

HENTSCH DEVELOPMENTAL MATURITY MODEL

I. Conceptual Basis

A. Human development is about the actualization of potential¹.

B. Development unfolds over time and is informed by experience.

B.I. Experience² is a function of:

a) the nature of the stimuli to which the human is exposed (external locus of control),

b) and the nature of the human's responses to the stimuli (internal locus of control).

i) The human's possible responses are determined by a combination of

1) innate evolutionary instincts ('*nature*'),

2) and acquired knowledge and skills ('*nurture*').

a. The acquisition of knowledge and skills occurs through

1. social learning—what is explicitly as well as implicitly acquired,

a. (social learning is informed by the experiences and development of the human's predecessors: caregivers, educators, society, culture, etc.)

2. as well as the human's own precedent experience.

a. Since acquired knowledge and skills are resultants of prior experience, experience and therefore development are subject to the complexities and mysteries of *self-reference*, which also extend across generations.

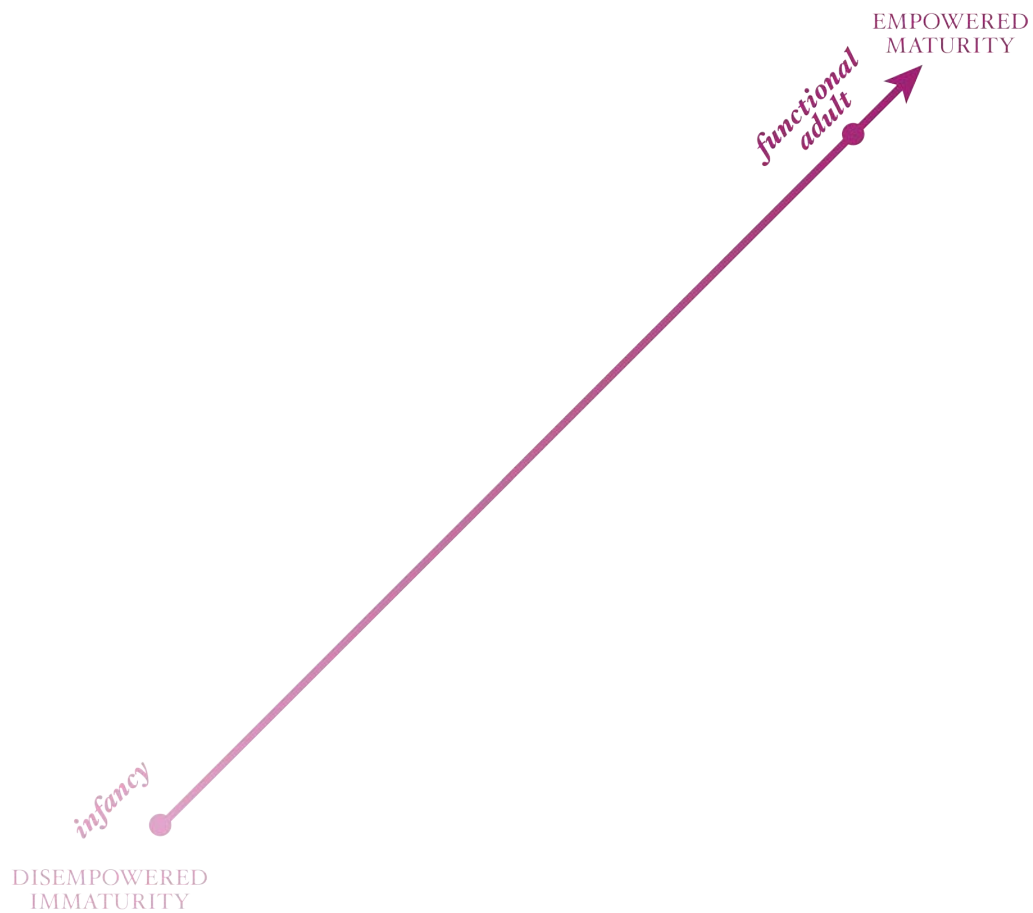
• *Self-referential paradox*³ is colloquially known as the paradox of “whether the chicken or the egg brought forth the other”: the mysterious answer is “yes”; the question is “where do we start?” The answer is “now, here”.

1. (Hentsch, 2018a)

2. (Hentsch, 2019b) & (Hentsch, 2023) (§ Chapter 1)

3. (Hentsch, 2018b) (§ The Ubiquity of Self-Reference)

C. The theoretical progression of development is from



C.1. the “*immature and powerless infant*”

- a) characterized by unrealized (unconscious) mastery of
 - i) the ability to choose its responses (to stimulus).
 - ii) the ability to respond to (the consequences of) its choices.

C.2. to the “*mature and empowered adult*”

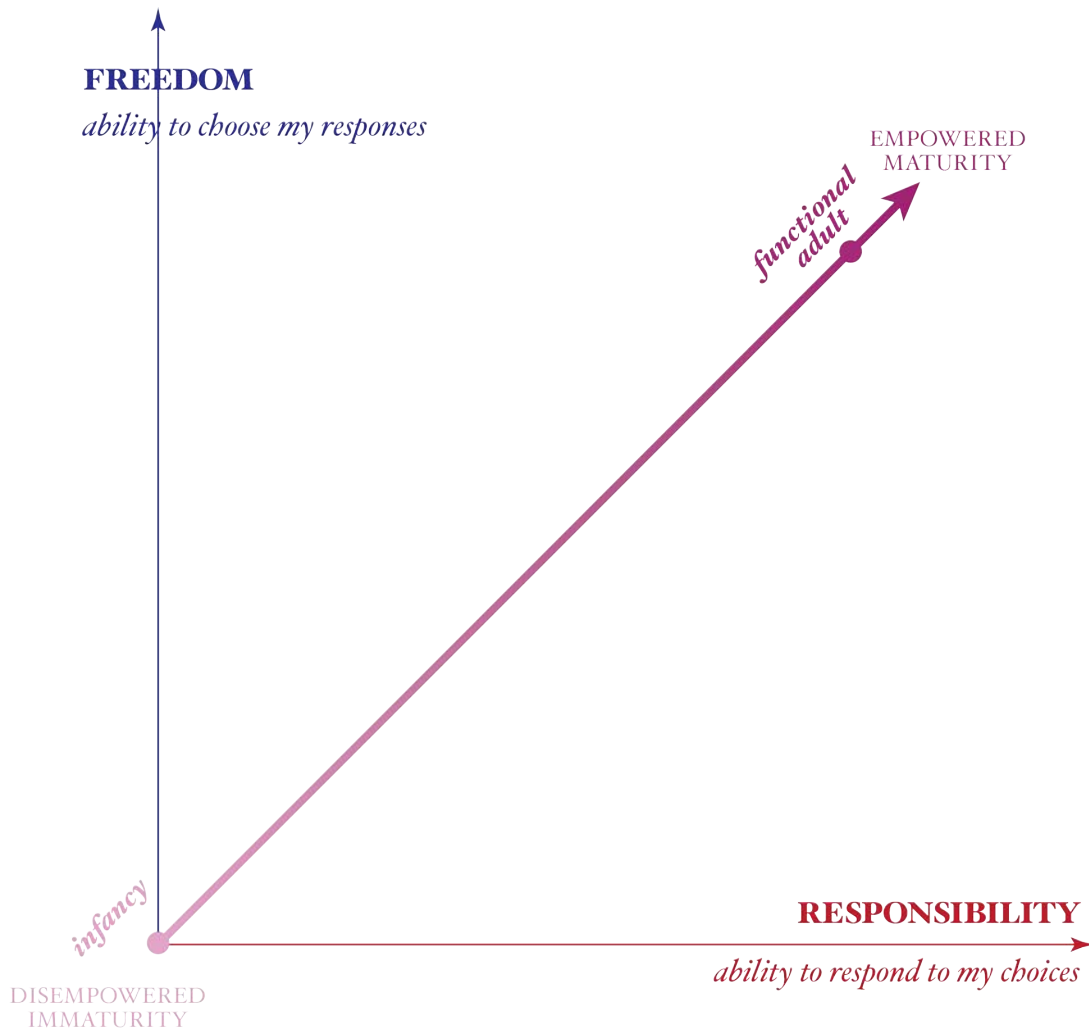
- a) characterized by realized (conscious) mastery of
 - i) the ability to choose its responses (to stimulus).
 - ii) the ability to respond to (the consequences of) its choices.

D. The potential in human development is the potential for *empowered maturity*.

D.I. *Empowered maturity*¹ is the ability to create *intentional change* through the balanced mastery of *freedom* and *responsibility*, where:

a) *Freedom* is defined as the ability to choose one's responses (to stimulus),

b) and *Responsibility* is defined as the ability to respond to (the consequences of) one's choices.



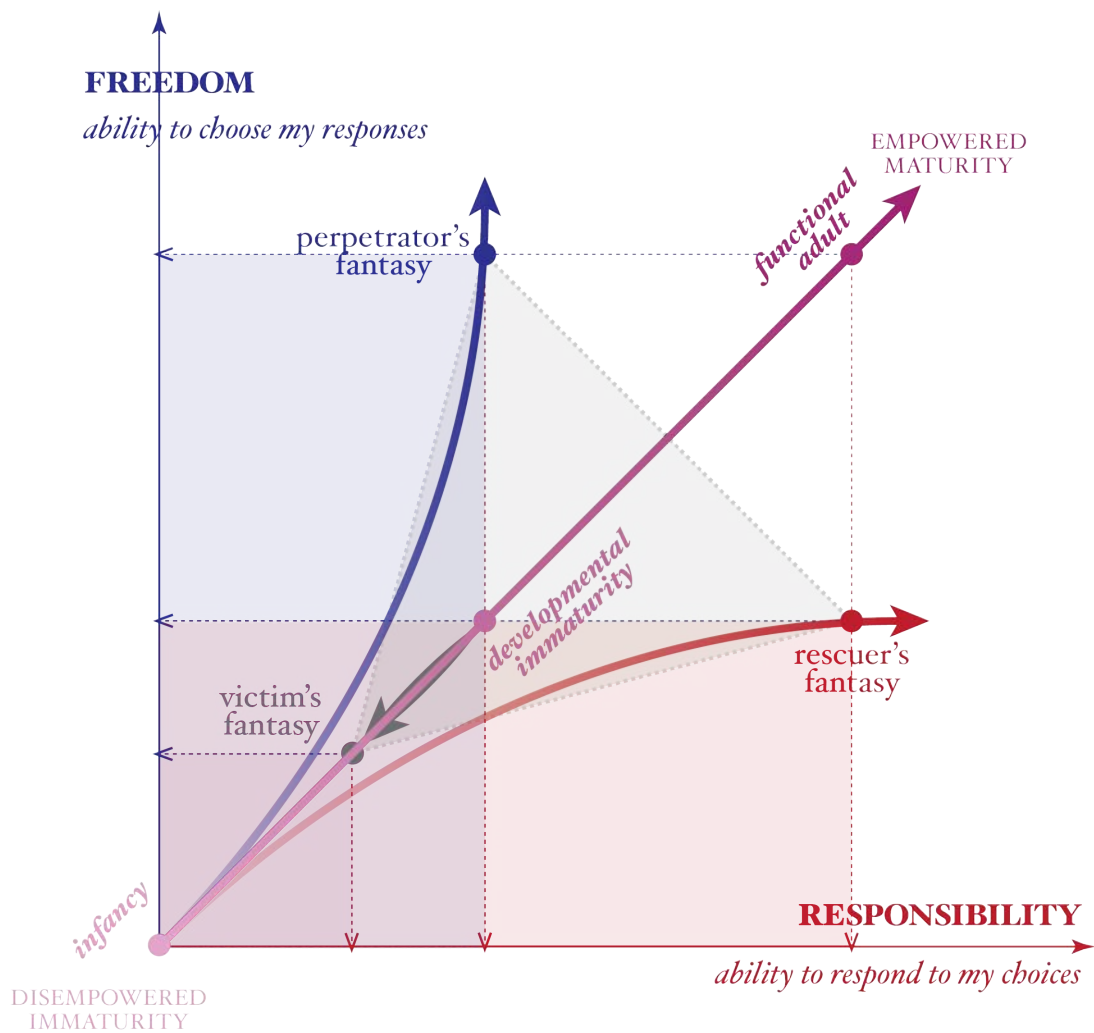
The existence of any living organism impacts the environment and therefore also itself. By definition, any living organism cannot help itself from causing or creating change. *Empowered maturity* is *not* the ability to create change, but *the ability to create intentional change*. It is therefore inseparable from the organism's degree of *conscious awareness*² (a very important topic beyond the scope of this document³).

1. (Hentsch, 2023) (§ Chapter 1) & (Hentsch, 2019a)

2. (Hentsch, 2018a)

3. (Hentsch, 2018b) (§ Postulate)

D.2. Poor mastery or imbalanced mastery of *freedom* and *responsibility* result in *compensatory adaptations*—that is, ineffective, or *false empowered maturity*—or in the abdication of both:



- a) *compensated freedom* takes the form of entitlement (perpetrator role),
 - The perpetrator role avails itself of freedoms that belong to others rather than to self.
- b) *compensated responsibility* takes the form of culpability (rescuer role),
 - The rescuer role takes on responsibilities that belong to others rather than to self.
- c) and abdication of *freedom* and *responsibility* takes the form of helplessness (victim role).
 - The victim role expects others to exercise its own freedoms and responsibilities.

E. The ideal development of *empowered maturity* is a process conditional on optimal experiences over time that foster the timely and balanced growth of *freedom* and *responsibility*—rather than an inherently chronological process.

E.1. Because such optimal conditions are seldom presented consistently—or at all—during the transition from *biological infancy* to *biological adulthood*, the ideal formation of the *mature, empowered adult* is improbably achieved alongside *biological maturity*.

E.2. Instead, *Compensatory adaptations* evolve which permit adequately effective functioning of the adult, but that also

a) generate disempowering, unintended secondary effects that reveal themselves over time,

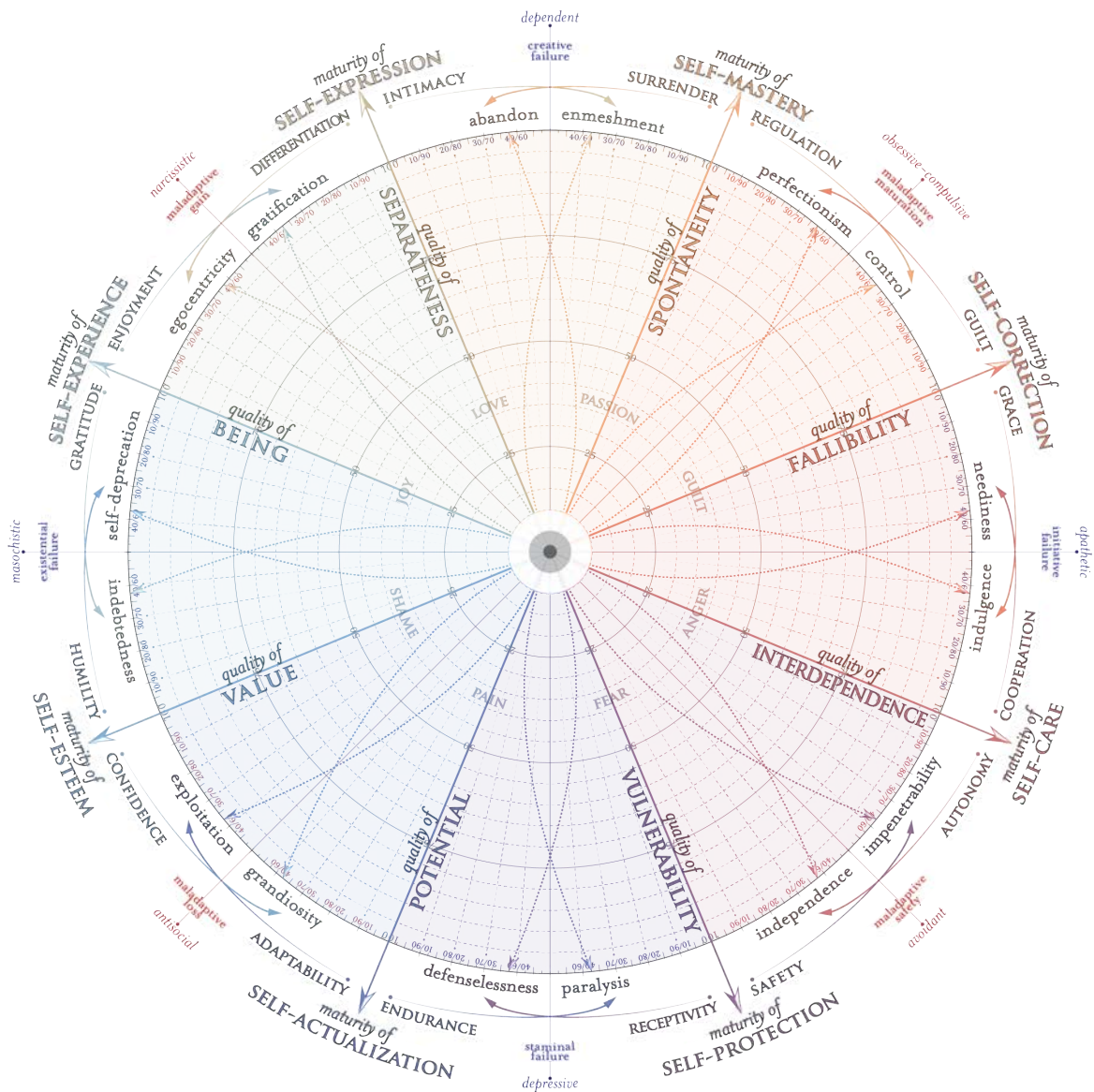
b) and diminish any motivation to actualize the potential for *empowered maturity*.

- That is because actualization of potential requires *effort* (*inconvenience* and *discomfort*), and organisms have a strong evolutionary bias for *ease* (*convenience* and *comfort*).

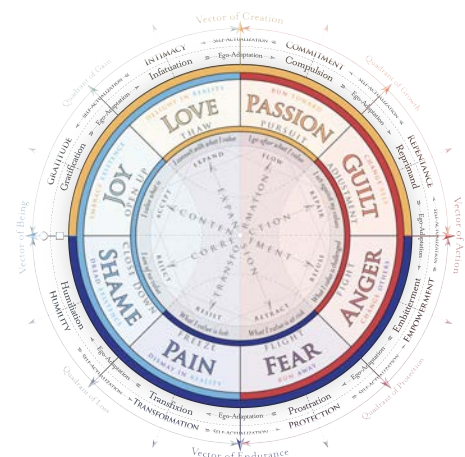
E.3. It is only when the disempowering secondary effects of *compensatory adaptations* become sufficiently frustrating, disruptive, or destructive in the adult's life that the adult is driven to seek help, such as counseling.

a) Identifying the *compensatory adaptations* and addressing them—as a pathway to the actualization of *empowered maturity*—is an effective and long-lasting system of therapeutic intervention and/or personal growth proposed by Patrick Hentsch.

II. Hentsch Developmental Maturity Model



A. The model is an extension of Patrick Hentsch's conceptual model known as the *Human Compass*¹ which identifies eight elemental categories of emotion, based on fundamental evolutionary precepts (the exposition of which is beyond the scope of this document). The same underlying precepts inform the eightfold model of *Developmental Maturity*, which therefore has direct correspondence to the eight elemental emotions.



1. (Hentsch, 2023)

A.I. The idea of human developmental potential is sub-divided into eight components of *empowered maturity*, referred to as *qualities*.

a) The *Qualities* identify innate, a priori characteristics possessed by the nascent human being.

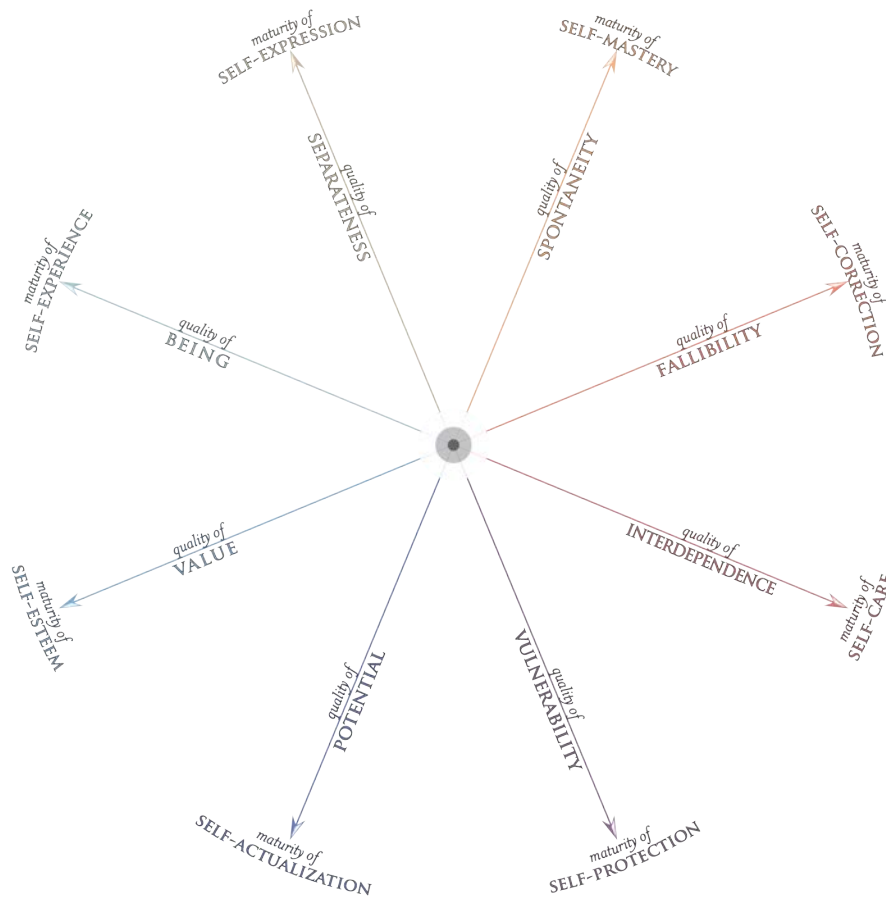
i) The eight *qualities* are:



- 1) *Value*: the intrinsic value of any life-form;
- 2) *Potential*: the possibilities of any life-form that have not yet manifested;
- 3) *Vulnerability*: the perishable nature of any life-form;
- 4) *Interdependence*: the social and personal nature and needs of human beings;
- 5) *Fallibility*: the inevitability of trial-and-error as the driver of growth, evolution, & progress;
- 6) *Spontaneity*: the natural expression of any life-form;
- 7) *Separateness*: the individual nature of any organism;
- 8) and *Being*: the fact of existence of any life-form.

A.2. Each *quality* follows the same principle of a theoretical developmental progression from

- a) an unrealized, immature, and disempowered form
- b) to an actualized, mature, and empowered ability, which is referred to as each *quality's Maturity*.



- i) Actualized *value* is referred to as the *Maturity of Self-Esteem*,
 - which is the ability to experience the intrinsic value of the self;
- ii) actualized *potential* is referred to as the *Maturity of Self-Actualization*,
 - which is the ability to manifest the possibilities of the self;
- iii) actualized *vulnerability* is referred to as the *Maturity of Self-Protection*,
 - which is the ability to thrive in spite of the perishable nature of the self;
- iv) actualized *interdependence* is referred to as the *Maturity of Self-Care*,
 - which is the ability to satisfy the social and personal nature and needs of the self;
- v) actualized *fallibility* is referred to as the *Maturity of Self-Correction*,

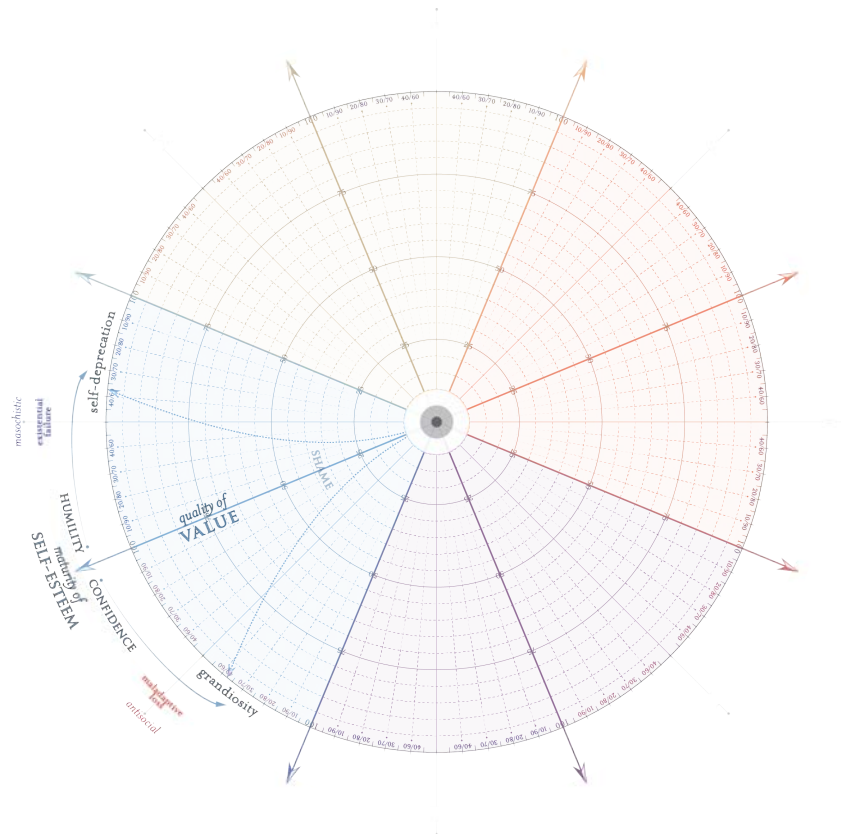
- which is the ability to leverage the inevitability of trial-and-error as the driver of growth, evolution, and progress of the self;
- vi) actualized *spontaneity* is referred to as the *Maturity of Self-Mastery*,
- which is the ability to adjust the natural expression of the self;
- vii) actualized *separateness* is referred to as the *Maturity of Self-Expression*,
- which is the ability to express the individual nature of the self;
- viii) and actualized *being* is referred to as the *Maturity of Self-Experience*,
- which is the ability to appreciate the fact of existence of the self.

A.3. In the same way that *empowered maturity* in general is informed by a *dialectic pair*—*freedom* and *responsibility*—each *maturity* is informed by its own *dialectic pair*, referred to as the *maturity's Dialectic* (pair). Each *dialectic* also has its corresponding *compensatory adaptations*.



a) *Self-esteem* (realization of *value*) results from the balanced development of *confidence* and *humility*:

- The corresponding emotion is *Shame* (*Humility* or *Humiliation* on the *Human Compass*¹)



i) *Confidence* is the ability to experience the intrinsic value of the self as “not-all-that-insignificant” without comparison to others.

ii) compensated *confidence* without *humility* = *grandiosity*:

1) *Grandiosity* is the ability to experience the intrinsic value of the self only through superlative comparison of the self to others;

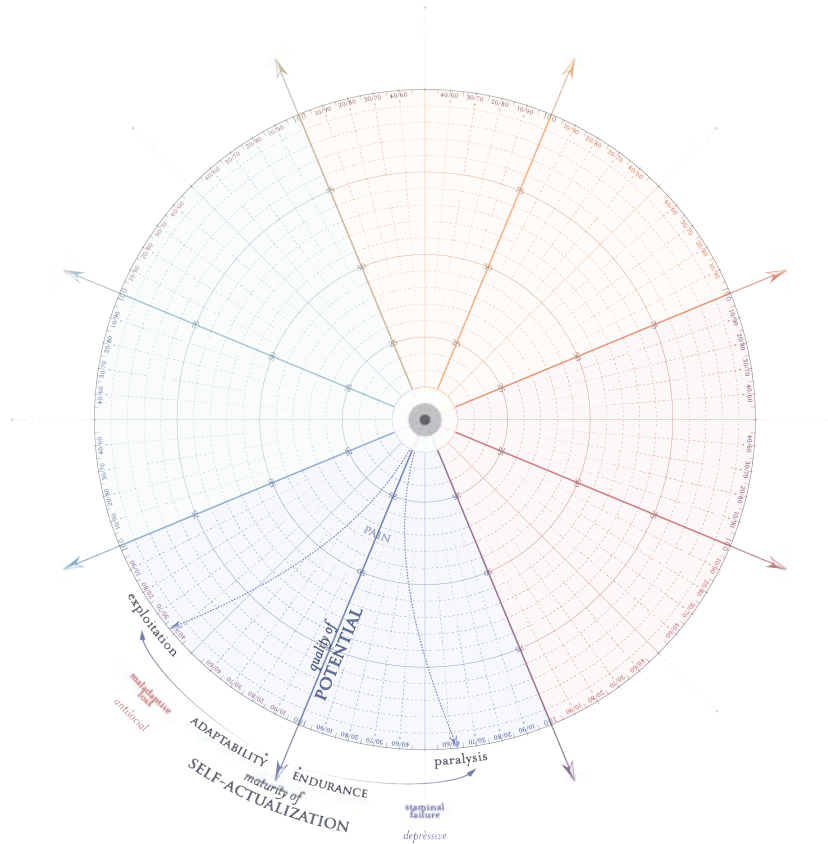
iii) *Humility* is the ability to experience the intrinsic value of the self as “not-all-that-significant” without comparison to others.

iv) compensated *humility* without *confidence* = *self-deprecation*:

1) *Self-Deprecation* is the ability to experience the intrinsic value of the self only through diminutive comparison of the self to others.

1. (Hentsch, 2023) (§ Chapter 8)

- The corresponding emotion is *Pain* (*Transformation* or *Transfixion* on the *Human Compass*¹)



ii) compensated *adaptability* without *endurance* = *exploitation* or opportunism:

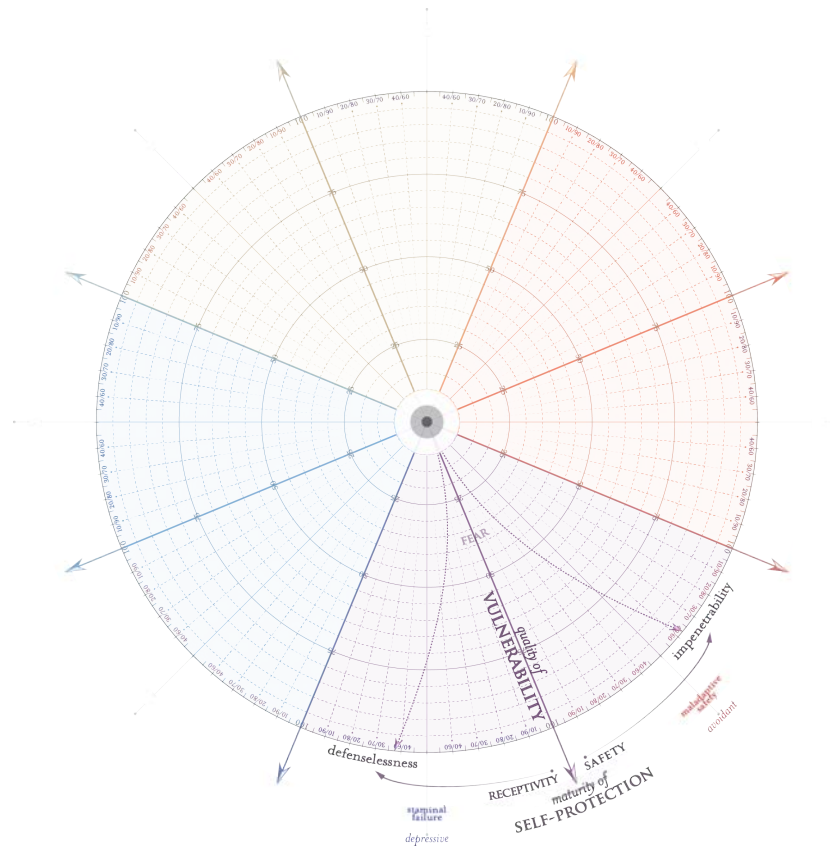
iii) *Endurance* is the ability to manifest the possibilities of the self by withstanding change.

v) *Paralysis* is the ability to manifest the possibilities of the self only by letting circumstances (or others) define the possibilities for the self.

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c) *Self-protection* (realization of *vulnerability*) results from the balanced development of *safety* and *receptivity*:

- The corresponding emotion is *Fear* (*Protection* or *Prostration* on the *Human Compass*¹)



i) *Safety* is the ability to survive in spite of the perishable nature of the self by closing down to keep out harm.

ii) compensated *safety* without *receptivity* = *imperviousness*:

1) *Imperviousness* is the ability to survive in spite of the perishable nature of the self only by limiting contact with others;

iii) *Receptivity* is the ability to survive in spite of the perishable nature of the self by opening up to take in nurture.

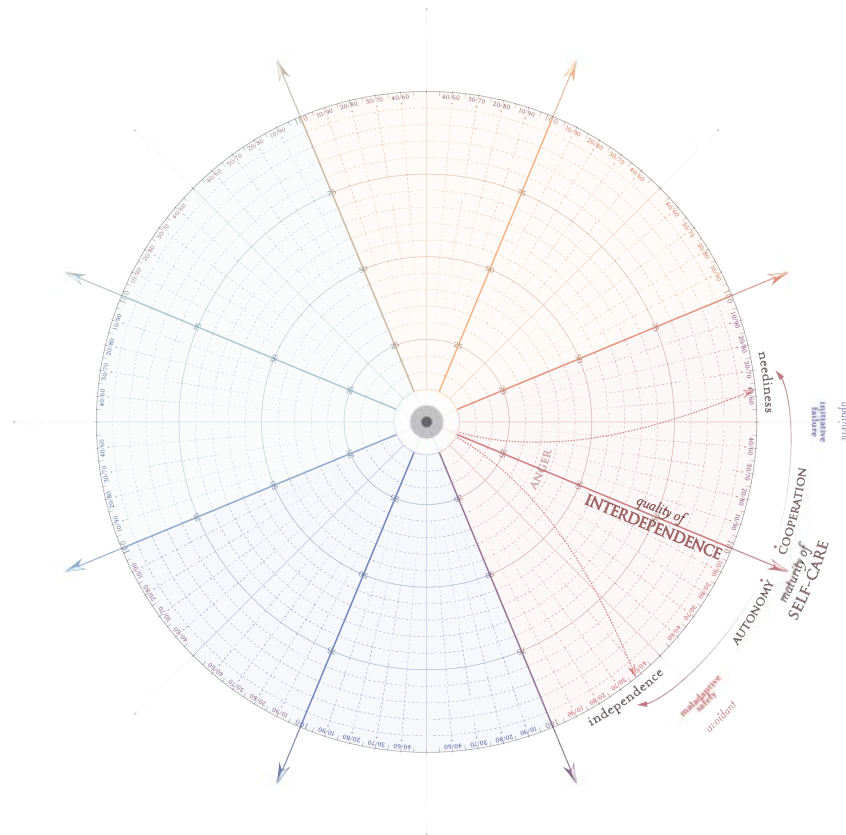
iv) compensated *receptivity* without *safety* = *defenselessness*:

1) *Defenselessness* is the ability to survive in spite of the perishable nature of the self only by abdicating to the needs of others.

1. (Hentsch, 2023) (§ Chapter 10)

d) *Self-care* (realization of *interdependence*) results from the balanced development of *autonomy* and *cooperation*:

- The corresponding emotion is *Anger* (*Empowerment* or *Embitterment* on the *Human Compass*¹)



i) *Autonomy* is the ability to satisfy the social and personal nature and needs of the self by provisioning self-care.

ii) compensated *autonomy* without *cooperation* = *independence*

1) *Independence* is the ability to satisfy the social and personal nature and needs of the self only without expecting or receiving from others;

iii) *Cooperation* is the ability to satisfy the social and personal nature and needs of the self by providing for the needs of, and by receiving assistance from others.

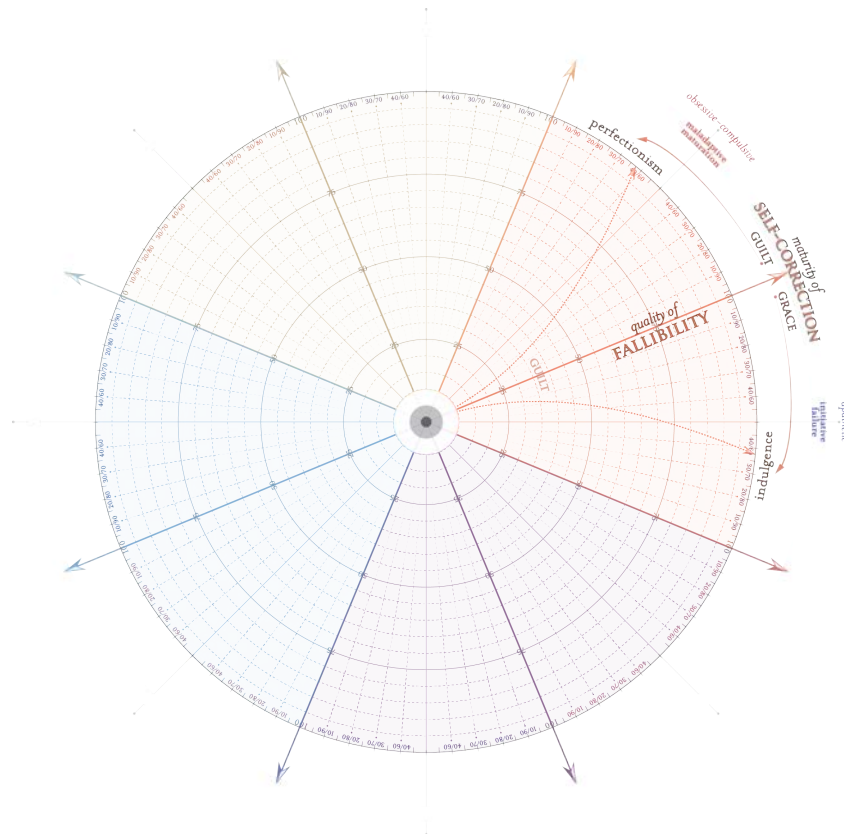
iv) compensated *cooperation* without *autonomy* = *neediness*:

1) *Neediness* is the ability to satisfy the social and personal nature and needs of the self only through reliance on others.

1. (Hentsch, 2023) (§ Chapter 11)

e) *Self-correction* (realization of *fallibility*) results from the balanced development of *guilt* and *grace*:

- The corresponding emotion is *Guilt* (*Repentance* or *Reprimand* on the *Human Compass*¹)



i) *Guilt* is the ability to leverage the inevitability of trial-and-error as the driver of growth of the self by continuing to try and by correcting the self's errors.

ii) compensated *guilt* without *grace* = *perfectionism*:

1) *Perfectionism* is the ability to leverage the inevitability of trial-and-error as the driver of growth of the self only by trying to eradicate and by concealing errors from others (and from self);

iii) *Grace* is the ability to leverage the inevitability of trial-and-error as the driver of growth of the self by forgiving the self for its errors.

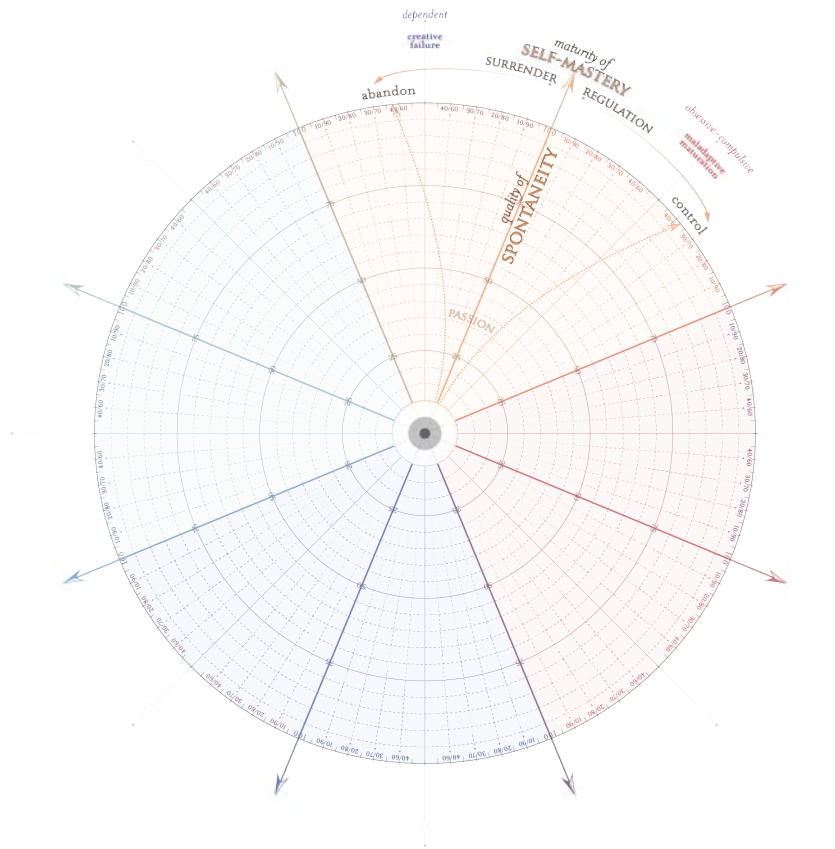
iv) compensated *grace* without *guilt* = *indulgence* or permissiveness:

1) *Indulgence* is the ability to leverage the inevitability of trial-and-error as the driver of growth of the self only by being unaccountable to self and others.

1. (Hentsch, 2023) (§ Chapter 12)

f) *Self-mastery* (realization of *spontaneity*) results from the balanced development of *regulation* and *surrender*:

- The corresponding emotion is *Passion* (*Commitment* or *Compulsion* on the *Human Compass*¹)



i) *Regulation* is the ability to adjust the natural expression of the self by intentional inhibition (the ability to choose context) of spontaneity.

ii) compensated *regulation* without *surrender* = *control*:

1) *Control* is the ability to adjust the natural expression of the self only through conformity to the expectations of others;

iii) *Surrender* is the ability to adjust the natural expression of the self by intentional disinhibition of spontaneity, and going with the flow.

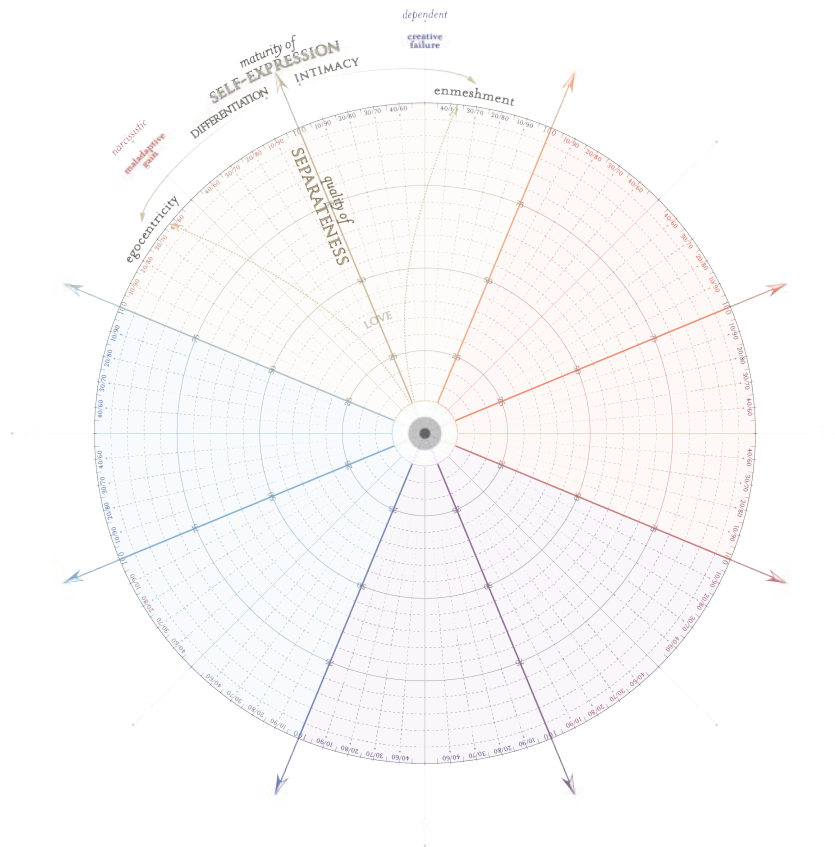
iv) compensated *surrender* without *regulation* = *abandon*:

1) *Abandon* is the ability to adjust the natural expression of the self only through disregard of the expectations of self and others.

1. (Hentsch, 2023) (§ Chapter 13)

g) *Self-expression* (Realization of *separateness*) results from the balanced development of *differentiation* and *intimacy*:

- The corresponding emotion is *Love* (*Intimacy* or *Infatuation* on the *Human Compass*¹⁾)



i) *Differentiation* is the ability to express the individual nature of the self by honoring and manifesting the authentic self.

ii) compensated *differentiation* without *intimacy* = *egotism*:

1) *Egotism* is the ability to express the individual nature of the self without regard for the experience of others;

iii) *Intimacy* is the ability to express the individual nature of the self by honoring and connecting with the authenticity of other.

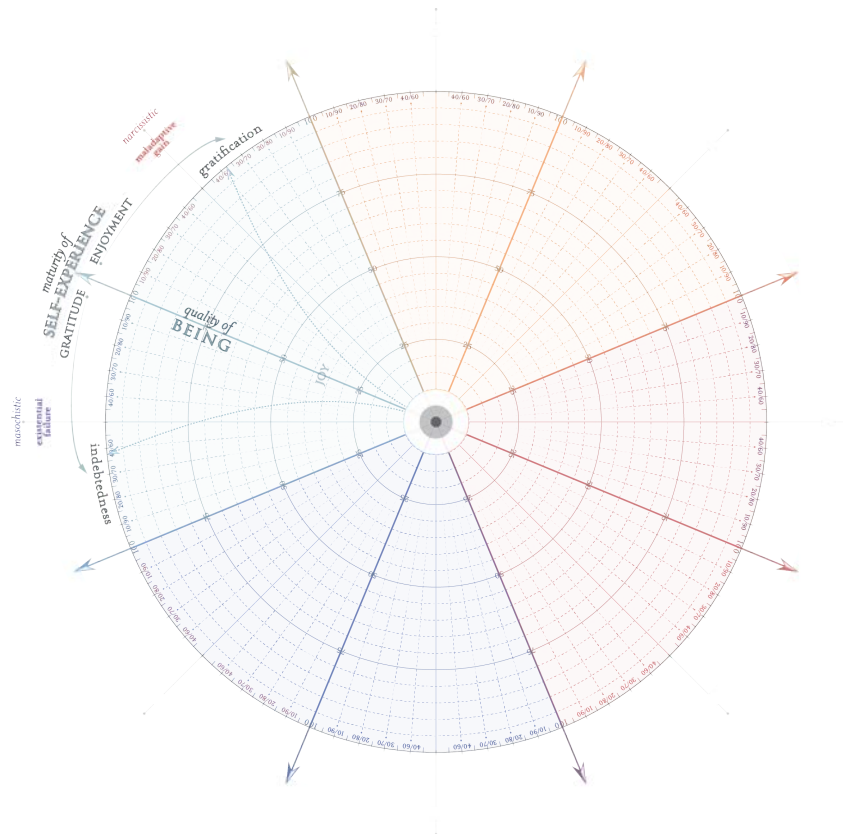
iv) compensated *intimacy* without *differentiation* = *enmeshment*:

1) *Enmeshment* is the ability to express the individual nature of the self only as a function of the experience of others.

1. (Hentsch, 2023) (§ Chapter 14)

h) *Self-experience* (realization of *being*) results from the balanced development of *enjoyment* and *gratitude*:

- The corresponding emotion is *Joy* (*Gratitude* or *Gratification* on the *Human Compass*¹⁾)



i) *Enjoyment* is the ability to appreciate the fact of existence of the self by receiving gains and by experiencing pleasure.

ii) compensated *enjoyment* without *gratitude* = *gratification*:

1) *Gratification* is the ability to appreciate the fact of existence of the self only through the pursuit of gain, comfort or pleasure without consideration of others;

iii) *Gratitude* is the ability to appreciate the fact of existence of the self by enjoying gains and blessings without entitlement.

iv) compensated *gratitude* without *enjoyment* = *indebtedness*

1) *Indebtedness* is the ability to appreciate the fact of existence of the self only through compensating others for any gain experienced.

1. (Hentsch, 2023) (§ Chapter 15)

A.4. In the geometric-graphical *Hentsch Model of Developmental Maturity*, the eight *qualities* are arranged according to fundamental evolutionary precepts (the explanation of which is outside the scope of this document¹). As a result, the spatial relationships (adjacency, opposition, etc.) between the *qualities*, *maturities*, *dialectics*, and compensations hold significance.



a) Specifically, adjacent *compensations* combine with each other to reveal what are referred to as

Adaptive Personality Compensations which manifest as personality traits, styles, or disorders according to severity of expression.

i) The compensation pairs for each *maturity* is referred to as an *over-compensation* or an *under-compensation*.

1. (Hentsch, 2019a) & (Hentsch, 2023) (§ Chapter 7)

1) The *Over-compensations* are:

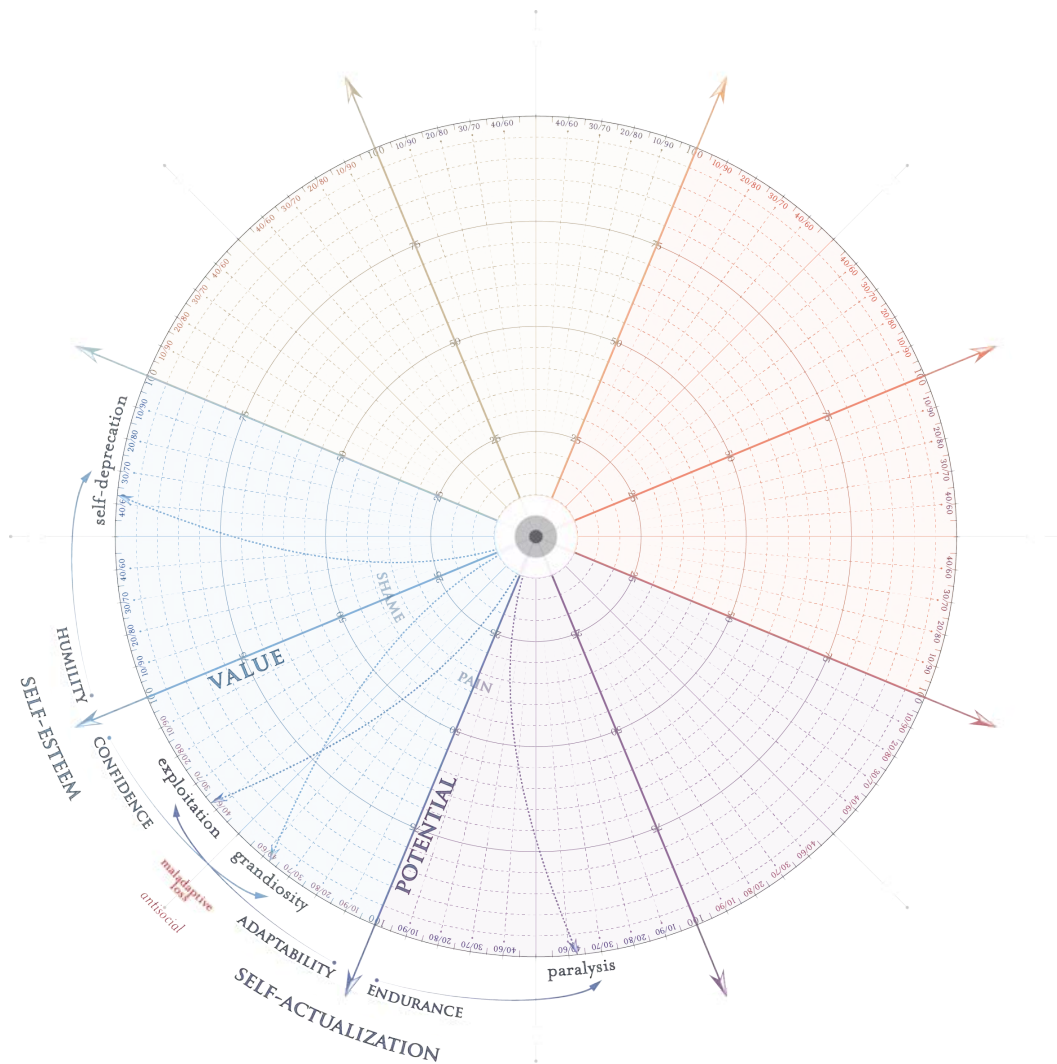
- *empowered maturity: entitlement,*
- *self-esteem: grandiosity,*
- *self-actualization: exploitation,*
- *self-protection: impenetrability,*
- *self-care: independence,*
- *self-correction: perfectionism,*
- *self-mastery: control,*
- *self-expression: egotism,*
- and *self-experience: gratification.*

2) The *Under-compensations* are:

- *empowered maturity: culpability,*
- *self-esteem: self-deprecation,*
- *self-actualization: paralysis,*
- *self-protection: helplessness,*
- *self-care: neediness,*
- *self-correction: indulgence,*
- *self-mastery: abandon,*
- *self-expression: enmeshment,*
- and *self-experience: indebtedness.*

ii) Four *adaptive personality over-compensations* are identified,

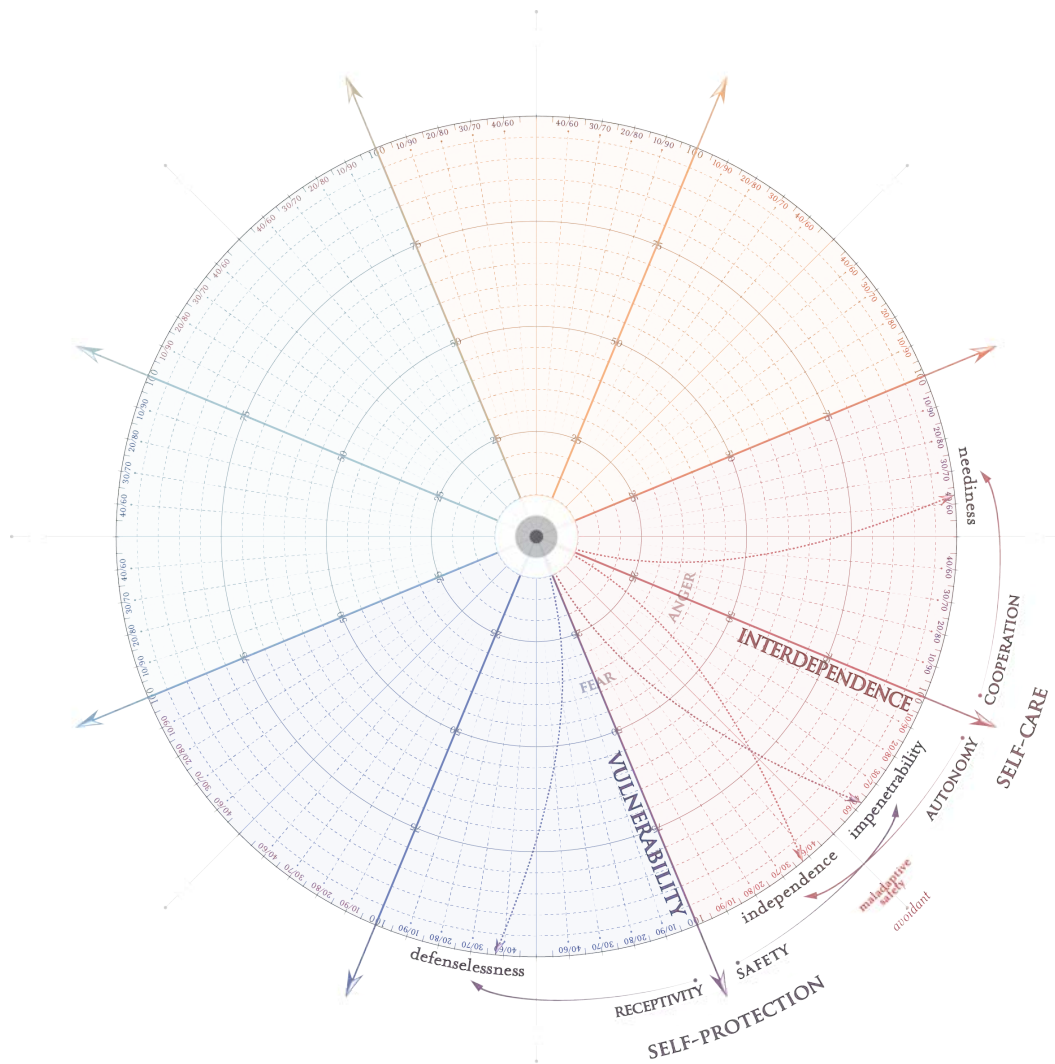
I) antisocial = grandiosity + exploitation (over-compensated value and potential):



Antisocial describes the ability to experience the intrinsic value of the self and to manifest its own possibilities only through superlative comparison of the self to others, and opportunistic action at the expense of others. This is also referred to as *maladaptive loss*. The corresponding belief system is that life is a win-loose proposition. The *antisocial* pursues *compulsion* (self-serving drives) while avoiding *repentance* (integrity). The *antisocial* struggles with healthy experience of the emotions *Shame* and *Pain*¹.

1. (Hentsch, 2023) (§ Chapters 8 & 9)

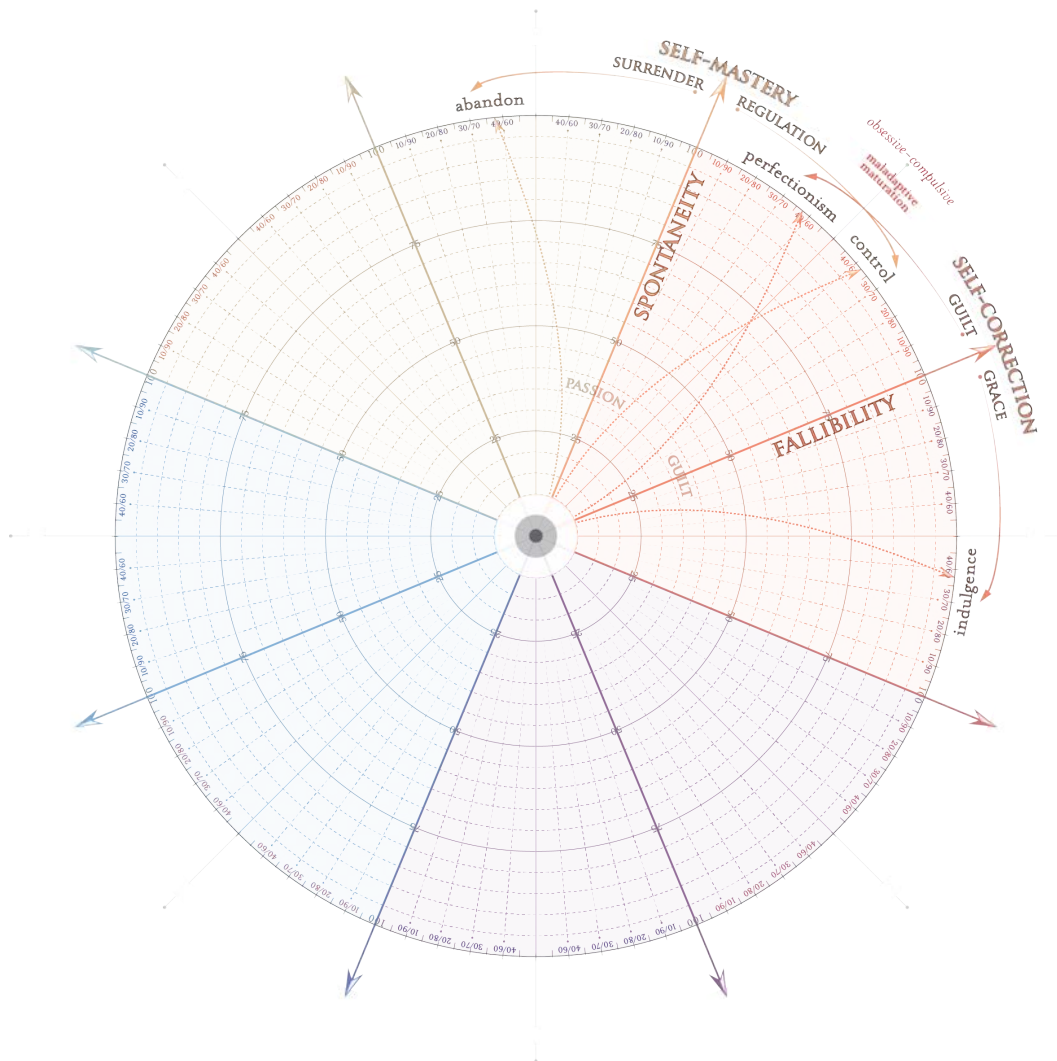
2) *avoidant = impenetrability + independence (over-compensated vulnerability and interdependence):*



Avoidant describes the ability to survive in spite of the perishable nature of the self and to satisfy the social and personal nature and needs of the self only by limiting contact with others and without expecting or receiving from others. This is also referred to as *maladaptive protection*. The corresponding belief system is that others cannot be safe and nurturing. The *avoidant* pursues *gratification* (comfort) while avoiding *intimacy* (connection). The *avoidant* struggles with healthy experience of the emotions *Fear* and *Anger*¹.

1. (Hentsch, 2023) (§ Chapters 10 & 11)

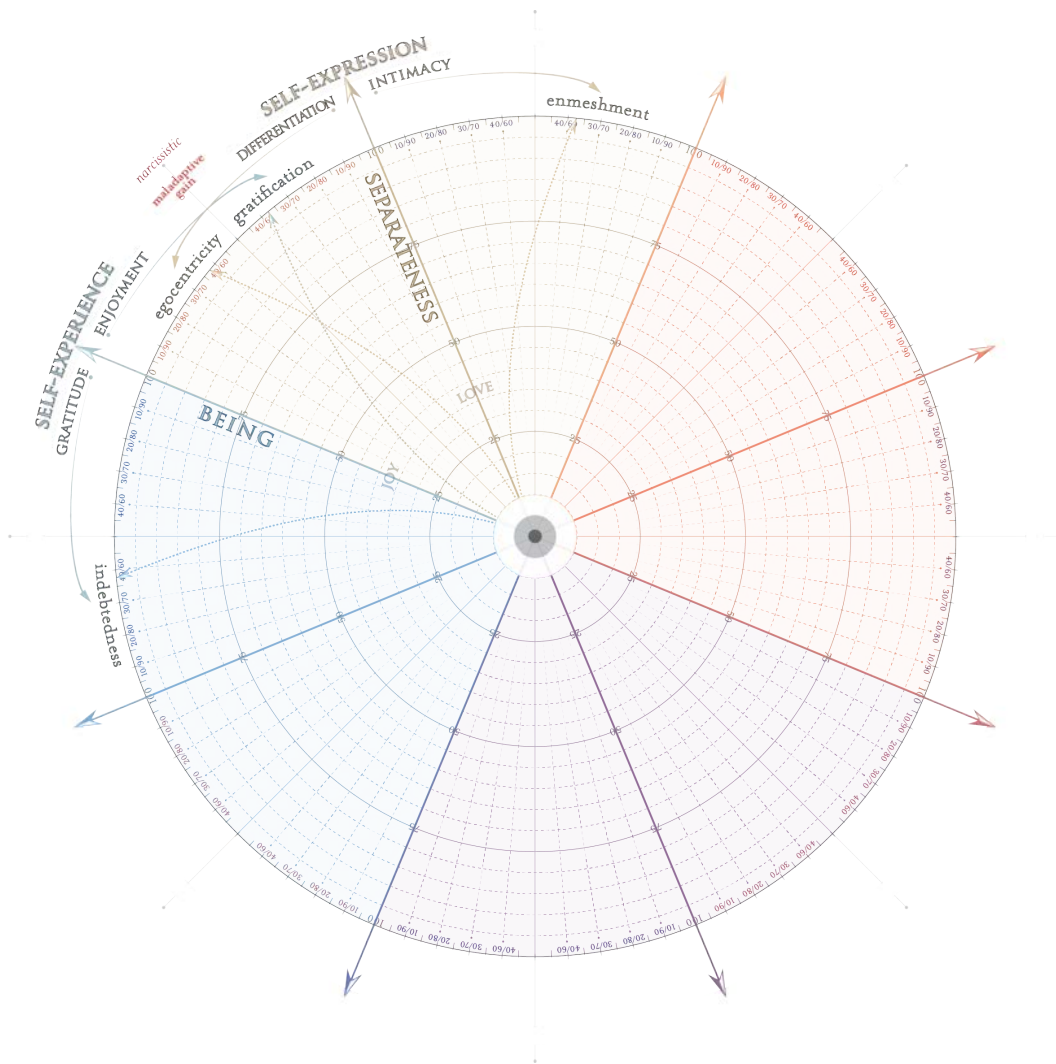
3) *obsessive-compulsive* = *perfectionism* + *control* (*over-compensated fallibility and spontaneity*):



Obsessive-compulsive describes the ability to leverage the inevitability of trial-and-error as the driver of growth of the self and to adjust the natural expression of the self only by trying to eradicate and by concealing errors from others (and self) according to conformity with the expectations of others. This is also referred to as *maladaptive growth*. The corresponding belief system is that the authentic self is a social liability. The *obsessive-compulsive* pursues *transformation* (progress) while avoiding *humiliation* (judgment). The *obsessive-compulsive* struggles with healthy experience of the emotions *Guilt* and *Passion*¹.

1. (Hentsch, 2023) (§ Chapters 12 & 13)

4) and narcissistic: egotism + gratification (over-compensated separateness and being):

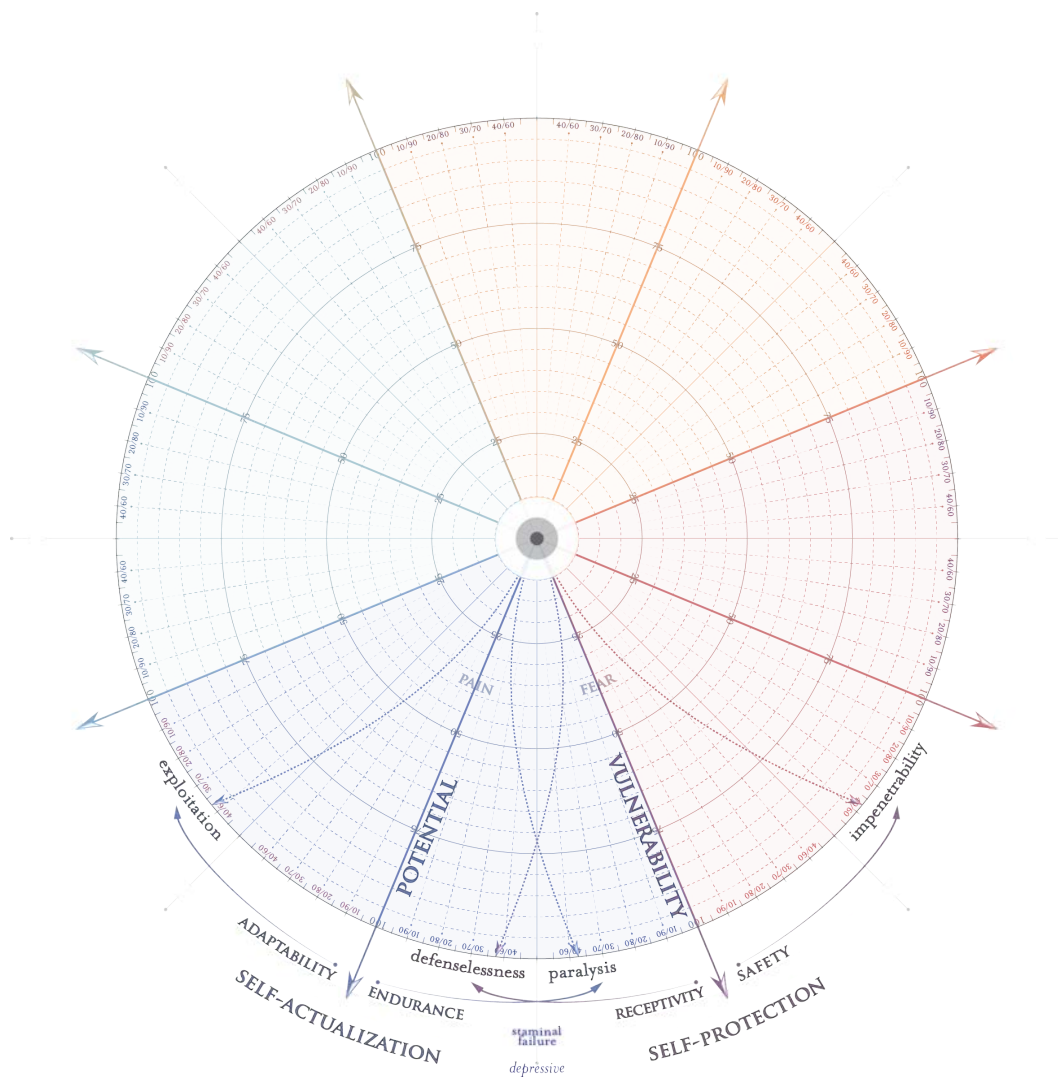


Narcissistic describes the ability to express the individual nature of the self and to appreciate the fact of existence of the self only through the pursuit of gain, comfort or pleasure without regard for the experience of others. This is also referred to as *maladaptive gain*. The corresponding belief system is that all significance is relative to the self. The *narcissist* pursues *empowerment* while avoiding *prostration* (submission). The *narcissist* struggles with healthy experience of the emotions *Love* and *Joy*¹.

1. (Hentsch, 2023) (§ Chapters 14 & 15)

iii) and four *adaptive personality under-compensations* are identified.

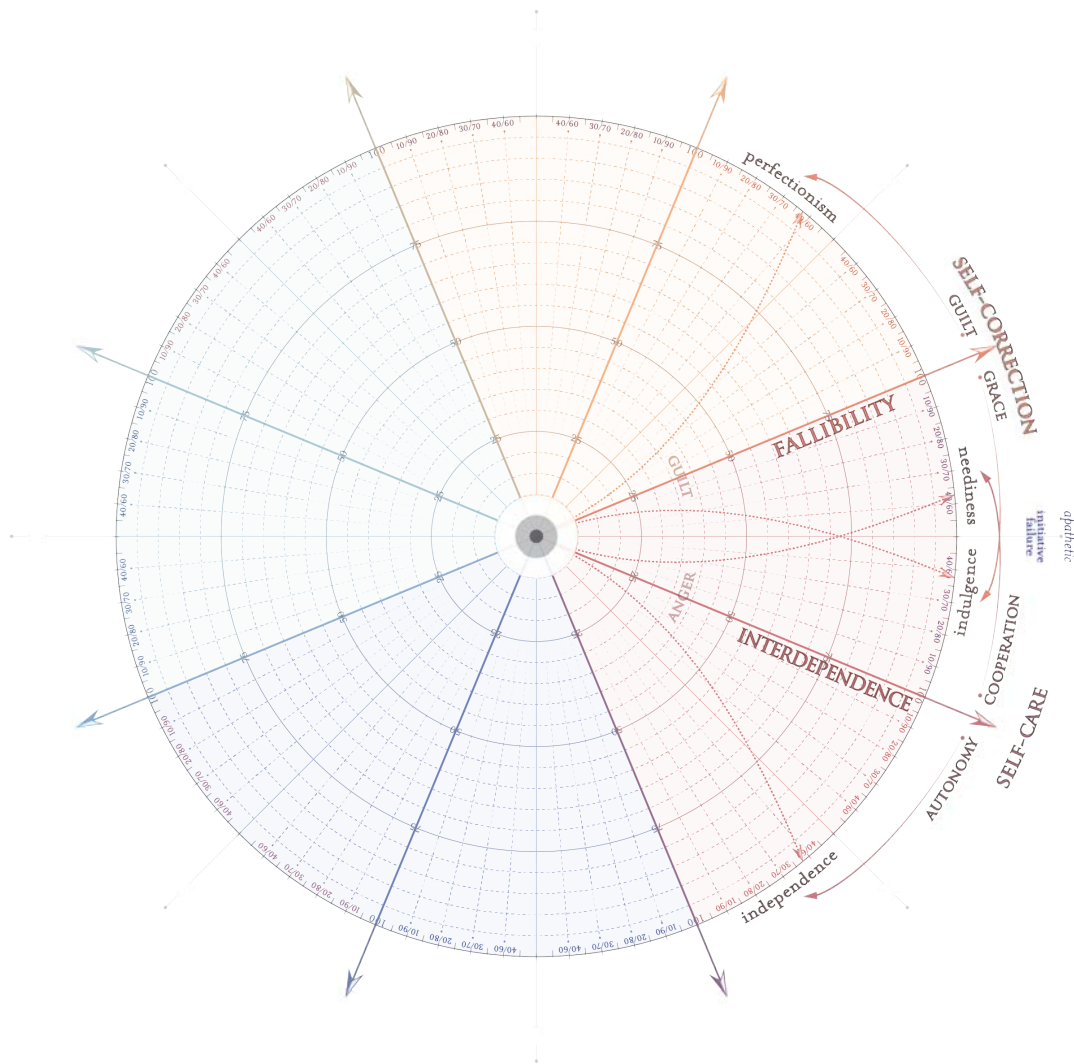
1) *depressive* = *paralysis* + *defenselessness* (under-compensated potential and vulnerability):



Depressive describes the ability to manifest the possibilities of the self and of surviving in spite of the perishable nature of the self only by letting others' needs define those possibilities and abdicating to them. This is also referred to as *staminal failure*. The corresponding belief system is that the self is incapable of enduring resistance. The *depressive* avoids *commitment* (taking a stand) at the expense of *intimacy* (connection). The *depressive* struggles with healthy experience of the emotions *Pain* and *Fear*¹.

1. (Hentsch, 2023) (§ Chapters 9 & 10)

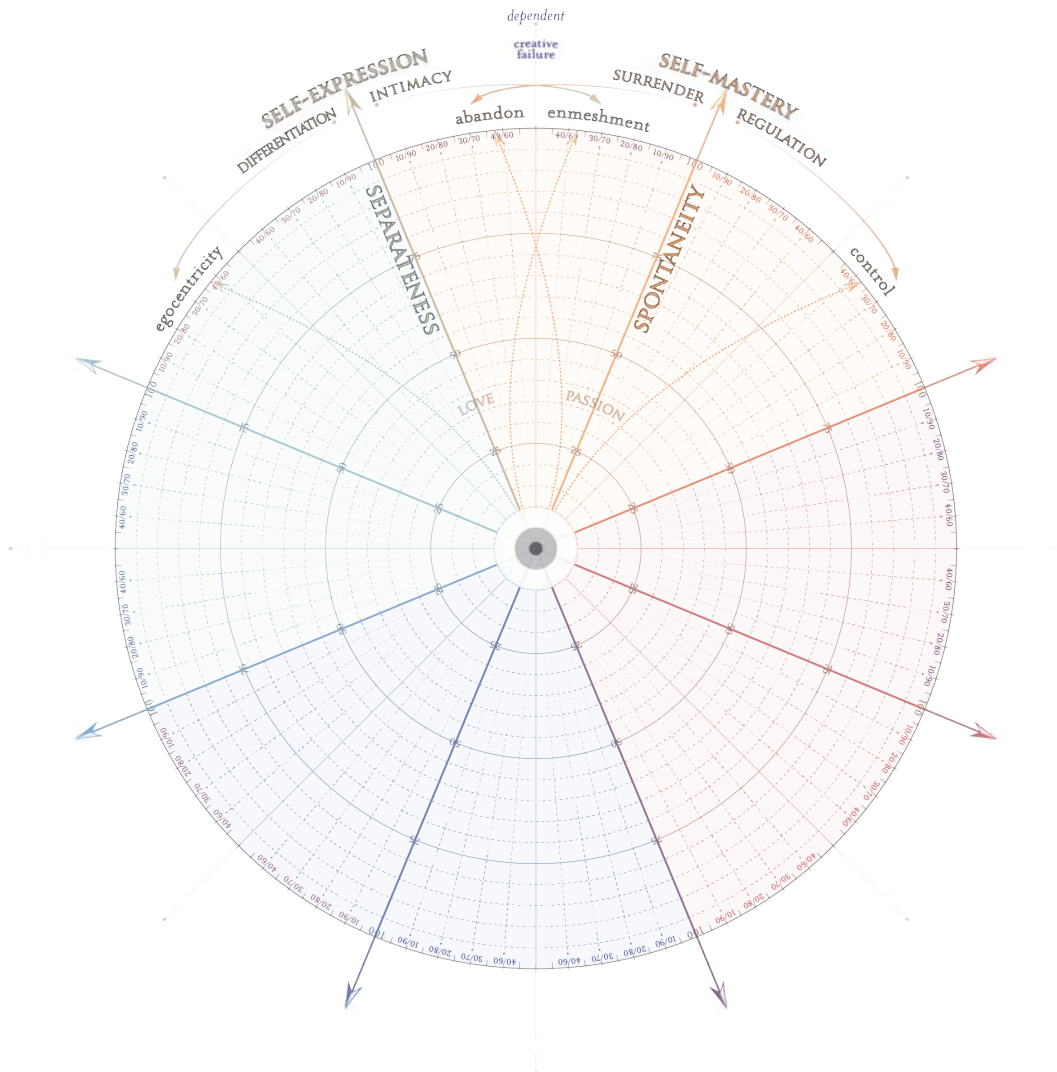
2) *apathetic* = neediness + indulgence (under-compensated interdependence and fallibility):



Apathetic describes the ability to satisfy the social and personal nature and needs of the self and enduring the inevitability of trial-and-error as the driver of growth only through reliance on others without accountability. This is also referred to as *initiative failure*. The corresponding belief system is that taking on responsibility is a danger to the self. The *apathetic* avoids *humiliation* at the expense of *gratitude* (or joy). The *apathetic* struggles with healthy experience of the emotions *Anger* and *Guilt*¹.

1. (Hentsch, 2023) (§ Chapters 11 & 12)

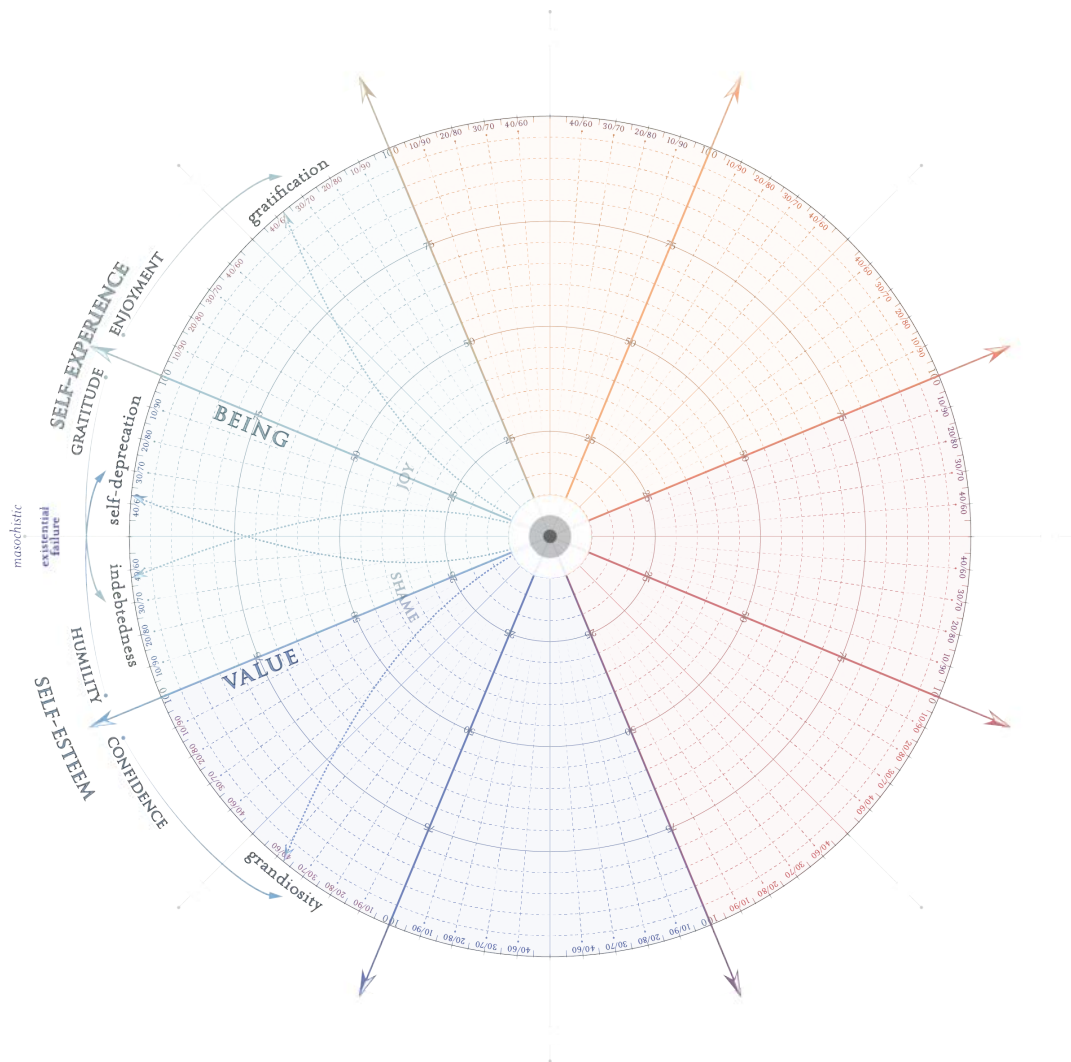
3) *dependent* = abandon + enmeshment (under-compensated spontaneity and separateness):



Dependent describes the ability to adjust the expression of the natural, individual self only through disregard of the expectations of self and as a function of the experience of others. This is also referred to as *creative failure*. The corresponding belief system is that distinguishing between the conflicting needs and desires of others and those of the self endangers the self. The *dependent* avoids *transformation* (growth) at the expense of (self-)protection. The *dependent* struggles with healthy experience of the emotions *Passion* and *Love*¹.

1. (Hentsch, 2023) (§ Chapters 13 & 14)

4) and masochistic = indebtedness + self-deprecation (under-compensated being and value):



Masochistic describes the ability to appreciate the fact of existence of the self and to experience the intrinsic value of the self only through owing something to others (or the universe itself) for any gain experienced and through diminutive comparison (submission) of the self to others. This is also referred to as *existential failure*. The corresponding belief system is that the self is not worthy of its own existence. The *masochist* avoids *reprimand* (responsibility) at the expense of *empowerment* (sovereignty). The *masochist* struggles with healthy experience of the emotions *Joy* and *Shame*¹.

1. (Hentsch, 2023) (§ Chapters 15 & 8)

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