**Initial Formulation Levels of Psychical Recovery (?1968)**

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Acknowledgements: P.A. de Witt, Lecture Notes

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| **MAIN CHARACTERISTICS OF LEVELS** |
| Tone | Complete lack of awareness |
| Self Differentiation | Awareness of self as separate entity |
| Self Presentation | Exploration of self in relation to the world, own abilities and others |
| Passive Participation | Norm establishment |
| Imitative Participation | Understands and complies with norms |
| Active Participation | Mature I.R.P.'s consolidate, specific work habits consolidate |

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| **LEVEL OF MOTIVATION** | **LEVEL OF ACTION** |
| Tone | Pre-destructive |
| Self Differentiation | Destructive → Incidental |
| Self Presentation | Explorative |
| Passive Participation | Experimental |
| Imitative Participation | Imitative |
| Active Participation | Original |
| Competitive Participation | Product Centred |
| Contribution | Situation Centred |
| Competitive Contribution | Society Centred |

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| **PHASES OF ACTION** |
| Therapist Directed Phase | Patient demonstrates some behaviour of earlier level. They are dependent on the therapist to maintain their level of functioning. If he does not have guidance and encouragement, he will not be able to function on that level, i.e. he will regress. |
| Patient Directed Phase | Patient is able to maintain the behaviour that is characteristic of that level independently. |
| Transitional Phase | During this phase, the patient is able to demonstrate characteristics of the next stage of action. |

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| **KEY TO THE GRIDS** |
| 1 | Tone |
| 2 | Self Differentiation |
| 3 | Self Presentation |
| 4 | Passive Participation |
| 5 | Imitative Participation |
| 6 | Active Participation |
| 7 | Competitive Participation |
| 8 | Contribution |
| 9 | Competitive Contribution |

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| **KEY TO SYMBOLS ON GRIDS** |
| ░ | Beginning to develop |
| ▓ | Developing further |
| █ | Consolidated |

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| **GRID 1: PERSONAL SPHERE OF FUNCTIONING** |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Biological control |  | █ |  |  |  |  |  |  |  |
| Feeding and drinking |  | █ |  |  |  |  |  |  |  |
| Hygiene and dressing |  | ░ | █ |  |  |  |  |  |  |
| Care of belongings |  |  | ░ | ▓ | █ |  |  |  |  |
| Refined forms of self care |  |  | ░ | ▓ | █ |  |  |  |  |
| Survival skills |  |  | ░ | ▓ | █ |  |  |  |  |
| Socially appropriate dress |  |  | ░ | ▓ | █ |  |  |  |  |

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| **GRID 2: SOCIAL SPHERE OF FUNCTIONING** |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Self Concept | Body Image |  | ▓ | █ |  |  |  |  |  |  |
| Ideal Self |  |  | ░ | ▓ | ▓ | ▓ | ▓ | ▓ | ▓ |
| Cognitive Self |  |  | ░ | ▓ | █ |  |  |  |  |
| Awareness | Others - physical presence |  | ▓ █ |  |  |  |  |  |  |  |
| Feelings, needs |  |  | ░ | ▓ | ▓ | █ |  |  |  |
| Communication Skills |  |  | ░ | ▓ | █ |  |  |  |  |
| Social Skills |  |  | ░ | ▓ | ▓ | █ |  |  |  |
| Social Norms |  |  | ░ | ▓ | █ |  |  |  |  |
| I.P.R.'s | Immature (Egocentric) |  |  | ▓ |  |  |  |  |  |  |
| Mature |  |  |  | ░ | ▓ | █ |  |  |  |
| Presentation of Self |  |  | ▓ | █ |  |  |  |  |  |
| Norms | Environment |  |  | ░ | ▓ | █ |  |  |  |  |
| Social Situation |  |  | ░ | ▓ | █ |  |  |  |  |
| Competition |  |  |  |  | ▓ | █ |  |  |  |
| Comparison |  |  |  |  | ░ | ▓ | █ |  |  |

NOTE: Ideal self does not consolidate as such but tends to change with a change in environment. Thus it becomes more appropriate with higher levels of functioning.

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| **GRID 3: WORK SPHERE OF FUNCTIONING** |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| No activity participation | N |  |  |  |  |  |  |  |  |
| Destructive activity - incidental product |  | █ |  |  |  |  |  |  |  |
| Task concept |  |  | ░ █ |  |  |  |  |  |  |
| Basic work habits |  |  | ▓ | █ |  |  |  |  |  |
| Specific work habits |  |  |  | ░ | ▓ | █ |  |  |  |
| Judgement |  |  | ░ | ░ | ▓ | ▓ | █ |  |  |
| Concrete decision making |  |  | ▓ | █ |  |  |  |  |  |
| Abstract decision making |  |  |  | ░ | ▓ | █ |  |  |  |
| Delay of gratification |  |  | ▓ | █ |  |  |  |  |  |
| Norms - work performance |  |  |  | ▓ | █ |  |  |  |  |
| Norms - industrial norms |  |  |  |  |  |  | █ |  |  |
| Problem solving |  |  | ░ | ░ | ▓ | ▓ | █ |  |  |

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| **GRID 4: FREE TIME SPHERE OF FUNCTIONING** |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Awareness  |  |  | ░ | ▓ | ▓ | █ |  |  |  |
| Initiate independently |  |  |  | ░ | ▓ | █ |  |  |  |
| Planning |  |  |  |  | ▓ | █ |  |  |  |
| Competitive activity |  |  |  | ░ | ▓ | █ |  |  |  |