

## Levelling: Notions About Discernment

- 1. Take a pentel pen and 2 “meta cards” each.**
- 2. You will write your answers to 2 questions on these “meta cards”. Your answer to the first on one and your answer to the second on the other.**
- 3. Write key words only, in BIG, BOLD letters.**

## Levelling: Notions About Discernment

**Question A**

**What does it mean to discern?**

**Question B**

**Why discern?**

## What does it mean to discern?

### Dictionary

- **dis·cern·ment**
- the ability to judge well
- **the ability to judge people and things well**
- the quality of being able to grasp and comprehend what is obscure
- the ability to see and understand people, things, or situations clearly and intelligently

### Ignatian Spirituality

- **To choose that which better leads to God's deepening his life in me**
- **Spiritual** discernment of spirits involves
- **becoming sensitive** to what St. Ignatius Loyola called the "motions of the soul"
- (thoughts, imaginings, emotions, inclinations, desires, feelings, repulsions, and attractions)
- **reflecting** on them,
- and **understanding** where they come from and where they lead us.

## Why discern?

- **More than merely** seeing matters clearly/ accurately and thus arrive at a good judgment
- **Ignatian discernment means:** "Our only desire and our choice should be that which better leads to God's deepening his life in me."
- **Because** "The goal of our life is to live with God forever"
- **"Because God loved me into existence,**
- **Because in Him I am, I move, I live. "**

## How does one go about spiritual/ Ignatian discernment?

Ignatius wrote that the Spiritual Exercises:  
 “have as their purpose  
 the **conquest of self**  
 and the **regulation of one’s life**  
 in such a way  
 that no decision  
 is made  
**under the influence of**  
**any inordinate attachment.”**

## How does one go about spiritual/ Ignatian discernment?

the attainment of a kind of **spiritual freedom**,  
 the power to act —  
**not out of** social pressure or personal  
 compulsion  
 and fear —  
**but out of** the promptings of God's spirit  
 in the deepest, truest core of one's being —  
**to act ultimately out of love.**

## How does one go about spiritual/ Ignatian discernment?

one develops a **deeper intimacy** in one's  
relationship with God,  
so that one lives their life  
**more closely aligned with God's dreams/hopes**  
for them

### Presuppositions to Communal Discernment

Ready to move in any  
direction God wants  
– Radical freedom

Open to sharing all  
that God has given  
me – Radical  
generosity

**Groups and  
individual  
decision makers  
need to be...**

Questing for union  
with God in prayer -  
Radical spirituality

Willing to suffer if  
God's will requires it  
– Radical patience/  
availability

## Presuppositions to Communal Discernment

Ready to move in any direction God wants  
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## Inordinate Attachments

- All the things in this world are gifts of God presented to us so that we can know God more easily and make a return of love more readily.
- As a result, we appreciate and use all these gifts of God insofar as they help us develop as loving persons.
- But if any of these created gifts **become the center of our lives, they displace God** and so hinder our growth toward our goal.

## Inordinate Attachments

### **Attachment**

an affectional tie that binds  
endures over time, meaning they may last a very  
long time  
involves a desire for regular contact  
and the experience of distress during separation

## Inordinate Attachments

### **Inordinate**

not within proper or reasonable limits  
immoderate  
excessive  
**become the center of our lives, they displace  
God**

## Inordinate Attachments

### Focus of attachment

- Person
- Things
- Ideas
- Beliefs
- **Basic Human Needs**

## Basic Human Needs

- the elements required for
- **survival**
- and **normal mental**
- and **physical health,**
- such as food, water, shelter, protection from environmental threats,
- and love.

## Basic Human **Emotional** Needs

- While **all humans share these needs**,
- **each differs in the strength of the need**, just as some of us need more water, more food or more sleep.
- One person may need more freedom and independence, another may need more security and social connections.
- When a person's **natural** emotional **needs are met**, **healthy behavior naturally follows**.
- In various degrees, each according to his or her own unique nature, we each have a natural emotional need to feel:

## Psycho-emotional Needs

accepted	developed
accepting	educated
accomplished	empowered
acknowledged	focused
admired	forgiven
alive	forgiving
amused	free
appreciated	fulfilled
appreciative	grown or growing
approved of	happy
attention	heard
capable	helped
challenged	helpful
clear (not confused)	
competent	
confident	



## Psycho-emotional Needs

important  
 in control  
 included  
 independent  
 interested  
 knowledgeable  
 listened to  
 loved  
 needed  
 noticed  
 open  
 optimistic  
 privacy  
 productive  
 protected  
 proud

reassured  
 recognized  
 relaxed  
 respected  
 safe  
 satisfied  
 secure  
 significant  
 successful  
 supported  
 treated fairly  
 understanding  
 understood  
 useful  
 valued  
 worthy

## Top Ten Emotional Needs of Children and Adults

### Children

1. Accepted, Forgiven
2. Cared about
3. Free
4. In Control
5. Loved
6. Safe
7. Supported
8. Trusted, believed in
9. Understood
10. Valued, important, special

### Adults

1. Accepted
2. Appreciated/Valued
3. Cared about
4. Free, In control
5. Helpful/Needed/Useful
6. Productive
7. Safe
8. Supported
9. Trusted
10. Understood

## What Are Unmet Emotional Needs?

When we **don't feel we have enough** of one of these, we have an **"unmet emotional need."**

**Social problems** generally come either directly or indirectly from unmet emotional needs.

Some of these social problems come when basic physical needs are not met. If people are not getting enough to eat, they are likely to rebel. If someone is attacked and their need for physical safety is violated, they can be predicted to attack back.

## What Are Unmet Emotional Needs?

But most social problems, at least in what we call developed countries, seem to be due to unmet *emotional* needs.

The United States is one example. America is the richest country in history, yet there are enormous social problems.

These problems cannot be attributed to a lack of anything material or physical.

Some people might say the social problems are caused by a deficit in religious belief, but the growth in church attendance has done little to stop the shootings, drug use and youth suicides.

## **What Are Unmet Emotional Needs?**

If it is true then, as we believe, that most social, and interpersonal problems, come from unmet emotional needs, then perhaps one way to make a major social improvement is to address these unmet emotional needs.

To begin, we could carefully study our emotional needs.

## **Edwards Personal Preference Schedule**

## **Edwards Personal Preference Schedule**

**Purpose:** Personality inventory.

**Population:** College and adults.

**Scores:** 15 scores.

**Time:** (40-55) minutes.

**Author:** Allen L. Edwards.

**Publisher:** The Psychological Corporation.

## **Edwards Personal Preference Schedule**

**Description:** The Edwards Personal Preference Schedule (EPPS) is a forced choice, objective, non-projective personality inventory, derived from the theory of H. A. Murray, which measures the rating of individuals in fifteen normal needs or motives. On the EPPS there are nine statements used for each scale. Social Desirability ratings have been done for each item, and the pairing of items attempts to match items of approximately equal social desirability. Fifteen pairs of items are repeated twice for the consistency scale.

## Edwards Personal Preference Schedule

**Scoring:** The EPPS consists of 15 scales: achievement, deference, order, exhibition, autonomy, affiliation, interception, succorance, dominance, abasement, nurturance, change, endurance, heterosexuality, and aggression.

## Edwards Personal Preference Schedule

**Reliability:** Split-half reliability coefficients, or coefficients of internal consistency for 1,509 students in the college normative group range from .60 to .87 with a median of .78. The author also presents test-retest stability coefficients with a one-week interval. These are based on a sample of 89 students and range from .55 to .87 with a median of .73. Other researchers have reported similar results over a three-week period, showing correlations of .55 to .87 with a median of .73.

## Edwards Personal Preference Schedule

**Validity:** The manual reports studies comparing the EPPS with the Guilford Martin Personality Inventory and the Taylor Manifest Anxiety Scale. Other researchers have correlated the California Psychological Inventory, the Adjective Check List, the Thematic Apperception Test, the Strong Vocational Interest Blank, and the MMPI with the EPPS. In these studies there are often statistically significant correlations among the scales of these tests and the EPPS, but the relationships are usually low-to-moderate and often are difficult for the researcher to explain

## Edwards Personal Preference Schedule

**Norms:** 1,509 students in college.

**Suggested Uses:** Recommended primarily for instructional value and research settings

## Edwards Personal Preference Schedule

- **Edwards Personal Preference Schedule (EPPS)**
- The Edwards Personal Preference Schedule (EPPS) is a personality test that rates individuals on 15 scales that measure their needs and motives. The test consists of 225 paired statements that identify and measure scales such as achievement (need to do well on tasks), dominance (need to be in charge), change (need to experience new things), and autonomy (need to be free from responsibility). This measure is most commonly used in personal counseling situations but is also sometimes used as a recruitment tool.

## Edwards Personal Preference Schedule

- A personality inventory comprising 225 pairs of statements relating to likes and preferences (*A: I like to do things by myself. B: I like to help others do things*), the respondent being required to choose the preferred alternative in each case.
- The scale is ipsative, (measuring yourself against yourself) and it yields scores on 15 needs based on the theory of personality introduced by the US psychologist Henry Alexander Murray (1893–1988) in his book *Explorations in Personality* (1938), namely needs for achievement, deference, order, exhibition, autonomy, affiliation, intraception, succourance, dominance, abasement, nurturance, change, endurance, homosexuality, and aggression.
- EPPS abbrev. [Named after the US psychologist and statistician Alan L. Edwards (1914–94) who introduced it in 1953]

## **Edwards Personal Preference Schedule**

### **The Fifteen Personality Variables**

1. Achievement (ach) : A need to accomplish tasks well
2. Deference (def) : A need to conform to customs and defer to others
3. Order (ord) : A need to plan well and be organized
4. Exhibition (exh) : A need to be the center of attention in a group
5. Autonomy (aut) : A need to be free of responsibilities and obligations

## **Edwards Personal Preference Schedule**

### **The Fifteen Personality Variables**

6. Affiliation (aff) : A need to form strong friendships and attachments
7. Intracception (int) : A need to analyze behaviors and feelings of others
8. Succorance (suc) : A need to receive support and attention from others
9. Dominance (dom) : A need to be a leader and influence others
10. Abasement (aba) : A need to accept blame for problems and confess errors



## Edwards Personal Preference Schedule

### The Fifteen Personality Variables

11. Nurture (nur) : A need to be of assistance to others
12. Change (cha) : A need for variety
13. Endurance (end) : A need to follow through on tasks and complete assignments
14. Heterosexuality (het) : A need to be associated with and attractive to members of the opposite sex
15. Aggression (agg) : A need to express one's opinion and be critical of others

EPPS 15 characteristics as defined by  
Ashman & Tefler, 1983; Edwards, 1959

1. **Achievement (Ach)**: successfully doing one's best, attainment.
2. **Deference (Def)**: following instructions, doing what is expected, letting others make decisions.
3. **Order (Ord)**: planning activities, having things organized, neatness.
4. **Exhibition (Exh)**: being the center of attention, being noticed by others.
5. **Autonomy (Aut)**: Independence, unconventional.

## Edwards Personal Preference Schedule

6. **Affiliation (Aff)**: being loyal to friends, to develop strong attachments.
7. **Intracception (Int)**: empathy, to analyze one's feelings and emotions.
8. **Succorance (Suc)**: to seek encouragement, to seek aid and understanding from others.
9. **Dominance (Dom)**: to be a leader in groups, to supervise or influence others.
10. **Abasement (Aba)**: to feel guilty when one does something wrong, timidity

## Edwards Personal Preference Schedule

11. **Nurturance (Nur)**: to be sympathetic to others, to assist others.
12. **Change (Chg)**: to do new and different things, to travel.
13. **Endurance (End)**: tenacity, to keep at a job until it is finished.
14. **Heterosexuality (Het)**: to be regarded as attractive to the opposite sex.
15. **Aggression (Agg)**: to attack contrary points of view, to be critical of others.

## **Edwards Personal Preference Schedule**

Moderate degree – positive effect on work and relationship

Extreme measure ( too high, too low, denied) -  
negative effect on work and relationship

## **Needs**

Conscious

“Unconscious”

Make what is “unconscious” conscious

Feedback from other people

Psychological instruments

Acknowledge

Deny

## Needs

Developmental

Situational

Central – self worth anchored on the need,  
inordinately attached to, need to free  
ourselves from