

THE **FIVE** MAIN LEVELS OF **HUMAN** EXPERIENCE

When we are committed to the process of growing in life, we're committed to growing in spirit, identity, self-awareness and self-regulation. When a client comes to us, they will be voicing the problems they perceive themselves as having and these problems are always emotional by nature: they may be worried about something that will happen in the future, they may feel depressed or anxious about their lives.

Looking at things from different angles helps us uncover the parts we're playing in our lives. The 'five main levels of human experience' offer a simple framework to dissect and breakdown people's issues by inviting our clients to reflect upon and consider how their issues are impacting them on five different levels.

SPIRITUAL

The things we internalise about our identity lie in the spiritual core of ourselves. If we adopt the negative and detrimental labels we are assigned either by ourselves or others, we bury them deep in our spirituality of self. What lies in our spiritual self is what impacts our confidence, self-worth and self-esteem.

VOLITIONAL

Volition stands for the choices we make based on our emotional and spiritual wellbeing. Our volitional decisions are our responses to who we believe we are: so if we believe we are limited, our behaviours will become limited. People who are carrying deeply negative beliefs about themselves in their spiritual part of their lives behave in ways which punish them in some way: they act reclusive and stop socialising, they stop talking to people and stop laughing. They may also engage in self-destructive habits involving food, drugs and even self-harming.

RATIONAL

Our rationale is what determines the choices we make because our rational symbolises the quality of the thoughts we have. The quality of the thoughts governs our emotional state and emotional reactions. Rational is what constitutes the nuance within emotional responses to similar circumstances: not everyone who is depressed because they've just lost their job turns to binge eating or starving themselves, or turns to alcohol or social reclusion. People can be going through the same emotional issues for even the same circumstances as someone else but have completely different volitional responses to their situation because of their rationale.

EMOTIONAL

Whilst there will be the odd client who cannot understand or identify what emotions they are feeling, our emotional states are what our clients are (usually) most conscious of and they're usually the reason why they've come to you in the first place. The trouble is that many clients aren't aware that we cannot afford to have emotions as conditions in our li, i.e. we cannot afford to label ourselves as having an emotional condition. Why? Because emotions are just thought based, not fact-based and, unlike many physical conditions, they are within our control. Whilst negative emotions seem impossible to shift for most people, they have the potential to be as fleeting and temporary as happiness and gratification are in our lives.



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PHYSICAL

Physical issues can trigger emotional conditions: people who go through serious life-changing health issues usually become emotionally devastated by the impact their physical health has had on their life. They may no longer be able to do the things they used to do or enjoy life how they once did, so they become depressed, sad, anxious, stressed, angry and frustrated.

