

Your psychosocial needs

To my
Impactors

To my
supporters

This is a story about your life.

Your life is driven by needs. How well you meet those needs writes your life's script.

Besides basic needs, like food and shelter, you experience higher growth needs. This is a story about your own growth needs. Specifically, the balance you experience between your **self-needs** and your **social-needs**. These are complementary sides of your **psychosocial needs**.

Your self-needs

You need to be able to function on your own, without always running to others. You need to avoid being totally vulnerable to others. You need to provide for yourself as much as you can. These are your **self-needs**.

Your social-needs

You also need others to be there for those areas you cannot always provide for yourself. You need others for support. You need others for comradery, for affection, for unity against threats. These are your **social-needs**.

- Autonomy
- Authenticity
- Independence
- Initiative
- Internal incentive
- Personal freedom
- Personal security
- Privacy
- Resilience
- Self-determination
- Self-efficacy
- Self-expression
- Self-purpose
- Self-responsibility
- Self-worth
- Tenacity
- and more...



- Affection
- Affirmation
- Appreciation
- Being understood
- Belonging
- Companionship
- Cooperation
- Dependability
- Equal treatment
- Friendship
- Inclusion
- Intimacy
- Predictability
- Support
- Synergy
- Trust
- and more...

Life seeks to balance both

At one point, you will think only about some *self-need*. You will burn with the need to assert your personal freedom, for example.

You will obsess about being alone. You will want to spend your nights without others around. You will crave solitude while feeling easily smothered by others nearby. You will avoid others throughout the weekend. You will steal moments away. You will hunger to know who you really are, apart from what others expect or demand you to be for them. In short, you will feel the coldness of your personal winter of inner growth.



At another time, you will long for companionship to the point of giving up some of that freedom. You will be pulled back to attend to your *social-needs*.



You will hunger for the affection of another. You will long to be held warmly by one who loves you, as you love them. You affirm them as you seek their affirmation. You seek many opportunities for shared intimacies during the week. You look for support among your close friends. In short, you feel the warmth of your personal summer of social growth.

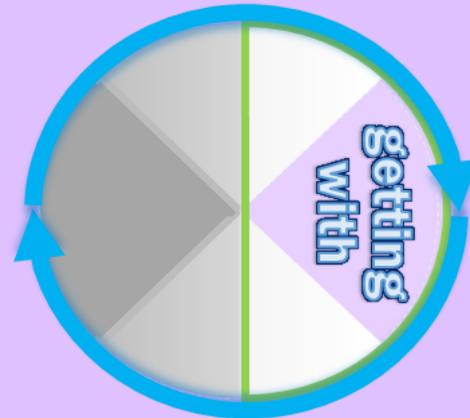
Now put these together. About half the time, you wish to **be alone**. The other half of the time, generally speaking, you wish to **be with** others. It's quite natural.



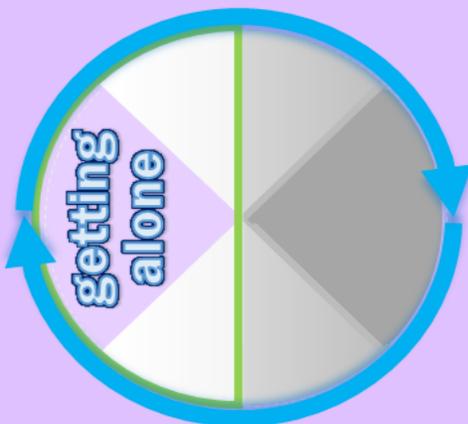
Without this nature-based insight, you understandably feel confused when needing to **be with** others at one point, then suddenly needing to **be alone**. This is life's balancing act.

You will find a transition from focusing on your **self-needs** to focusing on your neglected **social-needs**. To **getting with** others again.

After feeling refreshed with inner growth, you naturally return to your relationships. You now have a better sense of who you are individually, and now seek someone who appreciates you for you. You may even feel it is time to apologize for spending so much time recently alone. You shift from *self-needs* to your neglected *social-needs*. In short, you feel the budding seeds of your personal spring.

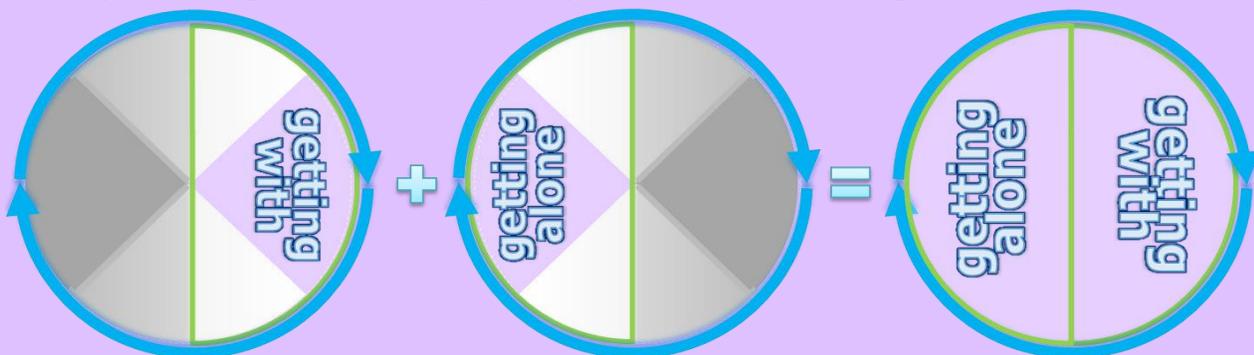


You eventually transition from focusing on your **social-needs** to focusing on your neglected **self-needs**. To **getting alone** again.



After investing much of your energies into your relationships, you naturally expect some return to sustain your energies. You feel increasingly exhausted from giving to others all the time. While feeling a tinge of guilt, you expect others to give something back to you for all you have given them. You shift from *social-needs* to your neglected *self-needs*. In short, you feel the harvest time of your personal autumn.

Now put these together. About half the time, you are **getting with** someone. The other half, generally speaking, you are **getting alone** by yourself. It's quite natural.



You will naturally experience cycles within cycles. As you spend midweek with others, you spend each evening alone. The less your needs resolve, the more these cycles bring them out.

Your personal seasons

Putting these overlapping circles together forms the four parts of a cycle widely recognized in indigenous wisdom. These form the four "seasons" of your life. "For everything there is a season, a time for every purpose under heaven."



SPRING: the season for **GETTING WITH** to *start anew*

SUMMER: the season for **BEING WITH** to *share growth*

AUTUMN: the season for **GETTING ALONE** to *reap harvest*

WINTER: the season for **BEING ALONE** for *inner growth*



Spring represents beginnings, newness, and renewal. It also represents morning, and new birth. In interpersonal relating, spring signifies that phase of moving toward each other. From focusing on your *self-needs* to focusing on your *social-needs*.

Summer represents rapid growth, solidifying relationships, and the peak of social activity. It also represents midday, and youth. In relating, summer is that phase of being together. From specific *social-needs* as a loving couple to broader *social-needs* as a global society.

Autumn represents cooling down, a return on investments, and dropping what no longer serves. It also represents late afternoon into early evening, and adulthood. In relating, autumn shifts our focus from *social-needs* to *self-needs*.

Winter represents the deep chill of solitude, of discovering who you are and what you can do apart from others. It also represents nighttime, and eldership. In relating, winter compels you to focus on your *self-needs*, in preparation of your *social-needs* into next spring.

Your personal seasons through life

seasons of your life

SPRING

SUMMER

AUTUMN

WINTER

In traditional indigenous knowledge, the medicine wheel is used to show how our lives are governed by cycles and directions in nature. The cycle shown below illustrates how every relationship goes through four seasonal phases, cycling from life to death and rebirth, much as nature itself.



Understanding this natural cycle and properly anticipating each phase does much to bring balance and harmony to relationships. From not understanding nature's personal winter of withdrawal, for example, many relationships have been prematurely terminated without full opportunity for renewal.

Spring, your season of planting



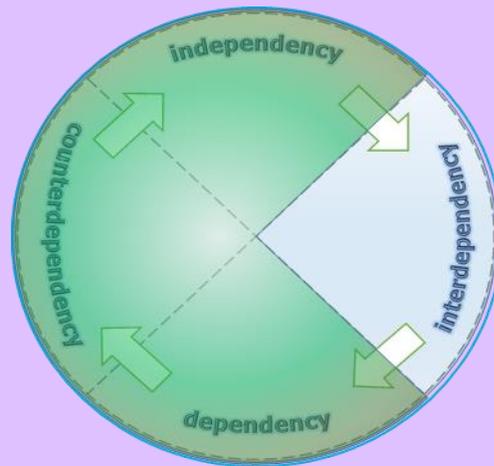
A relationship starts with a planting phase. You invest your energies into this person with whom you have discovered love. Or deepened your love with a greater sense of being loved for who you authentically are. There is new life coming up from the ground of your isolation. A new vision and hope is shared with others.

Old ways of doing things are freely challenged, cultivated into new ways with fresh seeds of hope. Compromises are worked out, trust is developed. The increasing warmth you feel has you looking forward to enjoying the future with your partner. Your love may even feel invincible, like it could last forever.

SPRING serves your need for independency

You begin this relationship with a sense of your *independence*, but seek someone who could appreciate your individuality. Now your *independence* has given way to *interdependence*, where souls mold into a oneness of mutual cooperation widely benefiting both.

Relieving your *self-needs* evokes your neglected *social-needs*. You no longer want to be alone all the time. You naturally seek to build new relationships, or renew your old relationships, perhaps even both.



In *anankelogical* terms, your *self-needs* **defocal** as your *social-needs* **prefocal**.

Summer, your season of shared growth

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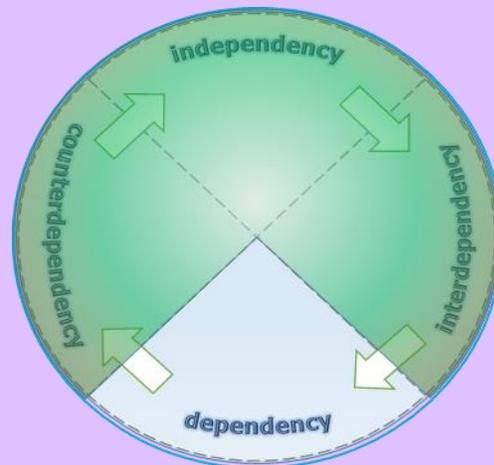
The relationship appears to be worth all those invested energies as you enter this growing phase. You're excited to be with your loved ones as much as possible. You can't stand spending too much time away from your love. You feel the warmth of the sun enriching your life. The roots of your love deepen with your partner. A mutual understanding blossoms.

You both have found new ways of doing things, and they are generally understood and accepted, branching out into new possibilities. Compromises made earlier are maintained to keep the relationship growing. There is warmth between you as you see this relationship maturing. It seems obvious to you this love you share with your partner is a solid love.

SUMMER serves your need for dependency

Interdependence increasingly slides into a state of **dependence** upon one another. Each start to take the other's role in the relationship for granted.

Your *social-needs* emerge paramount. Your *self-needs* take a back seat. You prioritize those closest to you. They come first in this season, much as you come first to them. You agree more on more on how things should be. Past compromises solidify into expected promises, into the rules of the relationship. You find each other reliably predictable.



In *anankological* terms, your *social-needs* **focal** as your *self-needs* stay **nonfocal**.

Four focal points of a felt need

- prefocal** = attention emerging on some felt need but not yet centered on that felt need.
- focal** = full attention on a felt need, prompting energy to deal with it before anything else.
- defocal** = attention fading from some felt need, typically from easing it in some way.
- nonfocal** = attention fully removed from a felt need, left dormant until *prefocal* again.

Autumn, your season of harvest

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The relationship moves towards a time of harvest. You feel you have given plenty to this relationship and now it is time to reap even more of the benefits. But you increasingly find that this relationship has given up all of its fruit, and you realize the vine may soon die. You have one foot in your relationship, and one foot out. You don't want to give up on it yet, but change is in the air.

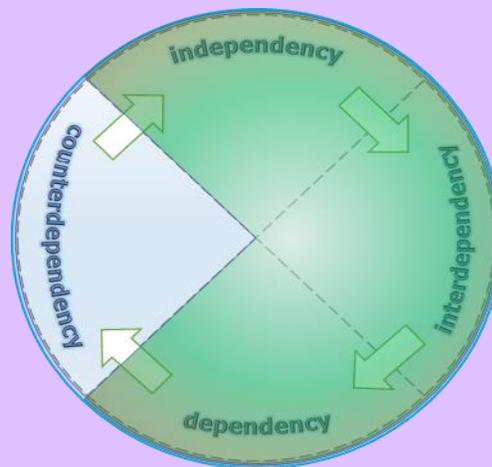
The relationship appears to have peaked, and the future seems in doubt. Your special ways of doing things together no longer seem worthwhile. The fun times have dried up, and life slips into a dull routine. Any new compromise is resisted. You follow old ones begrudgingly. You feel a chilly breeze blow in as you watch the leaves of your passion fade and hit the ground. Yes, your love is less passionate, but typically more dependable. The roots of your closest relationships stretch deep, but the branches are increasingly bare.

AUTUMN serves your need for counterdependency

Dependence upon one another breaks down and gives way to the opposite force of **counterdependence**, as each start to think about going your own separate way. You wonder if the relationship has failed you, of if you have failed the relationship. You only know for sure that the warmth is gone and it is time to seek shelter.

Relieving your *social-needs* evokes your neglected *self-needs*. You naturally seek a return on investments. You naturally yearn a harvest from your demanding relationships.

In *anankelological* terms, your *social-needs* **defocal** as your *self-needs* **prefocal**.



Winter, your season of inner growth

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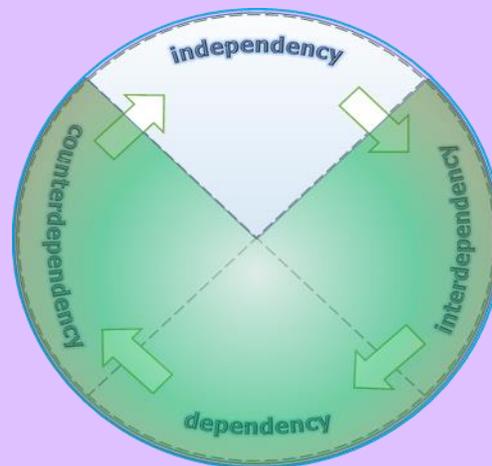


Each moves into a withdrawal phase. Or one wishes to withdraw as the other complains. You feel you must put the relationship on ice. You look to be alone more and more. Welling up inside your soul is a gnawing call for change. You wonder who you are, and what you can do, apart from your loved ones. Your partner probably feels it too. But it is difficult to talk about.

You know things cannot go on as they were. You feel the need for solitude, for space to reflect, space to find some things you feel have been lost in the relationship. You know you need time to think about where you stand in this partnership. You may even feel it might soon be over. And this will raise some questions about who you are and your direction in life.

WINTER serves your need for independency

Now those shared ways of doing things seem far too inadequate. They impede your *self-needs*. Your neglected needs seem so great that you are now willing to renege on your compromises. A coldness envelopes you. You find shelter in the rediscovery of your individual self. Because of the changes you needed to make, your love "as it was" will inevitably die. Therefore, the relationship dies—or undergoes renewal into the next phase of Spring.

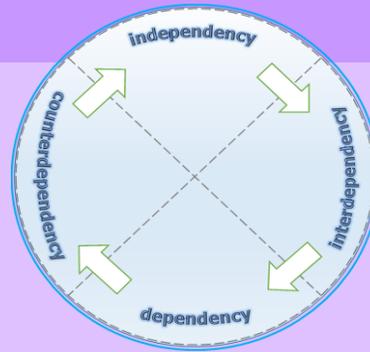


Your *self-needs* remain paramount. Your *social-needs* lie mostly dormant. You feel yourself pulled to know who you are, apart from what others think of you. You just want to be alone for a while. To find who you are, and be truer to yourself.

In *anankological* terms, your *self-needs* go **focal** as your *social-needs* stay mostly **nonfocal**.

Springtime again

You have come full circle in your relationship and once again feel your **independence**. The freedom to be yourself has been revived. But you naturally wonder what good is this freedom if you are all by yourself with no one to share it.



You now feel ready to reinvest yourself in a loving relationship. If you have done well during your Winter phase you will be ready to put yourself fully into a meaningful relationship. Often it will be the same relationship that recently proved to be such a burdensome struggle. When all the fruit of the relationship isn't consumed there remains some seeds of hope stored through Winter to be replanted in Spring.

Your partner may have come through Winter with some common conclusions: You were meant for each other, and with much renewal you can go on, rebuild, rethink your place in this growing relationship, and stay committed to one another. You can because the icy coldness between you has melted, the replanting season has begun, and the growing season is straight ahead. If your relationship survived this Winter surely it will survive another.



Of course, you may have discovered during your Winter phase that you simply cannot go on with your life while still attached to your partner. You may have decided to start anew with another soul-mate.

No matter who you decide to be with, you will inevitably feel the need to invest your **independent** spirit in a relationship with whom you can develop a sense of **interdependence**. And the cycle continues.

In *anankellogical* terms, your winter and your summer focus on the opposing set of psychosocial needs. Your spring and your autumn shift your focus from one set to the other set of psychosocial needs.



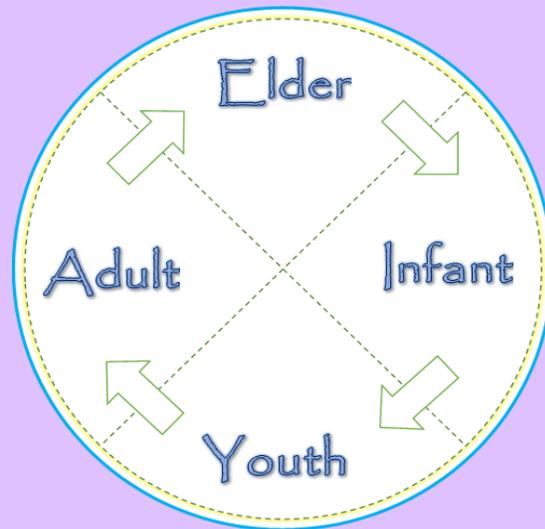
Cycle through life

Each season lasts about a year. Each 4-part cycle will typically last about **four to five years** in your life. And these cycles keep repeating, beginning at the start of your life.

You begin your first relationship before you are born—a symbiotic bond with your mother. You hit **your first Autumn to Winter about 2 or 3 years old**, when you first insist on being free to do things for yourself. This is your first step towards finding and asserting your individuality.

After much trial and error you find where you are and aren't capable. As all goes well, childhood **continues into Spring** with the needed protection and nourishment from family and friends. You are an individual who fits in a family unit.

But you hit another **cold spell about 8 or 9**, and again at **about 13 or 14 years of age**. Each Winter you are finding who you are apart from your family ties. You are gradually learning how to live on your own. By **your next Winter, about age 18 or 19**, you are ready to break free from the family unit and start a new bond in **your first Spring of adulthood**. You find your first lasting love.



After about two years, going into your first **Winter** with your new love, you feel the fire going out of your romance. An inexplicable urge will compel you to find your identity apart from the confinement you curiously feel in this stage of the relationship. It feels strangely familiar, like when you felt smothered by your parents in your youth. **But Spring finally comes** and you are likely to continue to build the relationship.

In the next **Winter** you will no doubt experience what some have called the seven-year itch. Sadly, many couples do not make it past this chilly season. Of those who do, plenty will separate after **about 11 to 13 years into the relationship, in their next Winter of life**. Some will endure the cold and struggle to stay together, envisioning better days ahead. It is a struggle revisited in one's mid-life crisis. It will be felt again when entering retirement. It is this relationship cycle coming full circle again.

Cycling for balance

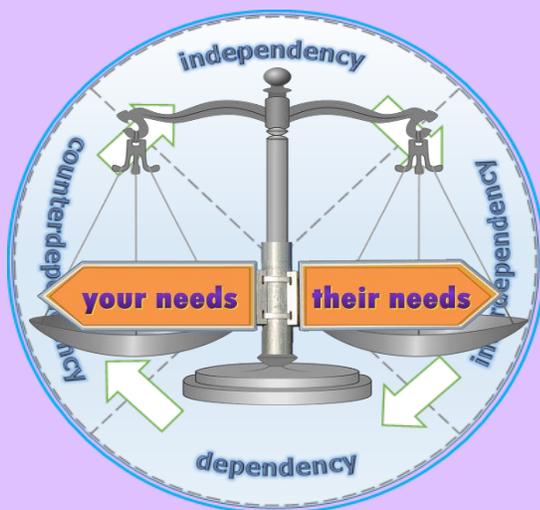
This cycle illustrates a primary dilemma we all face in life: How do you maintain your own sense of personhood while trying to get along with others, especially those closest to you? The dilemma pits your individual freedom against your social code of togetherness.

As you head south, through Spring and onto Summer, you gravitate towards togetherness, accepting the social agreements for living together in close proximity. You feel positive about the relationship. When you head north, through Autumn and onto Winter, you switch your emphasis from togetherness to solitude, reclaiming the freedom of your individuality. You think things through apart from the relationship. You try to do your “own” thing.



The turn is inevitable and often painful. Everyone goes through it, each in their own way. It is frequently resisted, but can only be delayed. The growth your relationship has enjoyed during your Summer season will be necessary to endure the distancing you will endure each Winter. If you pass through Winter without much personal development, you will find it difficult to give of yourself come Spring. Shallow relationships soon die.

As you go through these changes it may feel like you have failed your commitments and even failed yourself. You wonder what you did wrong that now puts you through so much grief. But these changes are necessary for bringing balance into your life. And because we are in complex relationships as intricate individuals who are always changing, it is a lifelong process. It is a natural process.



Much of the misery we put ourselves through in our relationships is because we are resisting this balancing process. There is much happiness and peace to be found when discovering the balance between your individual needs and the needs of the group, especially the needs of your loved ones. It doesn't happen overnight, but it does happen when you work with nature. It is when we follow nature's path through these seasonal cycles that we find that balance and peace for ourselves. △

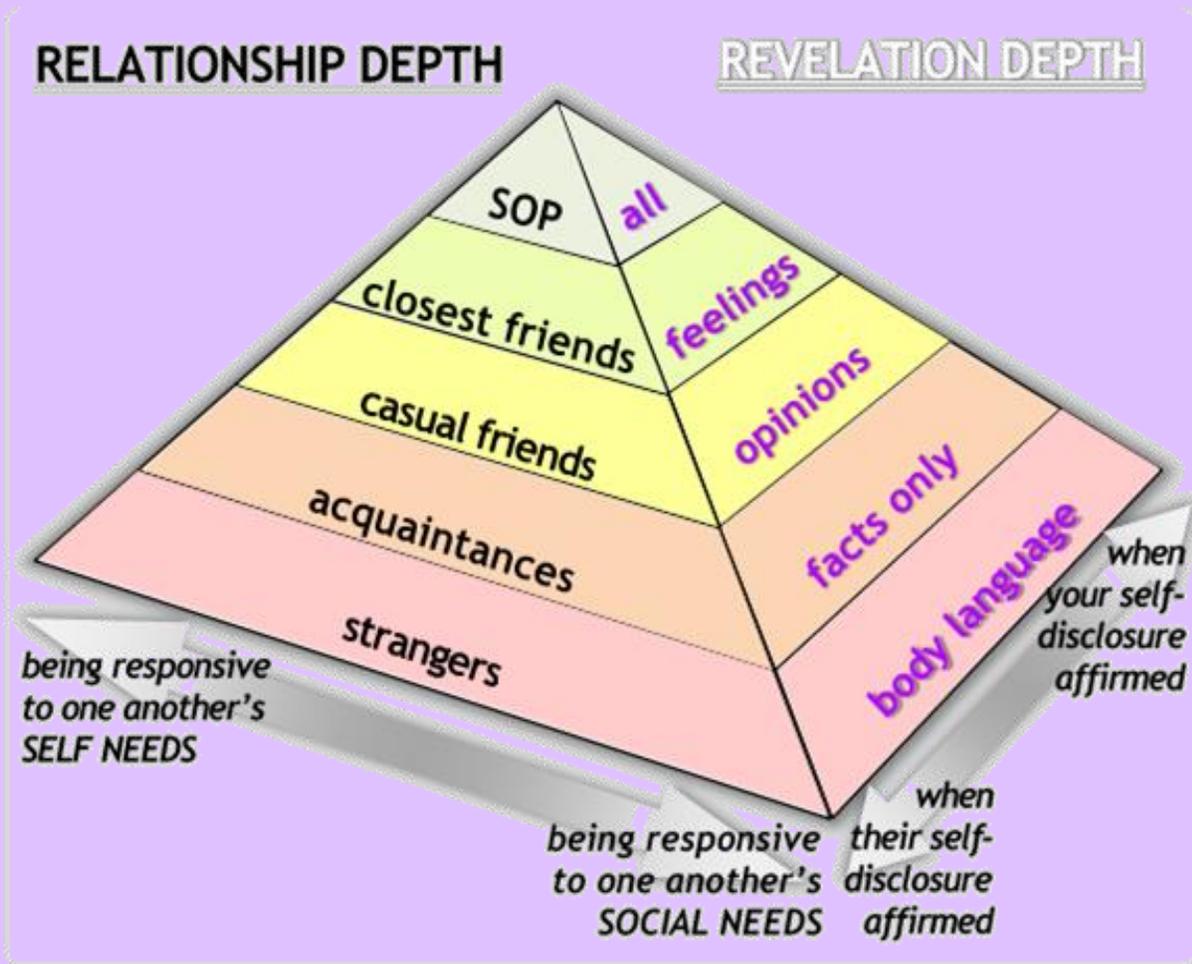
Your psychosocial resources

How well you can resolve your *self-needs* and *social-needs* will depend largely on the quality of your relationships. The more you can count on others, and they can count on you, the more psychosocial needs will resolve. Yours and theirs.

Imagine being able to tell your deepest secrets to a trustworthy **significant other (SOP)**. Someone you can tell **all**. Perhaps you have someone like that in your life right now.

They give you personal space. And rush to your side when needed. They encourage your autonomy. While supporting you in areas you cannot deliver for yourself.

The less you can safely reveal to others, the more likely your psychosocial needs never fully resolve. Sharing your *feelings* with **responsive friends** is still better than trusting your "safe" *opinions* with **casual friends**. If all you can reveal are impersonal *facts*, and exchange *body language* that never engages you personally, your life risks staying painfully shallow.



Psychosocial equilibrium - function array

Anankelogy, the study of need, describes four **functionality levels** we experience in life.

BEST: Psychosocial gentle oscillation restoring full equilibrium

Your *self-needs* fully resolve and in turn your *social-needs* fully resolve. You know you can count on others at all times while free to be yourself. You then can address specifics of your full potential. In anankelogy's *function array*, this is called **peakfunctionality**.

OKAY: Psychosocial intense vacillation returning to partial equilibrium

Your *self-needs* and *social-needs* only partially resolve. Or your *social-needs* do not resolve the same as your *self-needs*. You function adequately, but you rely on generalizing to function pragmatically with others. In anankelogy's *function array*, this is called **symfunctionality**.

PAINFUL: Psychosocial extreme vacillation missing equilibrium

Your *self-needs* and *social-needs* rarely resolve. Before you can satisfying one need, you are ripped into addressing the opposing need. You are in constant emotional pain. You generalize in black-and-white for relief. In anankelogy's *function array*, this is called **dysfunctionality**.

WORST: Psychosocial reactivity for survival

Your *self-needs* and *social-needs* cry out for immediate attention. You vacillate between angry outbursts and promises to keep the peace. You generalize for relief and to cling to a shallow existence. In anankelogy's *function array*, this is called **misfunctionality**.



Psychosocial function array

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Anankelogy, the study of need, gives you four gradient categories accounting for the outcomes of your needs. The less your needs resolve, the less you can function.

Peakfunctional (Pf): full psychosocial equilibrium restored

When you can be both *autonomous* and *supported* at the same time, you enjoy psychosocial equilibrium. Or when you know you are fully *included* by others who allow you *solitude*. You are not forced to pick one over the other. You can do more in life the more your self-needs and social-needs are fully resolved at the same time.

Symfunctional (Sf): partial psychosocial equilibrium restored

Often, you are either fully *autonomous* or fully *supported*. Or you find *inclusion* comes at the expense of *solitude*. You are forced to choose one over the other. Which ever season you are in dictates which gets more attention. You cannot do as much in life. But the more these two complementary sides balance out, you navigate life just fine.

Dysfunctional (Df): psychosocial disequilibrium continued

When you are neither *autonomous* nor *supported*, you naturally swing wildly between both. You latch onto crumbs of *support* while struggling to retain some *autonomy*. You give up feeling *included* when needing some *solitude*. You're in constant pain. You gravitate to ideological certainty of relief. You find others to also generalize for relief.

Misfunctional (Mf): extreme psychosocial disequilibrium perpetuated

When struggling to ease almost every need, you tend to swing violently between extremes of demanding *autonomy* and manipulating others for *support*. You angrily demand to be left to do as you please, in the name of *autonomy*. You then react in shame when taking this too far by fearfully and underhandedly coercing others for *support*.

The **less** your *self-needs* and *social-needs* balance in each cycle, the **more** these unresolved needs compete for attention in the next season cycle. And also in your current season's subcycles. Your weekends and your evenings could be self-absorbed little winters. Midweek and midday could be people-pleasing adventures of overheated little summers.

The **more** your *self-needs* and *social-needs* balance in each cycle, the **less** these unresolved needs have to compete for attention in your season cycles. Or in your current season's subcycles. You enjoy your weekends and your evenings as helpful little winters. Midweek and midday provide you with the warmth of others in your little summers.

Know thyself

The **Johari window** illuminates four corners of how you *know* and are *known* by others.

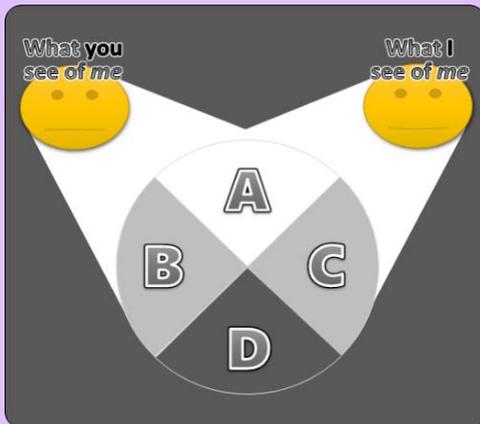
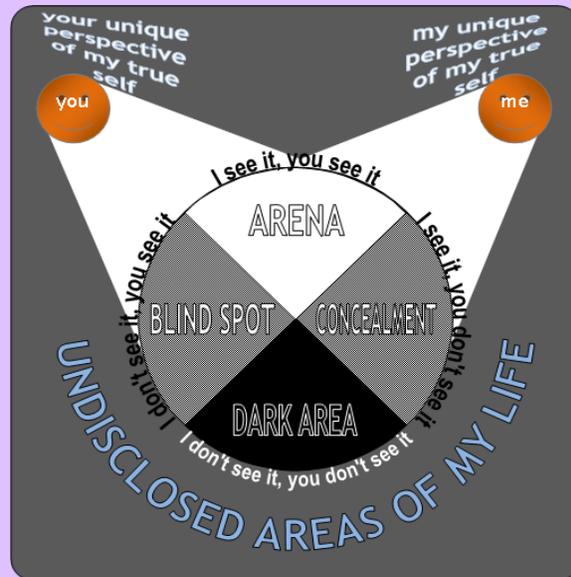
Arena: I see it, you see it.

Blind spot: I *don't* see it, you see it.

Concealment: I see it, you *don't* see it.

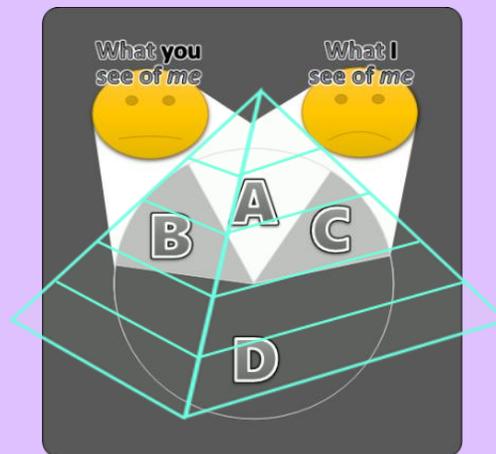
Dark area: I *don't* see it, you *don't* see it.

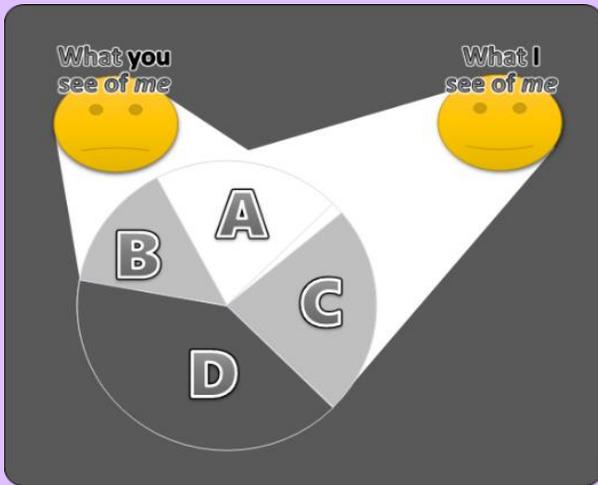
The **more** of yourself you share with others, the **more** your psychosocial needs resolve. The more you can entrust your guarded self to a trustworthy other, the more you can know who you individually are. They illuminate your **blind spots** with feedback. Their affirmation encourages you to reveal more of your **concealment**. Your **dark area** shrinks under the spotlight of love.



After all, you don't know what you don't know. You cannot know your full self by yourself. You either discover or overlook many parts of your true being in your interactions with others. When you can safely expose your fears or embarrassing thoughts and feelings with a trustworthy other, you can get to specifics. You can unearth details affecting your life that you otherwise leave buried. The less you know of your true self, the more you tend to rely upon (and get glued to) generalizations.

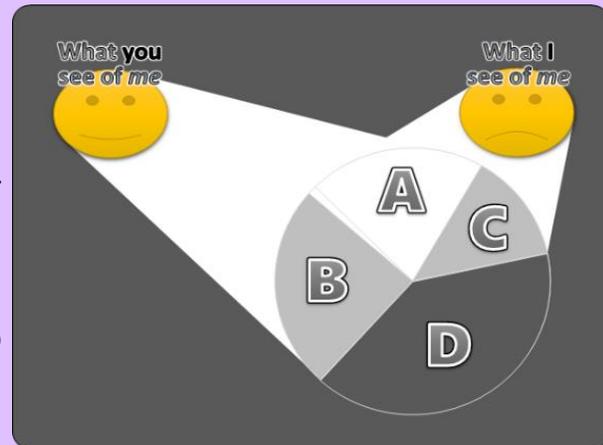
If we do not know each other well, I will likely remain guarded. The **arena** of mutual awareness will remain relatively tight. I hold my **concealment** close to my chest. You never report what you see in my **blind spot**. This leaves my **dark area** relatively huge. This is natural between **strangers**, **acquaintances**, and to some extent between **casual friends**. But if I have no **close friends** or no intimate **partner**, I could find myself stuck in the **psychosocial dark**, per se.



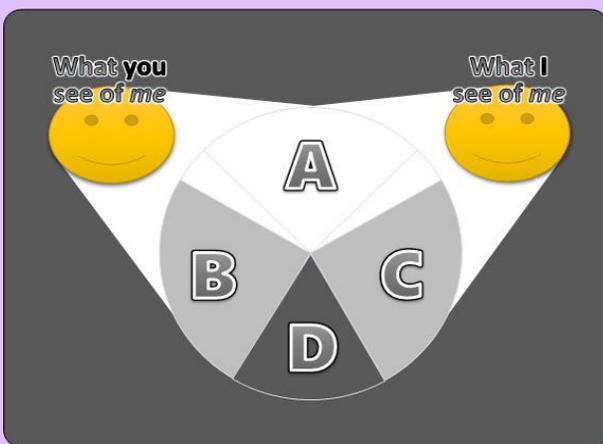


Among most of those I meet, I will know myself better than they can know me. My **concealment** will naturally be large. I will hold many secrets, largely because they don't care to know all that detail about my life. Nor do I wish to get too deep into the lives of such **strangers** and **acquaintances**, or to a lesser extent with my **casual friends**. They are less likely to be observant of my **blind spots**. For all they care, my **dark area** could be large or small. But I can expect problems if I am this **concealed** with my **closest friends** and intimate **partner**.

The closer I get to another, the more they see parts of myself I have yet to honestly face. The more I experience them loving me for who I admittedly am, the easier for me to drop my guard and expose more of my less flattering self to their affirming love. This is rarely linear. Initially, I may argue and deny any room for improvement they see in me. It is not easy to let go of a self-image I have depended upon to keep me safe in mostly hostile social environments. Love has to grow roots of trust before blossoming into rich self-awareness.



The more I drop my guard with others who lovingly affirm me, warts and all, the easier to address my specific needs. But the more I remain guarded, not letting anyone get too painfully close, the more I naturally depend upon comforting generalizations. A trusted generalization can serve well as a provisional starting point. Supportive friends can bridge me to the essential specifics. Without such supports to deal with life's specifics, it's easy to get glued to my trusted generalizations. These stepping stones can quickly turn into stumbling blocks.



The **Johari window** gives you a model to better appreciate your social capital. Those closest to you create the greatest impact on your *self-needs* and *social-needs*. For good or bad.

Your psychosocial orientation

The more your *self-needs* regularly resolve more than your *social-needs*, or the more your *social-needs* routinely resolve relative to your *self-needs*, this becomes the norm for you. Anankology recognizes this as your *psychosocial orientation*.

Your life's situation heavily impacts which psychosocial needs you suffer the most.

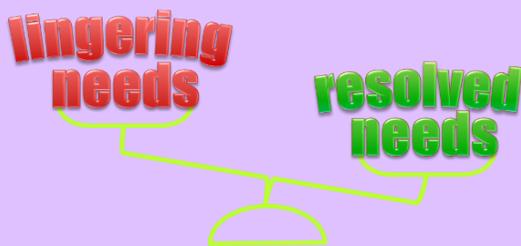
Those in densely populated areas negotiating different cultures tend to have less resolved *social-needs*. They tend to generalize how all these different people can get along.

By contrast, their *self-needs* tend to be more resolved. They have a better sense of who they are individually than how they fit into society. They will guard their personal freedom, while arguing for social equality.

If you live in a more densely populated area, you understandably feel excluded to some degree from dominate society. And it makes sense you feel vulnerable to others' good will. But if you live in a less densely populated area, you're understandably confident that hard work will bring success. And it makes sense you're tired of being shamed for what you see as earned.

Those in sparsely populated areas dominated by a single culture tend to have less resolved *self-needs*. They tend to generalize how the individual can assert oneself.

By contrast, their *social-needs* tend to be more resolved. They have a better sense of belonging to a cohesive group of familiar supports. They will guard their cohesion, while arguing for individual rights.



Your unresolved psychosocial needs leave you in subtle pain. They continually linger. They remind you of unfinished business. For relief, you're likely to be attracted to comforting generalizations. Your resolved psychosocial needs let you exist in peace. Unless under threat from others. Pain exists, and only exists, to report your unmet needs.

There is no such thing as pain apart from unresolved needs. The only way you or I can ever experience any kind of pain is when your or my body reports some need to be resolved. Yes, there are times when the reported pain tends to be unreliable. The need gets resolved and the body takes time to get the message. But most of the time your body serves you well by giving you pain to keep you aware of needs yet to be fully resolved. The more in pain, the more likely you rely on your *psychosocial orientation* to generalize for relief.

Your need to generalize

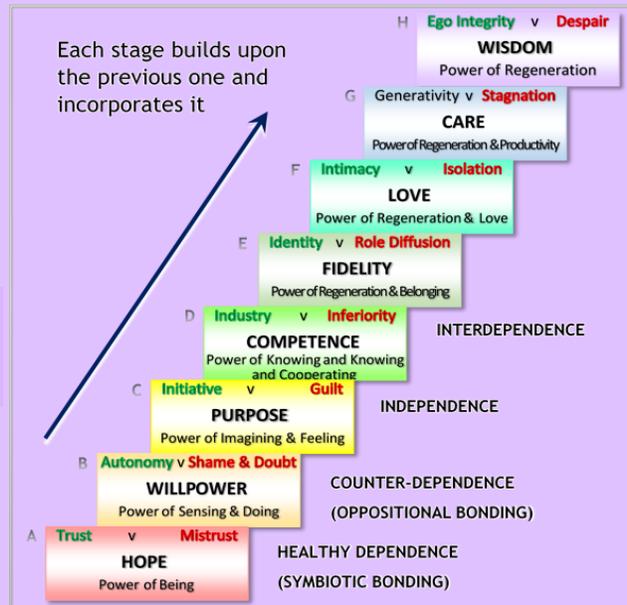
The **more** your psychosocial needs resolve, the **more** your *self-needs* blend in with your *social-needs*. The **less** they clash. "It is good you grasp one and not let go of the other." You can enjoy solitude while knowing you unconditionally belong in your group. You will be free to address more of your specific needs, letting them to also fully resolve.

The **less** your psychosocial needs resolve, the **more** you find comfort in generalizing. Your *self-needs* and *social-needs* tend to clash more. You feel a need to take sides. You interpret problems in more black-and-white. You seek certainty. You avoid ambiguities, and overlook nuance. In short, you generalize more because you *require* its hope for quick relief.

In his stages of lifelong development, Erik Erikson points to your personal seasons of growth covered here. Each season could go well, resulting in more needs resolved than before. Or it could badly, with your needs left unresolved.

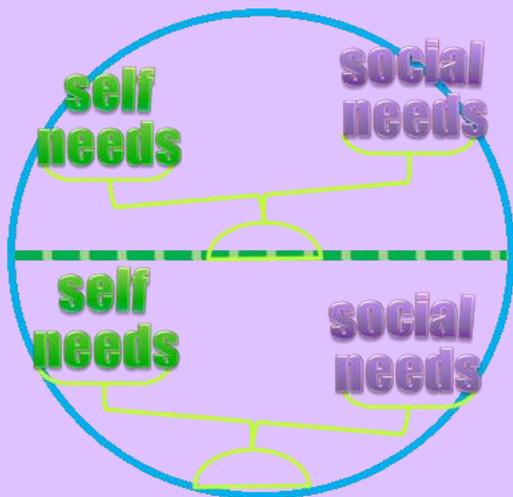
As you face the psychosocial challenge of Care, of generativity v. stagnation, you find yourself in a season of psychsocial growth.

Each season cycle attempts to balance out your *self-needs* and *social-needs* affected at that level of development. The **more** these balance, the **less** you need to generalize.



If anxious about others' opinions of you, for example, it doesn't mean you have a problem with fear. Your body merely informs you of your need for better social supports. Once you cultivate better relationships, any concern you had about the opinions of others naturally clears up. Without that social fear, you risk settling for poor relationships that deny your full growth potential.

All your efforts to overcome your fear of what others may think of you could prove in vain if from a stance of rugged individualism. Your initial pain, like that fear, is *not* the problem. You need psychosocial balance. And these seasons compel you to grow.



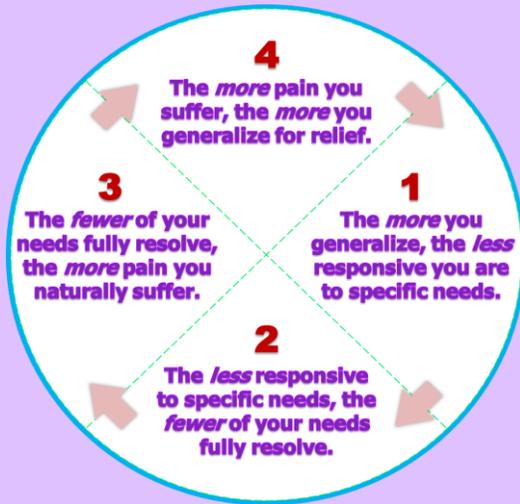
Your political outlook

Your political orientation is the outward expression of your inward psychosocial orientation. This debunks the popular idea that political beliefs are based purely on reasoned arguments. Your political views serve your particular psychosocial orientation.

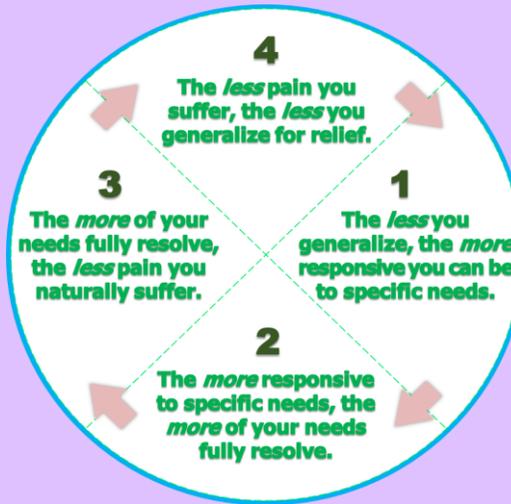
If your <i>self-needs</i> resolve more than your <i>social-needs</i> , you may naturally generalize...	If your <i>social-needs</i> resolve more than your <i>self-needs</i> , you may naturally generalize...
if public policy is effective for the many	if public policy is efficient for the few
if everyone is equally included in society	if individuals can live freely in society
if you can be authentic without being publicly excluded	if you can preserve cohesion without gov't intrusion
if we prioritize those most vulnerable	if we prioritize those most productive
if we improve collective capacity to serve needs	if we improve individual capacity to produce
if we best rely on public goods	if we best rely on private goods

The *poorer* the quality of your relationships, the *less* your psychosocial needs resolve. The *less* your psychosocial needs resolve, the *more* you rely on political generalizations for relief.

Unfortunately, this can quickly turn into a vicious self-defeating cycle, leaving you on a painful treadmill of unresolved needs.



Fortunately, improving the quality of your relationships can turn this around, replacing generalizing with need-resolving specifics.



In short, political extremes serve as a symptom of low quality relationships. The less you generalize, the more open to see complementary sides to otherwise polarized issues. You get to specifics that are both effective for the needful many and efficient for the productive few. You can find balance between social equality and personal freedom. You can be mindful of vulnerable minorities while respectful of traditional folks. The *more* your quality relationships help you get to specifics on all sides, the *more* loving you can be to those with a different priority of needs. Then the *more* your psychosocial seasons spread much needed **love**. ●

Need to talk to someone?



Did this raise some personal questions? Do you need to discuss how this impacts your life? Email us with your question or subject for discussion.

"Did I needlessly end a long-term relationship?"

"What if my love partner is in the middle of their winter while I am in my late spring?"

"Should I leave this relationship or stick it out?"

"How can I be sure my partner is in solitude alone instead of cheating on me?"

I trust you have questions and concerns of your own. You understandably wish to delve deeper into what all this means for your relationships.

Email me if you need someone to hash it all out. I am a trained and experienced counselor creating a new style of support, to empower you to speak truth to power. You don't have to take it anymore. Let's speak your truth to power with this tool for ***psychosocial support***.

\$25 per secure email exchange. You can opt for secure SMS. We can accommodate what you can afford. You are worth it. So let's invest in your best self, and invest in your relationships. Click "**Email Us**" to get started.



Start or join a conversation about this at our Value Relating Facebook page.

GO TO TOP OF RIGHT COLUMN

Notifying your powerholder recipient

FIRST AT HALF PRICE TO SEND. \$10 FOR EACH IF MORE THAN ONE TO SEND.

How you want your name to appear: Alison Zystra

Your email address: azystra@wemail.com

Name of impactor recipient 1: Mr. Marcus Anderson

Recipient 1's email address: anderson414@gmail.com

Name of impactor recipient 2:

Recipient 2's email address:

Name of impactor recipient 3:

Recipient 3's email address:

Name of impactor recipient 4:

Recipient 4's email address:

Name of impactor recipient 5:

Recipient 5's email address:

Name of impactor recipient 6:

Recipient 6's email address:

Your self-investment: \$5.00

Notifying your social capital recipient(s)

FIRST FIVE ARE FREE TO SEND. \$10 FOR EACH IF MORE THAN FIVE TO SEND.

How you want your name to appear:	Alison Zystra
Name of social capital recipient 01	Marissa Warren
Email address of recipient 01	marissa55@hotmail.com
Name of social capital recipient 02	Ari Said
Email address of recipient 02	asaid@intrepreneurs-llc.com
Name of social capital recipient 03	Holly McMartin
Email address of recipient 03	hollyamcmartin@gmail.com
Name of social capital recipient 04	Quenton R. Lancaster
Email address of recipient 04	quentonknows@yahoo.com
Name of social capital recipient 05	Jaden Harris
Email address of recipient 05	jdharris@easternuniversity.edu
Name of social capital recipient 06	
Email address of recipient 06	
Name of social capital recipient 07	
Email address of recipient 07	
Name of social capital recipient 08	
Email address of recipient 08	

Your social capital investment:	FREE
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Your total self-investment:	\$5.00
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We will contact who you identify on your behalf upon payment of \$5.00. Thank you.

PAY \$5.00 ONLINE

TERMS OF SERVICE

Your seasons cycles

Value Relating

Multiplier: **5**

Day I was born (MM/DD/YYYY): **9/18/1977**

1	I feel accepted by my family for who I am.	mostly untrue
2	I don't feel I belong anywhere.	mostly true
3	I rely on a close-knit group for emotional supports.	somewhat untrue
4	I have no cohesive group for emotional supports.	somewhat true
5	I feel I am treated equally with others.	absolutely untrue
6	There are times I feel held to a double standard.	absolutely true
7	I feel included when among friends.	somewhat true
8	I feel my friends tolerate my differentness.	somewhat true
9	I have at least one person I can call during a crisis.	mostly untrue
10	There is no one I can talk to about my latest problems.	mostly true
11	I feel free to expose less acceptable parts of myself.	mostly untrue
12	I feel too rejected to express my full self.	mostly true
13	I feel free to choose what is right in my own way.	absolutely untrue
14	I feel others infringing on my autonomy.	absolutely true
15	My self-initiative is encouraged by those in authority.	absolutely untrue
16	I'm constantly told what to do by those in authority.	mostly true
17	I feel free to express myself and be heard.	mostly untrue
18	I feel pressured not to express my unique self.	somewhat true
19	I feel free to pursue my own dreams in life.	somewhat untrue
20	I feel pressured by others to give up my dreams.	somewhat true
21	If I work hard enough I can succeed at almost anything.	mostly untrue
22	I am vulnerably dependent on the generosity of others.	mostly true
23	I am tired of being shamed for being "privileged."	absolutely untrue
24	I feel generally excluded from dominate society.	absolutely true
25	Environment where I now live.	urban



Your first season cycle in life

spring of 1st 20-yr cycle



Your psychosocial journey begins here

Your life begins in a symbiotic bond with your mother. You start totally dependent on others. Your first sense of agency is seeing how others respond to your cries for help. As you learn to use your growing muscles, you naturally insist on doing more for yourself, even if it's all trial and error. They call it the "terrible twos."

According to Erikson's stages of psychosocial development, your first challenge is finding how much you can trust others, or slide into mistrust. By 3 years old, you face the challenge of willpower. You stretch your autonomy, or slip into doubt.

Your first five-year cycle forms the foundation of your personality. Your earliest experiences inform your initial generalizations. Is the world a safe place? Or one of frequent danger? "Do others respond to my needs? Or do I remain in pain?" How you experience your needs here sets the stage for life.

Your 2nd season cycle in life

summer of 1st 20-yr cycle



Your psychosocial journey grows roots

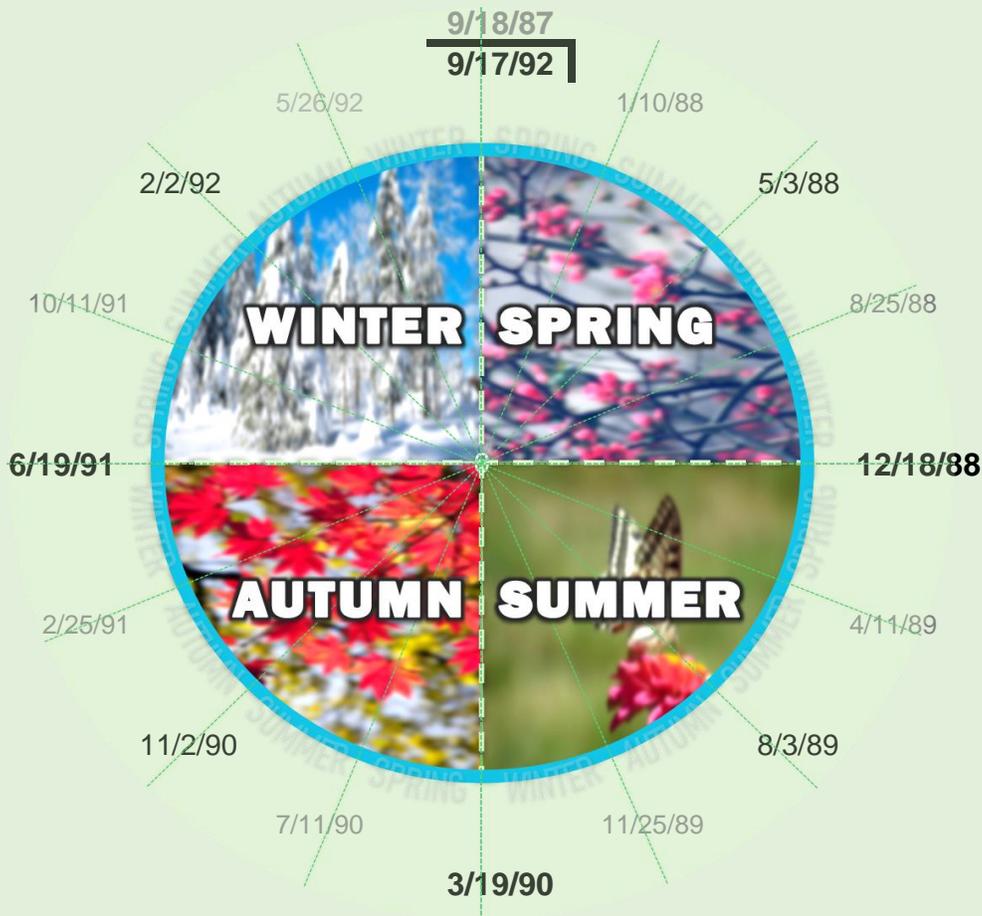
Your parents or primary caregiver, along with any family members you frequently see, create your social universe. You're learning mostly by trial and error. How your family responds to your first excursions into self-adventures determines how well your self-needs and social-needs resolve.

According to Piaget's stages of cognitive development, you now think symbolically. Better language skills improve your agency, and other's responsiveness to your specific needs. You show you can do more for yourself, or you risk feeling inferior.

Your next five-year cycle builds your earliest memories of how free you are individually, and how vulnerably dependent you are on others. Rewarding initiative lets you resolve more of your self-needs, while serving your social-needs with faithful support during your frequent mistakes. Condemning shame prevents your psychosocial needs to properly resolve.

Your 3rd season cycle in life

autumn of 1st 20-yr cycle



Your psychosocial journey spreads wings

Your tween years typically find you increasingly stretching out on you own, while still anchored at home. With one foot at home and one foot exploring the nearby world with peers, you get a taste here and there what is must be like to live someday on your own.

According to Kohlberg’s stages of moral development, you go from preconventional to conventional moral reasoning. You behave less out of fear of punishment and more from duty to conform to social norms.

Up until now, your political views mostly mirrored your parents and any older siblings. Now you take more of your cues from school and mainstream media. The better you develop your own identity, the easier this transition. Otherwise you risk latching onto political beliefs for somewhere seemingly safe to belong.

Your 4th season cycle in life

winter of 1st 20-yr cycle



Your psychosocial journey through adolescence

Your parents likely no longer sit at the center of your social universe. Increasingly, you are drawn to starting a love partnership with a nonfamily member. You soon will be out on your own. Your trial and error adventures now extend to trying out long-term relationships. You may find your first lasting love.

According to Erikson's stages of psychosocial development, you shift from identifying with your family to developing more of a personal identity. You either learn to remain true to your personal identity or risk falling into role confusion.

You increasingly take more cues about what to believe from your peers. Especially from close friends you can confide the things you feel you can never tell your parents. The less content with your life, the more apt to reject your family's political views. You look for viable alternatives fitting your emerging identity.

Your 5th season cycle in life

spring of 2nd 20-yr cycle



Your psychosocial journey entering adulthood

You typically leave home for the first time in this season cycle. Whether you leave home to start a family, go off to college, join the military, or join some commune, your social universe expands to take in many new relationships. You may find new psychosocial needs, but new social capital to meet them.

Erikson's stages of psychosocial development calls for intimacy versus isolation. You form more relationships away from home. According to Marcia, the better your self-concept in youth, the better your intimate attachments in early adulthood.

You reach the age to vote. Politics become real for you, or you take public policy for granted and vote little if at all. Disengaging could be a sign of disenchantment with limited political options.

Your 6th season cycle in life

summer of 2nd 20-yr cycle



Your psychosocial journey starting your own family

Responsibilities set in. If you have young kids to raise, you take your job much more seriously. You spend less time changing jobs, and more time changing diapers. You spend less time hanging out with your peers, unless you work with them. Life gets serious. Especially if you are a parent now.

Kohlberg's moral development stages suggest you could shift from conventional to postconventional moral reasoning. To behave less from conformity to generalizing social norms and more from a social contract respecting specific individual needs.

If in a densely populated environment, you will feel compelled to respect a diversity of needs. But if in a sparsely populated environment, social pressure tends to favor tradition over diversity. If you move from one to another when starting your family, your political outlook could change over time.

Your 7th season cycle in life

autumn of 2nd 20-yr cycle



Your psychosocial journey's first harvest of adulthood

Love with your partner tends to be less passionate, but more solid. It can withstand strong winds of conflict better than before. But unless you tend to its steady growth, discontent can slip in—a 7-year itch. Summer of your relationship turns to Autumn to harvest something from your years of sacrifices.

According to Vygotsky's scaffolding and zone of proximal development, you are learning skills you can do independently for yourself while negotiating your dependence on others for skills you cannot yet do for yourself.

If tired of being excluded from equal opportunities, you may rely more on government aid. Your situation affects how much discrimination you face in life, so

Your 8th season cycle in life

winter of 2nd 20-yr cycle



Your psychosocial journey enduring coldness of winter

You overcome that 7-year itch only to revisit that feeling some five years later. Or going through it again with a new love interest. You increasingly want to get away from these heavy commitments. You need to know who you are apart from their constant energy-draining demands. You're in for a long Winter.

Bowlby's attachment styles point to the pattern of your winter. As Ainsworth noted, now dependable you found mom shapes how dependable you experience your love partner. Poor attachment with mother could spell weak bonds here.

If feeling warmly accepted up until now, then immersed into a hostile work or other environment, your social-needs no longer readily resolve. If you lack social capital to fall back upon, your political outlook could change as you seek relief from the pain.

Your 9th season cycle in life

spring of 3rd 20-yr cycle



Your psychosocial journey of kids leaving the nest

If you have children, you may notice they're not so fond of you anymore. You might even be seen as their foe. They may spend more time outside the home, or online, interacting with their peers. They will talk amongst themselves about their parents' terrible mistakes. You will understandably feel unappreciated.

According to Bowlby's theory of attachment, you either form a secure bond with your caregivers or it turns into an attachment of ambivalence, or one of avoidance, or remains detached. It tends to be generational, as each repeats what they learn.

You are moderately prone to lean politically leftward. Your situation prioritizes some needs over others, which in turn shapes your political outlook. Your political views serve your priority of situational needs, created largely by living in a urban environment. You "chose" your politics to express needs you didn't choose.

Your 10th season cycle in life

summer of 3rd 20-yr cycle



Your psychosocial journey reaches midlife

You will begin to experience what is commonly called a midlife crisis. Discontent creeps in with the direction of your life. You may long to recapture your youth. You may quit your job to start your own venture. You will yearn to try new things. You may pick up a new hobby. You will likely try to live your dreams, while you still can.

According to Kohlberg, you may never reach the sixth stage of moral reasoning. If expecting social norms to satisfy your hopes and dreams, you face disappointment about midlife. You may question those norms, or try on new ones.

Discontent can destabilize your long held political views. What seemed so certain not long ago now seems less grounded. Change is in the air. You may tire of political polarization and try to relate to both sides to some politicized issues. As you want others to understand you, you try to understand them.

Your 11th season cycle in life

autumn of 3rd 20-yr cycle



Your psychosocial journey crests midlife

If you have kids, they're likely young adults now. They may frequently ask you for money. You won't recall acting so carelessly with money and time when you were that age. You will encourage them to find their income-sustaining purpose in life, but they likely shrug it off. They have their whole life ahead of them.

Kohlberg's moral reasoning theory emphasizes male valued justice. Carol Gilligan notes girls favor an ethic of care. Expectations of life tend to differ by gender. A midlife crisis can stretch a decade for males. But pass in three years for women.

The older you get, the more your political views crystallize. Lacking quality relationships leaves you vulnerable to political extremes. Others with moderate views tend to enjoy quality relationships.

Your 12th season cycle in life

winter of 3rd 20-yr cycle



Your psychosocial journey without your parents to fall back on

You may grieve the passing of both your parents by this time. You will no longer have them to fall back upon. You'll adjust to life without having your mother to call, or to lean on during an emergency. If you have also lost a spouse, you may find life painfully lonely. You may invest more of your energies in your kids and grandkids.

According to attachment theory, the insecure tend to partner with the insecure, and secure with the secure. It shapes how you "detach" from your departed parents. You may draw closer to your adult kids as you get older and less self-sufficient.

Your political views tend to persist. You are more apt to ask if some public policy proposition is effective for the vulnerable many, instead of wondering if it could be efficient for the productive few.

Your 13th season cycle in life

spring of 4th 20-yr cycle



Your psychosocial journey as a doting grandparent

Your adult kids will treat you like a drop-in daycare center. For such convenience, you may see it your right to spoil your grandkids. You will have fun with them without the repercussions of some sugar high. That's your adult kid's job. You will finally harvest your investment in lifelong parenting.

According to Erikson's psychosocial development stages, you will face the challenge between ego integrity and despair. You will either look back on your long life with some contentment or dread aging if not achieving a meaningful life and legacy.

Retirement plans may weigh heavily on your mind. If you have a nest egg ready, you can remain self-sufficient. Otherwise, a significant life event can alter your expectations. Becoming disabled, for example, can change your view of government's role to help the needy.

Your 14th season cycle in life

summer of 4th 20-yr cycle



Your psychosocial journey as a respected elder

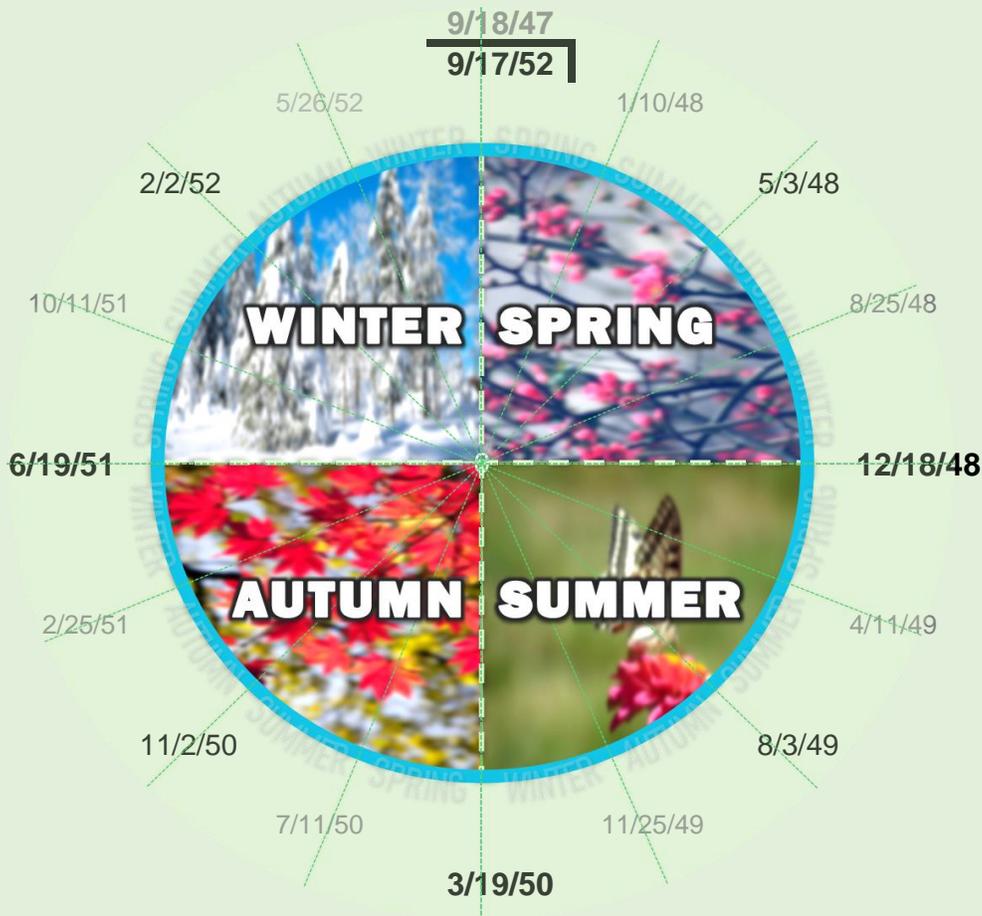
As your grandkids move out and start their own careers and families, you emerge as the extended family’s matriarch or patriarch. They all look up to you if your life exudes wisdom and a steady source of loving support. Or you may be seen by some if not all as disappointing, and avoided.

Morality exists to guide reactions to needs, which typically occur emotionally prior to any reasoning. Social intuitionists like Jonathan Haidt see moral reasoning as rationalizing your emotional responses. You earn respect when respecting needs.

Your political outlook remains consistent. You are more apt to ask if some public policy proposition is inclusive of everyone in society, instead of asking if it allows every individual in society to live freely.

Your 15th season cycle in life

autumn of 4th 20-yr cycle



Your psychosocial journey as a vulnerable elder

As your aging children settle into the role of grandparents, you may feel a bit estranged from your growing number of great grandkids. With declining health, others likely cannot depend on you while you have to increasingly depend on them. Retirement may feel painfully isolating.

According to research cited by Stanford Center on Longevity, social engagement and connectedness mitigates risks of premature death from isolation. Your old ways of socializing are disrupted by new tech, geared more for the young.

You look at your posterity and wonder if they can remain authentic without risk of social exclusion for who they uniquely are. You're probably not thinking as much about guarding traditions for maintaining family cohesion.

Your 16th season cycle in life

winter of 4th 20-yr cycle



Your psychosocial journey into old age and legacy

You may end up in senior residential care. If facing serious health challenges, you may require fulltime care. You may be placed in a nursing home. You may long for visits from your family, but lament they never seem to find time for you. You will do what you can to leave a lasting legacy.

Your earlier attachments could pay off now. If emotionally distant with your mid-age kids and aging grandkids, the less likely they make time to visit you. The closer your ties, the more they long to see you. Or host you in your later years.

You ponder your legacy, how you will be remembered once gone. You want to be remembered as someone who prioritized the most vulnerable in society. Not those who claim to be the most productive.

Your 17th season cycle in life

spring of 5th 20-yr cycle



Your psychosocial journey with declining health

Time may seem surreal. Your body will no longer move as fast. Life around you will have picked up pace. You may fear the world will soon pass you by, and forget you. You will spend an inordinate amount of time and money on your many health needs. But lifelong experience will serve you with bountiful wisdom.

The better your psychosocial health, the easier to tolerate your declining physical health. You can appreciate the differing psychosocial needs of your mid-age kids, your adolescent grandkids, and any great grandkids.

Looking back, you would rather improve our collective capacity to serve common needs than improve individual capacity to produce for marketable needs. You see government playing fair while businesses being less fair.

Your 18th season cycle in life

summer of 5th 20-yr cycle



Your psychosocial journey reverting to childishness

As your body slowly slips away, you will become dependent on others like a newborn baby. If you haven't already, you will naturally regress to a level of childishness. You will abandon responsibilities, as you lose your abilities to respond. Your life will reach full circle.

You will revert to full dependence on others, much as you did as a newborn long ago. This time, you will experience it with a full life of wisdom. If all is still well, you will ensure others properly respect your psychosocial needs.

For most of your life, your self-needs resolved more than your social-needs. You likely looked to government to ease these unmet social-needs. So you tend to be more suspicious of big business than big government. You apparently have a "wide" psychosocial orientation.

Your 19th season cycle in life

autumn of 5th 20-yr cycle



Your psychosocial journey of uncommon longevity

You will look back on a life with uncommon perspective. You will reach uncommon longevity. You will have the genes and good fortune to still have a functioning body. You may find yourself repeating past growth cycles. You will experience life like few ever will.

Theories on psychosocial development rarely apply at this age. Fewer case studies. You will defy expectation at this age. Live this long, and others you don't know may even celebrate your uncommon longevity.

Whether you have a “wide” or “deep” psychosocial orientation does not matter as much as the quality of your relationships. Whether you are a “wide” oriented liberal or a “deep” oriented conservative, these are “lateral” differences. Your “vertical” level of functionality matters far more.

Your 20th season cycle in life

winter of 5th 20-yr cycle



Your psychosocial journey defying the odds

Living this long, and you can call yourself a centenarian. You will defy the odds by living a long, long life. Your experience will be too unique to capture here. Your long life will reach full circle. You will likely realize you don't have long, so you may meaningfully make most of the days you have left.

You take in life with a perspective few can relate. You may even see your great-great-grandkids. Reach 100, and you receive accolades from all over, including from the government.

One closing point I must make. The more balanced your self-needs and social-needs, the less pronounced your life's many seasons. The more your psychosocial needs resolve in your cycles within cycles, the less dramatic these larger season cycles. The less resolved, the more a demonstrated need for love—to give and receive it.

[If you need to explore this further, click here to see how we can serve you.](#)

Value Relating *solving problems by resolving needs*

Why are you receiving this now?

Value Relating supports my need to speak truth to power, to speak boldly to you.

Value Relating is a new kind of support service to replace adversarial conflict resolution with an inviting conciliatory approach. Instead of easing each other's pain, we strive for full resolution of affected needs to remove its cause for pain. We aim for mutual thriving.

We start with the assumption you would prefer to honor such needs, if only given better opportunity in a nonhostile way. Instead of being hostile, we build a bridge to help you better serve the needs you arguably impact in power imbalances.

As your employee, I experience myself as vulnerable to you. You affect my needs in positive and in negative ways. I typically feel too powerless to you to promptly speak up to object to your negative impacts, as if you impact me far more than I can ever impact you.

Value Relating identifies a power imbalance where one side impacts the relationship far more than being impacted by it. Each side gets labeled accordingly.

Ascribed Impactor: the powerholder with more influence in a power imbalance.

Reporting Impactee: the powerless one with less influence in a power imbalance.

With Value Relating's help, I am learning how we all go through a cyclic pattern of seasons about every four to five years. I am currently in my personal Summer season.

Summer is a time of shared growth. Nature compels me to get the most out of my relationship with you and others. The closer I am to my personal summer, the more I will need agreeable cooperation from you and others.

Now I must realign my commitments to better serve you and others from a foundation of better understanding and addressing my own impacted needs. You understandably have many questions. Please click on the link below to learn more, and to RSVP this invitation. Join me in a process of growing mutual support. I look forward to our improved journey together.

Alison Zystra

CLICK HERE TO LEARN MORE ABOUT THIS UNIQUE SERVICE

RSVP

Value Relating *solving problems by resolving needs***Why are you receiving this now?**

I need your help. And offer you mine. To stand up and speak truth to power.

The more united our voices, the less our collective voice can be easily ignored by exploitive powerholders. And I am tired of being coerced by those in authority. Aren't you?

So with the help of Value Relating, I am investing in myself. For only \$5.00, they invited a powerholder on my supported behalf. Now it's time to grow my social capital.

Value Relating supports my commitment to resolve needs impacted by power imbalances. Value Relating identifies a power imbalance where one side impacts the relationship far more than being impacted by it. I am recognized as a Reporting Impactee.

Reporting Impactee: the powerless one with less influence in a power imbalance.

Ascribed Impactor: the powerholder with more influence in a power imbalance.

This is not about seeing myself as a passive victim, but instead as one whose voice needs to join with yours to be properly heard and respected by those in some power. We assume powerholders would prefer to respect our needs, if only given a conciliatory opportunity to realize and then respond better to our power-impacted needs.

So I am inviting you to support my improvement. For your support, I hope to inspire you to also break free from stifling patterns. Value Relating liberates me from old patterns of thinking that keeps me, the Reporting Impactee, trapped in vicious unhealthy cycles.

With Value Relating's help, I am learning how we all go through a cyclic pattern of seasons about every four to five years. I am currently in my personal Summer season. Summer is a time of shared growth. Nature compels me to get the most out of my relationships with you and others. The closer I am to my personal summer, the more I will need agreeable cooperation from you and others.

With your support, I can compel powerholding Ascribed Impactors to better honor these seasonal needs they unknowingly impact. Along the way, you get to see if this process can help you in your life. Click the link below to learn more. And join me in a process of speaking truth to power. I look forward to sharing the results with you. - Alison Zystra

[CLICK HERE TO LEARN MORE ABOUT THIS UNIQUE SERVICE](#)

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