orientation to personal views	• Grounding incr. indirect • Transformative incr. radical	Aim: Strengthen inner resolve 1: Grounded in credible goals 2-4: Pursuing goals under the circumstances 5-7: Transcending insurmountable obstacles	Goals are: Credible Owned Empowered	Hopefulness	Overcoming Negativity guides Creating a Change	Transpersonal supports Social
7	Ways: To Handle Vulnerability Modes: Milieu Awareness	X: Orientation to potentials Y: Involvement of the self	• Personal incr. distinctive • Social incr. influential	Aim: Strengthen self-protection 1: Grounded in noticing phenomena 2-4: Becoming one with the situation 5-7: Mastering real and imagined dangers	Openness is: Noticing Receiving Seeing	Self-protection	Mastering Helplessness guides Staying Connected	Sensory supports Transpersonal