

Core Components of Human Nature: CCHN

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The unfolding of the Core Components of Human Nature applies to all people in all cultures. It is a simple way of looking at a set of steps that leads us through the basics of how we grow socially and emotionally.

The five core components unfold naturally beginning at birth when each of us experiences a drive that causes us:

- To develop a Sense of Trust that our needs will get met,
- To manifest our Identity,
- To develop a Sense of Competence,
- To build a Sense of Powerfulness to get our own needs met, but not anybody else's expense.
- To form a Sense of Self-Control that includes our ability to empathize with others, develop a conscience and a fledgling value system that stems from an internal desire to do what feels right within ourselves.

All this unfolds by age six. From then on, we refine the components throughout our life.

As we begin to explore the Core Components of Human Nature, we must remember that our human nature requires that each of us get our needs met.

***We Need What We Need When We Need It
So Be It!***

The Core Components of Human Nature / ADD, and Symptoms

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CORE
COMPONENT

SYMPTOMS

<p>A Sense of Trust</p>	<ul style="list-style-type: none"> • Impatience • Oppositional behavior • Rage • Impulsiveness • Suspiciousness/Lack of Trust 	<ul style="list-style-type: none"> • Poor Follow Through/Task Completion • Low or high risk taking • Distance in relationships • Depression/Excitability • Procrastination
<p>Identity</p>	<ul style="list-style-type: none"> • Depression • Poor Self-Esteem • Suggestibility 	<ul style="list-style-type: none"> • Dependent/Oppositional • Anger • “Put Down” Behavior
<p>A Sense of Competence</p>	<ul style="list-style-type: none"> • Mistake Prone • Anxiety • Perfectionism • Avoidance of Learning Situations 	<ul style="list-style-type: none"> • Frustration • “I Can’t” Syndrome • Procrastination • Low Motivation
<p>A Sense of Powerfulness</p>	<ul style="list-style-type: none"> • Bullying • Irresponsibility • Over-Controlling • Helplessness and Feeling Overwhelmed 	<ul style="list-style-type: none"> • Continually Furious over Little Things • Disruptiveness • Wishy-Washiness • Lying
<p>Self-Control / Values Development</p>	<ul style="list-style-type: none"> • Addictive Behavior • Resentfulness • Guilt Prone • No Follow-through on Promises 	<ul style="list-style-type: none"> • Acts out of Fear or Guilt • Intolerant of Differences • Poor Judgement • Control “Freak” • Inability to Play/Nurture