

**"Virtuous Care: The Use of Virtue in Pastoral Counseling"**

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Carole king

You light up my life like sunrise in the morning  
You make me believe anything is possible  
I didn't have a dream to my name  
Darkness was mine, it was such a shame  
But you came to light up my life  
You brought me faith and hope and love and light

With your tender smile you brought me to the promise  
Of life outside a world of 9-to-5 and Sunday  
I didn't know how rich I could be  
Until you gave your love to me  
Don't you see, you light up my life  
You give me faith and hope and love and light

You brought your sweet understanding  
Like sun rays in my hazy skies  
If you hadn't opened up my eyes  
Love would have passed me by, right on by

I never knew how good I could feel Loving you'd left me with nothing to conceal Yeah - you really light up my life You give me faith and hope and love and light

Education for/of Evangelism- *Kerygma* (Faith) Past

Education for/of Kingdom Consciousness/ *Advocacy-Basileia* (Hope) Future Education for/of *Fellowship-Koinonia*

(Love expressed in the Body) Present Education for/of Service-Diakonia (Love expressed in the World) Present

Education for/of Worship -*Leitourgia* (Faith, hope, love in community)

Faith *notitia* intellectual affirmation, assensus affective affirmation, fiducia intentional affirmation

Christ and Culture

1. Christ against culture - Radical Christian HOPE
2. Christ of culture-Cultural Christian FAITH
3. Christ above culture - Synthesists FAITH, LOVE
4. Christ and Culture in Paradox - Dualist HOPE, LOVE
5. Christ the Transformer of Culture - Conversionist FAITH,HOPE,LOVE

Metaphysics-Hope-Being

Epistemology-Faith-Knowing

Axiology-Love-Doing

## Science and Grace

Potentials of Science	Dangers in scientism	Christian Grace
Explanation (Knowing)	Misplaced worship	Faith
Prediction (Choosing)	Unwarranted expectations	Hope
Control (Changing)	Misuse of power	Love

Loss of faith - Betrayal Loss of Hope - Powerless Loss of Love - Ambivalence

Confusion breeds faith Disappointment drives us to hope Conviction leads to love

Prophet expose heart engender HOPE - disrupt and offer hope  
Priest enters struggles deepens Faith - connect and instill faith  
King leads to battle using LOVE to fight for the kingdom - direct (leads) people into battle  
Prophet disturbs, priest comforts, king leads to maturity  
Poet, storyteller, mentor

FAITH	LOVE	HOPE
Appropriated in the PAST	Active in the PRESENT	Anticipating the FUTURE
Forgiveness and grace (Gospels)	Love and community (Acts)	Purpose and hope (Epistles)
Salvation	Sanctification	Glorification
Positional (deliverance from the penalty of sin)	Progressive (deliverance from the power of sin)	Ultimate (deliverance from the presence of sin)
Significance	Satisfaction	Security
Hindsight	Insight	Foresight
History	Our Story	His Story
Humility	Obedience	Trust
Knowing	Doing	Being
Mind	Will	Emotions
Seeing	Acting	Expecting
Life	Love	Light
Meaning	Fulfillment	Purpose
Incarnation	Crucifixion	Resurrection

The restoration of human identity

Inner need of fallen humanity	Sense of Belonging	Affection	Strength
Personality dimension	Knowing	Being	Doing
Component to be restored	Self-image (cognitive part of identity)	Self-esteem (emotional part of identity)	Self-Control (volitional part of identity)
Member of the Trinity	Father	Son	Holy Spirit
Resultant Virtue	Faith	Love	Hope

## One Anothering

Impart a sense of belonging = Empathy, Genuineness, Warmth, Concreteness  
 Edification = Doctrinal self-disclosure, confrontation, Immediacy Service

Basic Human need	Partially fulfilled by parental	Exaggerated by parental	
Belongingness	Acceptance	Rejection	Anxiety
Self-esteem	Affection	Resentment	Anger-guilt
Control	Affirmation	Ridicule	Depression

Actualizing level	Responsive	Open Facade
Manipulation level	Reticent	Controlled Façade
Character Level	Resistant	Defensive Façade
Psychotic Level	Rigid	Disintegrative Facade
	Actualizing	
Reflective thought	Awareness, Contact Continuity Full-Feeling Reactivity	Long-Range Aspirations tied to Immediate Goals Openness- Faith
PAST	PRESENT	FUTURE
Guilt Regrets Resentments	Present split of from Past and Future	"Idealized" Goals Plans, Expectations Predictions, Fears
	Npactualizing	
ROGERS 1. feeling 2. relationships	PERLS 1. awareness 2. here and now	ELLIS 1. rationality 2. problem solving
	SHOSTROM 1. Actualizing Therapy 2. creative synthesis	

## Pastoral Diagnosis Guidelines

1. Holy
2. Providence
3. Faith
4. Gratefulness
5. Repentance
6. Communion
7. Sense of Vacation

## Why do people Change

Natural change stages of change

Brief intervention effects

Dose effects

Faith/hope effects = self efficacy perceived prognosis influences real outcomes

Counselor effects = Rogers study,

accurate empathy, = skillful reflective listening that clarifies and amplifies the persons' own experience without

imposing the counselor's own material

nonpossessive warmth,

genuineness, Waiting list affects Change-talk

effects

FIVE-PHASE PROGR/VM

Phase	I	II	III	IV	V
Phase. Name	Orientation	Discovery	Application	Voyager	Scholarship
Progress Marker	; Eligibility	Willingness	Change	Independence	Claim Mission Promise
Time Limit	15 to 30 Days	45 to 60 Days	3 to 5 Months	3 to 5 Months	3 to 5 Months

Time problem	Personal future	Plans of action	Emotions	Spirals	Psychiatric Disorder
Time disorientation	Confused	Disorganized	Labile	Pervasive loss of control	Organic brain disease
Temporal disintegration of sequences	Fragmented	Uncoordinated	Incongruous	Intermittent incordination of future images, plans and emotions	Schizophrenic disorders
Rate and rhythm problems: Increased rate Decreased rate	Over-expanded Blocked	Accelerated Slowed	Euphoria  Depressed	Feed forward matches exceed feedback matches Feed forward mismatches exceed feedback matches	Mania Depression
Temporal perspective problems: Over-focus on future Over-focus on past Over-focus on present	Misconstrued Threatened Dreaded (uncertain) Disregarded	Uncertain	Anxiety	Feed forward of fearful anticipation	Paranoid disorders Anxiety disorders Antisocial personality
Desynchronized transactions	Ambivalent Mismatched interpersonal expectations	Desynchronized with others	Ambivalence	Mismatched interpersonal feed forward and feedback	Adjustment disorders

Emotional Spiral and Interpersonal Expectations.							
Emotion	Immediate Expectation	Expectation of Others' intention	Catastrophic Expectation	Past Script	Present S-O Message	Preventive schemes	Escalated Clinical Syndrome
Anxiety	Danger	Uncertainty	S-helpless O-abandonment	Don't be yourself	Take over	Avoidance Escape	Anxiety neurosis
Guilt (shame)	Imperfection <sup>1</sup> I	Disapproval	S-incompetent O-humiliation	Be perfect	I'm in control	Perfectionism Rituals	Obsessive-compulsive neurosis
Sadness	Loss	Rejection	S-unlovable O-total rejection	Don't exist	Kick me	Self-reproach Obedience	Depressive neurosis
Anger	Infringement	Manipulation	S- entrapped O-domination	Don't trust	Bug me	Suspicious Revenge	Paranoid personality

### Thoughts may spiral up or down

#### A. Downward Spiral of Distress and Addiction (initiated by any incoherent attitude-lust, gluttony, envy, apathy, greed, hate, pride.

- Increasing hedonistic and narcissistic
- Heavy = seeking pleasure and avoiding displeasure
- Wishful thinking or see only problems, lacking satisfying purposefulness
- Conflict = unpleasant vs. pleasant events
- Lowering of Self-Directedness
  
- Increasingly aroused and fearful
- Aroused = narrow egocentric focus
- Inflexible because over aroused if wants frustrated or under aroused if wants satiated.
- Conflicts = frustrated wants vs. restful satiation
- Lowering of Cooperativeness
- Increasing controlled and impatient
- Shallow = superficial, externally oriented understanding
- Struggling to control conflicts by force due to lack of emersion in contemplative listening to the psyche (Spirit)
- Conflict = controlled vs. controlling relations
- Lowering of Self-Transcendence ' "

#### B. Upward Spiral of Well-Being and Awareness (initiated by any coherent attitude - hope, charity, love, responsibility, generosity, kindness, humility)

- Increasing impartial, purposeful, and hopeful.
- Enlightened = impartial, purposeful, hopeful
- Effortless awareness and inter-directed order which is mental expression of follow the path of the psyche (spirit)
- Understanding of Hope and Self-Directedness
- Conflict between unpleasant vs. pleasant events resolved by hopeful and realistic purposefulness.
- Increasingly calm, flexible and charitable (loving)
- Broad = calm, allocentric awareness
- Spontaneous kindness, the mental expression of free will
- Understanding of charity (Love) and Cooperativeness
- Conflict between frustrated wants vs restful satiation resolved by charitable principles
- Increasing patient, nonjudgmental, and faithful
- Deep = patient, nonjudging understanding.
- Patiently letting go of all struggles, which is mental expression of contemplative listening to the psyche (spirit)
- Understanding of Faith and Self-Transcendence
- Conflict between controlled vs. controlling relations resolved by faithful listening to psyche (spirit)

Downward spiral occur with incoherent attitudes in any plane of thought such as, fears of annihilation and sexual abuse (plane 2), eating disorders and substance dependence (plane 3), social rejection (plane 4), intolerant judgments (plane 5), and mastery seeking and perfectionism (plane 7)..

Temperament Dimension	High	Low
Harm- Avoidance	Pessimistic	Optimistic
	Fearful	Daring
	Shy	Outgoing
	Fatigable	Vigorous
Novelty Seeking	Exploratory	Reserved
	Impulsive	Rigid
	Extravagant	Frugal
	Irritable	Stoic
Reward Dependence	Sentimental	Critical
	Sociable	Aloof
	Warm	Detached
	Sympathetic	Independence
Persistence	Eager	Apathetic
	Determined	Spoiled
	Ambitious	Underachiever
	Perfectionist	Pragmatist
Character Dimension	High	Low
Self-Directedness	Responsible	Blaming
	Purposeful	Aimless
	Resourceful	Inept
	Self- Accepting	Vain
	Hopeful	Deliberating
Cooperative	Reasonable	Prejudice
	Empathic	Insensitive
	Helpful	Hostile
	Compassionate	Revengeful
	Principled	Opportunistic

Subplane of Thought	Plane 2 (Sexuality)	Plane 3 (Intention) (Consumption)	Plane 4 (Emotion)	Plane 5 (Intellect)	Plane 7 (Spirit)	Nondual Awareness
Nondual awareness	[Being]	[Freedom]	[Beauty]	[Truth]	[Goodness]	[Unity]
Spiritual aspects (7)	{responsible} Scorn or Exhibition (shy) ; Hope	(purposeful) Power or Scarcasm (exploratory) Charity	(self-accepting) Contentment or Relief of grief (attached) Love	(resourceful) [Self-actualization plus oceanic feelings] (perfectionist) Faith	(coherence) [Coherence seeking] (goodness doing) Coherence	[Goodness]
Intellectual aspects (5)	(sensible) Devaluation or Idealization (pessimistic) Self-Respect	(idealistic) Pride or Inferiority (impulsive) Nonviolence	(transpersonal) Tender-minded or Tough-minded (sentimental) Friendship	(faithful) Self-transcendence and Patience (eagerness of effort) Perseverance	(spiritual) [Truth seeking] (truth following)	[Truth]
Emotional aspects (4)	Harm avoidance-Worry or Denial Self-Acceptance	Novelty seeking-Anger/envy or Stoicism Forbearance	Reward dependence-Warmth or Coldness Impartiality	Persistence-Calmness and Conscience (overachieving) Prudence	[Peace seeking] (peace sharing)	[Beauty]
Material aspects (3)	(tolerant) Vulnerability or Eroticness (fearful) (prejudiced) Tolerance	(forgiving) Greed/competition or Submission (extravagant) (revengeful) Flexibility	(empathic) Sociability or Aloofness (aloof) (inconsiderate) Mutuality	(helpful) Cooperativeness or Nonprejudice (underachieving) (unhelpful) Justice	(charitable) [Merit seeking] (glory Giving) Reverence	[Freedom]

Sexual aspects (2)	(Victimized) Emptiness or Lust (fatigable) Trust	(aimless) Desire/fight or Aversion/flight (disorderly) Self-Control	(approval-seeking) Succorance or Rejection (dependent) Goodwill	(work-hardened) Self-directedness or Irresponsibility (spoiled) (inadequate) Moderation	(enlightened) [Mastery seeking] Awe of God	[Being]
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### 5 x 5 Matrix of elevation of conflicts in human thought (Dualistic Consciousness)

Subplane of thought	Plane 2 (Sexuality)	Plane 3 (Intention)	Plane 4 (Emotion)	Plane 5 (Intellect)	Plane 7 (Spirit)
Spiritual aspect (7)	{responsible} Scorn or exhibition (shy)	{purposeful} Power or sarcasm (exploratory)	{self-accepting} Contentment or relief of grief (attached)	{resourceful} [Self-actualization plus oceanic feeling] (perfectionist)	{coherence} [Coherence seeking]
Intellectual aspect (5)	(sensible) Devaluation or idealization (pessimistic)	{idealistic} Pride or inferiority (impulsive)	{transpersonal} Tender-minded or tough-minded (sentimental)	{faithful} Self-transcendence and patience (eagerness of effort)	{spiritual} [Truth seeking]
Emotional aspect (4)	Harm avoidance-worry or denial	Novelty seeking-anger/envy or stoicism	Reward Dependence-warmth or coldness	Persistence- calmness and conscience (overachieving)	[Peace seeking]
Material aspect (3)	{tolerant} Vulnerability or eroticism (fearful) {prejudiced}	{forgiving} Greed/completion or submission (extravagant) {revengeful}	{empathic} Sociability or aloofness (aloof) {inconsiderate}	{helpful} Cooperativeness or nonprejudice (underachieving) {unhelpful}	{charitable} [Merit seeking]
Sexual aspect (2)	{victimized} Emptiness or lust (fatigable)	{aimless} Desire/fight or aversion/flight (disorderly)	{approval-seeking} Succo range or rejecting (dependent)	{wo rk-hardened } Self- directedness or irresponsibility (spoiled) {inadequate}	{enlightened} [Mastery seeking]

### Matrix of Self- Awareness in Relationships (Nondual Consciousness)

Subplane of thought	Plane 2 (Sexuality)	Plane 3 (Consumption)	Plane 4 (Emotion)	Plane 5 (Intellect)	Plane 7 (Spirit)	Nondual Awareness
Nondual Awareness	[Being]	[Freedom]	[Beauty]	[Truth]	[Goodness]	[Unity]
Spiritual aspect (7)	Hope	Charity	Love	Faith	Coherence (goodness doing)	[Goodness]
Intellectual aspect (5)	Self-Respect	Nonviolence	Friendship	Perseverance	Patience (truth following)	[Truth]
Emotional aspect (4)	Self-acceptance	Forbearance	Impartiality	Prudence	Conciliation (peace sharing)	[Beauty]
Material aspect (3)	Tolerance	Flaibility	Mutuality	Justice	Reverance (glory giving)	[Freedom]
Sexual aspect (2)	Trust	Self-Control	Good Will	Moderation	Awe of God	[Being]

*A Hierarchical Model of Mental Order and Disorder Based on Self-Awareness*

	<i>TCI</i>	<i>Developmental Steps</i>	<i>Character Deficit</i>	<i>Mental Health Feature</i>
		<i>Level 1 (Deficient Sense of Being and Permanence)</i>		
1	<i>sd1</i>	<i>Responsible</i>	<i>Victimized</i>	<i>Self-injurious behavior</i>
2	<i>col</i>	<i>Tolerant</i>	<i>Mistrusting</i>	<i>Hypochondriasis</i>
3	<i>st1</i>	<i>Sensible</i>	<i>Repressive</i>	<i>Emotionally unstable, hopeless</i>
		<i>Level 2 (Deficient Sense of Freedom and Purposefulness)</i>		
4	<i>sd2</i>	<i>Purposeful</i>	<i>Aimless</i>	<i>Unemployment, criminality</i>
5	<i>co4</i>	<i>Forgiving</i>	<i>Revengeful</i>	<i>Polysubstance abuse</i>
6	<i>st4</i>	<i>Idealistic</i>	<i>No moral ideals</i>	<i>Lack of charity and kindness</i>
		<i>Level 3 (Deficient Sense of Love and Beauty)</i>		
7	<i>sd4</i>	<i>Self-accepting</i>	<i>Selfish</i>	<i>Social insecurity, jealousy</i>
8	<i>co2</i>	<i>Empathic</i>	<i>Inconsiderate</i>	<i>Resentment, lack of intimacy</i>
9	<i>st2</i>	<i>Transpersonal</i>	<i>Individualistic</i>	<i>Ungiving in attachments</i>
		<i>Level 4 (Deficient Sense of Truth and Faith)</i>		
10	<i>sd3</i>	<i>Resourceful</i>	<i>Inert</i>	<i>Inadequate, depressive</i>
11	<i>co3</i>	<i>Helpful</i>	<i>Unhelpful</i>	<i>Hostility, and tension</i>
12	<i>st5</i>	<i>Faithful</i>	<i>Skeptical</i>	<i>Lack of faith and creativity</i>
		<i>Level 5 (Deficient Sense of Goodness and Unity of Being)</i>		
13	<i>sd5</i>	<i>Honest</i>	<i>Compromising</i>	<i>Mastery-seeking perfectionism</i>
14	<i>co5</i>	<i>Charitable</i>	<i>Self-serving</i>	<i>Lack of wisdom and well-being</i>
15	<i>st3</i>	<i>Spiritual</i>	<i>Materialistic</i>	<i>Lack of coherence and virtue</i>