

Week 7. DANCING THE EVOLUTIONARY EDGE: CREATIVE, JOYOUS DISCOVERY!

HANDOUT 1: Potential Capacities ~ from Dr. Gordon Neufeld



A compilation of potential capacities by Dr. Gordon Neufeld in regard to the three distinct maturation processes, which correspond to three human potentials. (www.gordonneufeld.com)

This is a list of potentials. When we look at *potentials* we can look for what is already present, what is emergent, and where we and our children can grow toward.

Potential Capacities in regard to the *Emergent Process* (the process of individuating and differentiating to become viable in body, mind, soul and spirit):

Interested and Curious

Assume responsibility for actions and impact

See the options and choices in life

Value uniqueness and differences

Rarely bored

Full of vitality

Seek autonomy and independence

Seek to be own person

Regard the separateness and boundaries of others

Self-directed in learning

Value originality and creativity

Fill solitude with creative endeavors

Full of plans, goals, and aspirations

Think for oneself

Eager to try new things

Potential Capacities in regard to the *Adaptive Process* (the process of letting futility sink in, coming to a still-point, and finding a work-around / adapting):

Learn from mistakes and failures
Accept limits and restrictions
Accept not getting his or her way
Let go of futile demands
Cope confidently with stress
Not erupt in aggression when frustrated
Recover from loss or trauma
Transcend handicaps and disabilities
Benefit from adversity
Resilient
Resourceful
Realize futility of a course of action
Benefit from correction

Potential Capacities in regard to the *Integrative Process* (the process of holding more than one perspective, more than one feeling at the same time > to mix without blending, togetherness without a loss of distinction):

Balanced and stable
Capable of cooperation
Considerate
Appreciate context
Civilized
Capable of perspective
Understand irony and paradox
Beyond black and white thinking
Mix well with others
Sensitive to moral issues
Capable of courage

Patient when frustrated

Can work towards a goal

Understand fairness

Self-controlled

These three main human maturation processes all grow upon a foundation of *healthy attachment*.