

# *Personal Growth*

## *10. Acceptance as the factor of Personal Growth*

*Teacher: Magda Nišpanská*

Č. projektu: CZ.02.3.68/0.0/0.0/16\_38/0006908

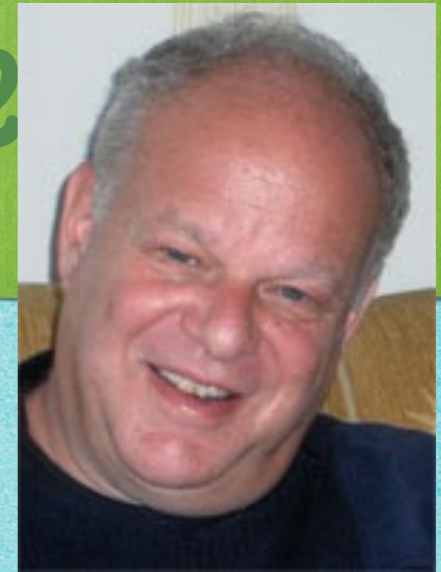
# The growth

- ▶ Any growth is characterised by enlarging oneself by crossing borders already existing and taking in something new from outside.

# Theoretical background

- ▶ Humanistic psychology
- ▶ Positive psychology
- ▶ Phenomenology
- ▶ Systemic theory

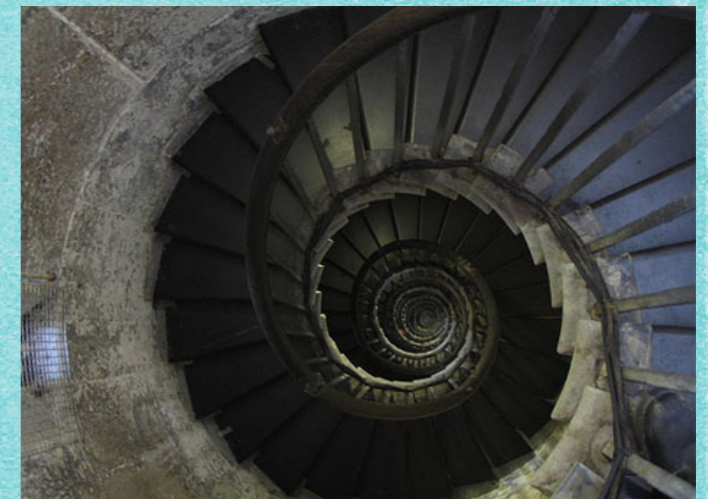
# 6 Character virtues



- ▶ Wisdom and Knowledge
- ▶ Courage
- ▶ Humanity
- ▶ Justice
- ▶ Temperance
- ▶ Transcendence

# Spiral of the Personal Growth

- ▶ The upward spiral movement could be a useful metaphor for PG, similar to the well-known hermeneutical spiral of knowledge.



# Universality of Growth

- ▶ Predisposition to growth seems to be universal to all humans.
- ▶ The basic structure of character is common to all people across all cultures (Seligman, Peterson, 2006)



# Acceptance of the Past

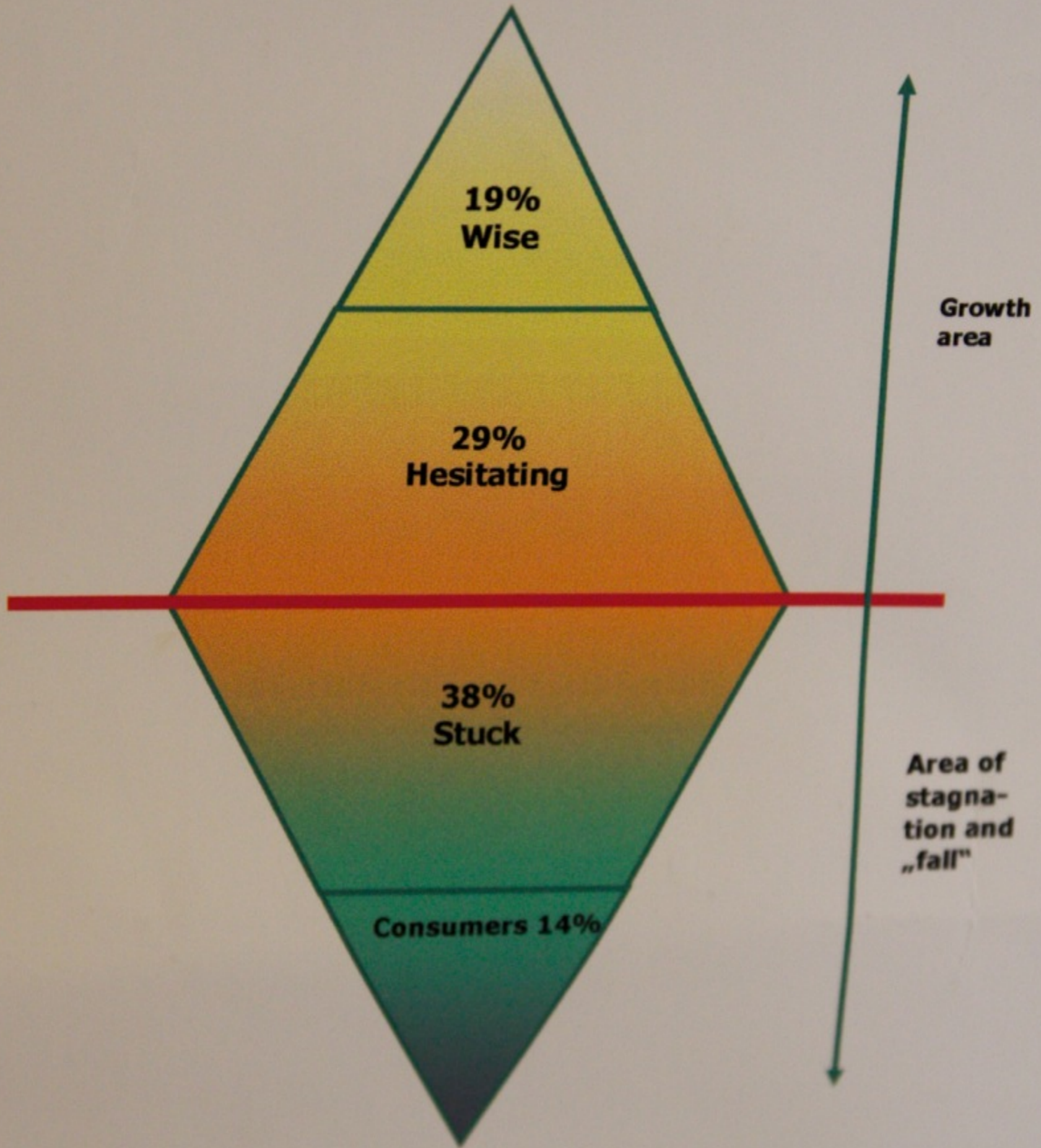
1. Acceptance of our family and our parents
2. Acceptance of the collective history of the nation or the human race
3. Acceptance of oneself and one's own limits

# Cluster analyses k-means

## Profiles of types







# Growth is a movement forward

Acceptance  
of the past  
– family of  
origin



Acceptance  
of the past  
- Self  
acceptance



Personal  
Growth



6 Character  
virtues

# The Spiral of Growth

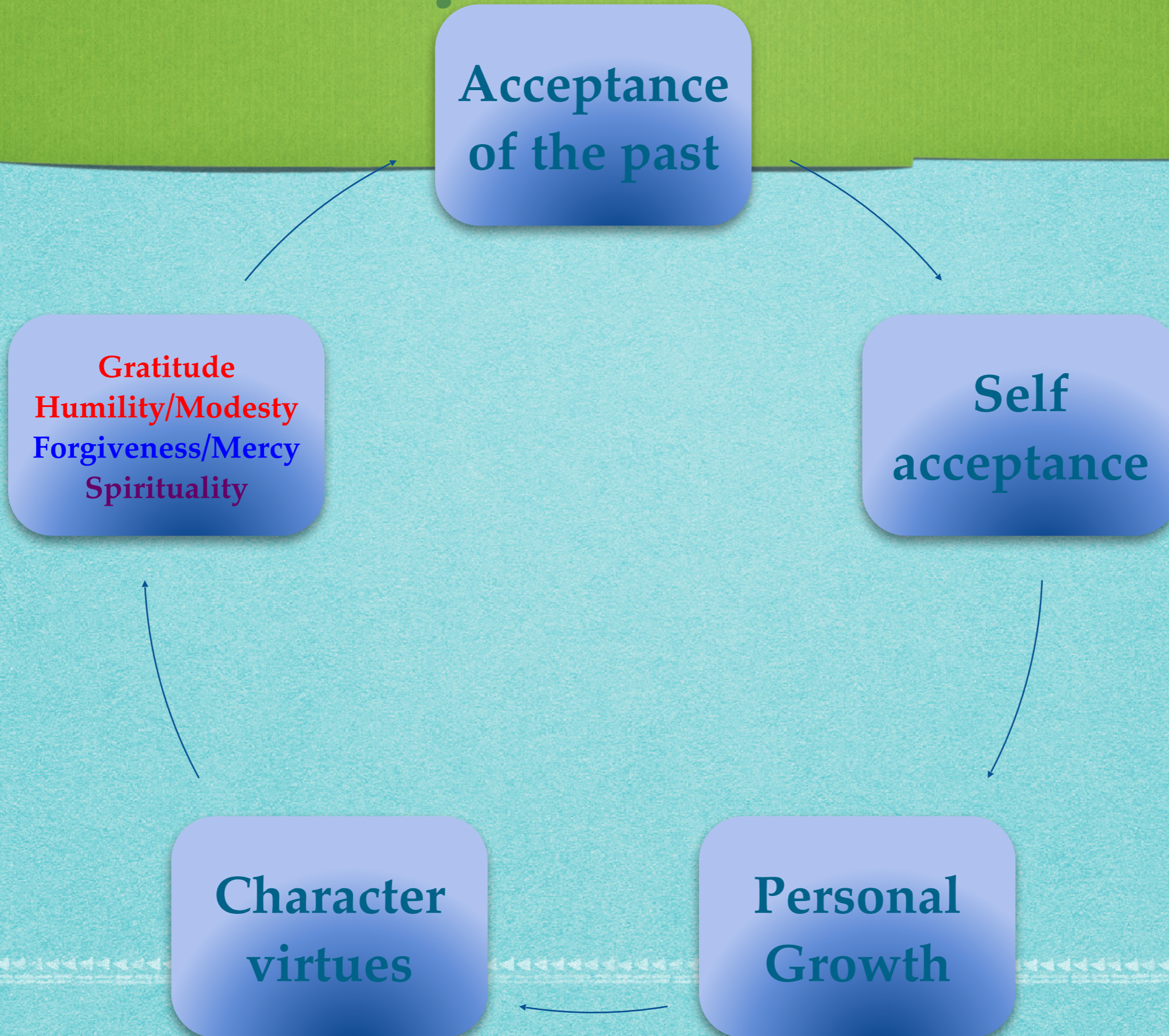
Acceptance  
of the past

Gratitude  
Humility/Modesty  
Forgiveness/Mercy  
Spirituality

Self  
acceptance

Character  
virtues

Personal  
Growth



# What makes people grow?

## ▶ Gratitude

- ▶ Being aware of and thankful for the good things that happen; taking time to express thanks. <http://www.viacharacter.org/viainstitute/classification.aspx>

[viainstitute/classification.aspx](http://www.viacharacter.org/viainstitute/classification.aspx)

# What matters?

- ▶ Humility/Modesty

- ▶ The humble person obeying his limits doesn't exhaust himself.

<http://www.viacharacter.org/viainstitute/classification.aspx>



# What matters?

## ▶ Forgiveness/Mercy

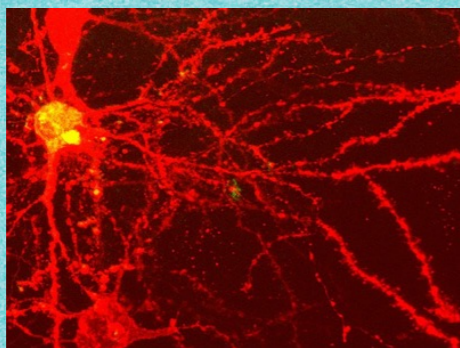
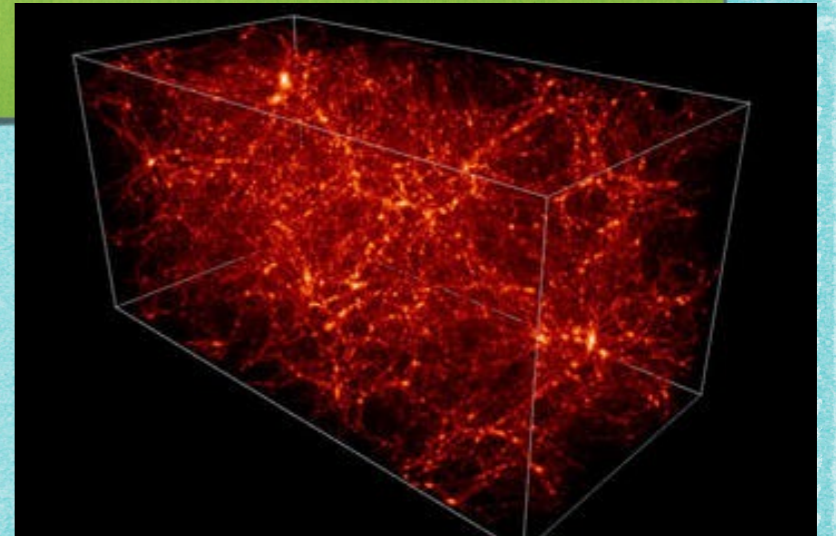
- ▶ Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being resentful. [http://](http://www.viacharacter.org/viainstitute/classification.aspx)

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# What matters?

## ▶ Spirituality

- ▶ Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme;



**Thank you**