10th UpCare training: Evaluation of the concept "Future”.

The concept of self-development

People feel satisfaction when their goals are realized while on the other hand anxiety and worry when some of their desires are not likely to be realized.

A person's balance is largely dependent on achieving their goals that reflect their own self and their deepest desires. (Temple & Robson 1991)

The ability of individuals to fulfill a balanced comparison of their capabilities versus the difficulties they face in reaching the goal.

Goal selection can be a constant motivator for the uninterrupted development of positive traits. (Worchel & Goethals 1985)

The evaluative route to self-development: terms

- Appreciative self-development requires the promotion of new competencies
- The promotion of new competencies requires further development of existing competencies
- Further development of existing competencies requires a fruitful choice of goals
- A fruitful choice of objectives requires further development of competences
- Further development of competences requires a continuous target setting, which will be gradually raised to a higher level

(Table 23, Vassiliadou)

Barriers to the process of self-development

- Unrealistic assessment of competences
- Inappropriate or insufficient development actions

Unrealistic assessment of competences

The assessment of competences is usually due to a combination of the following:

- Unrealistic self-perception and self-esteem
- Ineffective management of self-disappointment
- Insignificant evaluation of circumstances
- Attempts to substitute unproductive surface "competencies" for weaknesses

(Table 24, Vassiliadou)

Inappropriate or insufficient development actions

Inadequate efforts to achieve goals are the main reason for multiple successive failures and the usual excuse is that it was too difficult and that achievement was unattainable.

An even deeper reason may be flightiness, which **leads to inertia** and cessation of all self-development efforts. (Clark & Beck 1999)

Strategies for achieving self-development

- Reversal of the cenotaph
- Developing maturation mechanisms

Reversal of the self-consciousness

The way someone presents an advantage brings to light attitudes that characterize the quality of their personality.

Vanity characterizes the individual by a strong need to gain appreciation from others as well as presenting his immaturity and frivolity.

For this the individual prefers to present his advantages modestly without the need for affirmation.

Development of maturation mechanisms

Every person, when faced with difficulties, needs to exercise his natural abilities to become more mature. (Paulhus & Martin 1998)

By practicing his potential abilities, he will face his problems and develop hope and faith in life. Thus he will build his own happiness. (McFarlin & Blascovich, Buss 2000)

The concept of creative autonomy

Creative autonomy is a necessary process to lead to the development of personal capabilities. It is the liberation of the individual from addictive behaviors and obsessions that hold them back from becoming their authentic self.

Prerequisites for creating conditions for autonomy

- Differentiation between autonomous and heteronomous behaviour
- Realistic integration of the locus of control
- Creative treatment of bio-psycho-social dependencies

(Table 26, Vassiliadou)

Barriers to achieving autonomy

- Dependencies
- Overestimation of negative consequences wrongly attributed to autonomy

Dependencies - Bio-psycho-social dependencies

- **Biological dependencies:** Related to survival, development and reproductive needs
- **Psychological dependencies:** Related to the needs for security, acceptance and fulfilment
- **Social addictions:** Related to the needs for love, recognition and support

(Table 27 Vassiliadou)

Factors hindering the decision to seek autonomy:

- An unintended sense of danger, which may be present when the person begins to seek autonomy
- Maladaptive management of the misleading feelings of insecurity that arise when the person becomes independent
- Negativity towards the benefits of possible difficulties that independence may create

All of the above result in individuals continuing to live in fear and turning to individuals who they believe will help them avoid taking responsibility for their choices.

(Table 28 Vassiliadou)

Strategies for achieving creative autonomy

- Evaluative consideration of "loci of control"
- Creative management of scruples related to the achievement of autonomy

Evaluative consideration of the 'loci of control

Strategies conducive to the acquisition of creative autonomy are related to the evaluation and control of constraints but also to the beneficial reconstruction of all 'must' tasks and 'want' desires

Consideration of 'loci of control' and 'significant others'

- Evaluating the benefit derived from any external control factor that creates dependency, versus the cost of losing autonomy
- Rejection of sterile cognitive schemas that focus only on the concept of obligation

(Table 29, Vassiliadou)

Creative management of scruples related to the achievement of autonomy

Usually related to hesitancy in dealing with uncertainty and responsibilities stemming from hopes, dreams and goals. (Simonton 2000)

Maladaptive beliefs associated with autonomy scruples (examples)

- "It is better not to hope than to hope and be disappointed"
- "I wait for the worst to happen, so that I can be prepared"
- "I don't want to make dreams that may not come true"
- "I don't invest in goals that don't have a specific outcome"

(Table 30, Vassiliadou)

"The adult game" - Evaluative creative "realism"

    A. I play with my own weapons
    B. I learn how others make new weapons using the ones they already have
    C. I examine the weapons others make to see if and which ones are useful
    D. I create useful weapons from those I already have
    E. I create my autonomy

(Table 31, Vassiliadou)