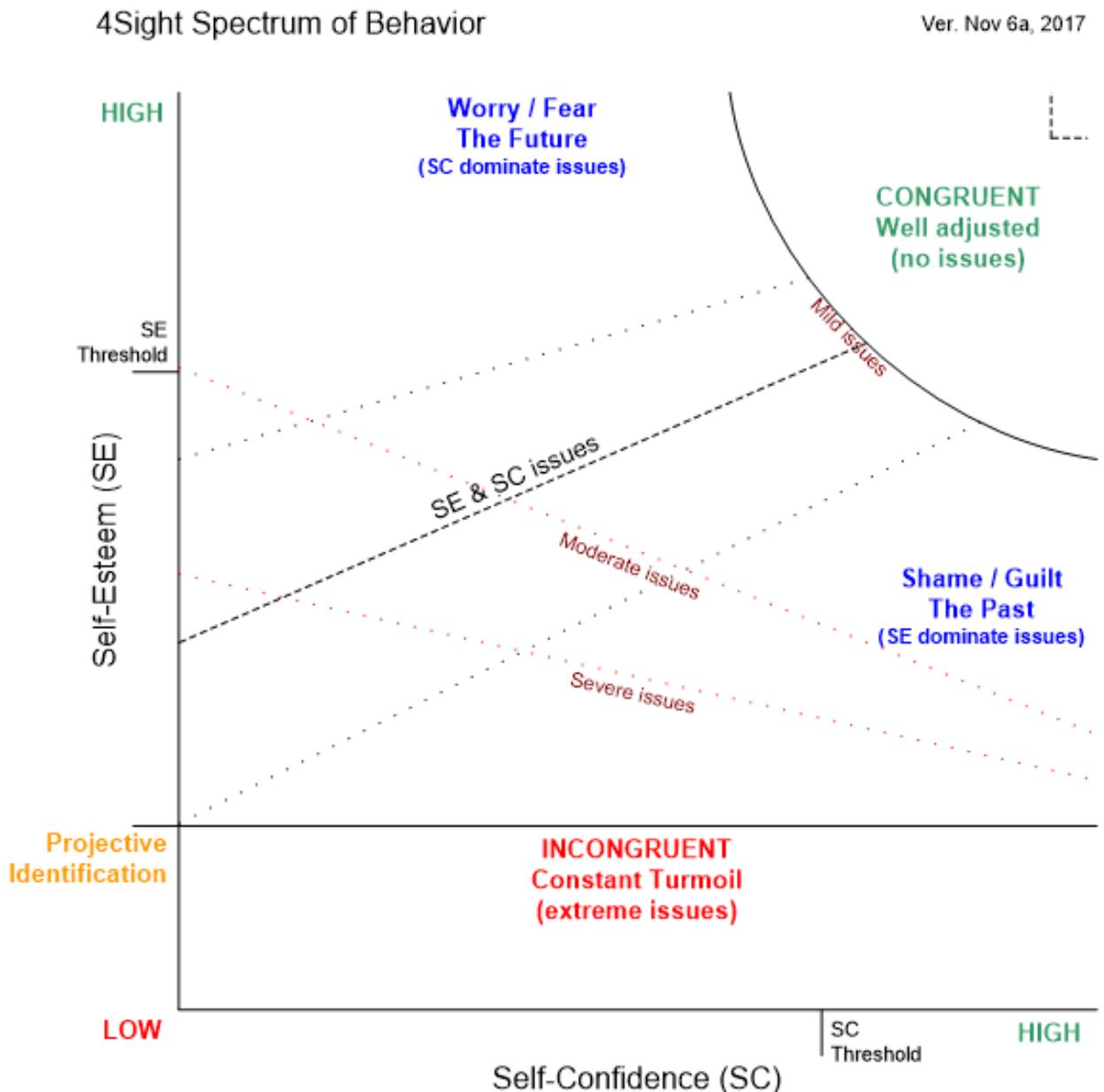


The 4Sight Model

The **4Sight Model** says that your consciousness is driven by two thought processes. How you look at the past - your Self-Esteem (SE) - and how you plan for the future - your Self-Confidence (SC). Together, they determine everything that you say and do and, really, also what you don't say and don't do. Both processes "filter", your "perception" of the past or "assessment" of the future. Flaws in SE and SC permit our emotions to drive our behavior in an undesirable fashion. Unfortunately, those flaws allow triggers from our development to create feelings (i.e. emotions) that are erroneous or flat-out incorrect. Left unchallenged, our higher-level thinking will support the conclusion with a cognitive distortion, a logical fallacy. In effect, we are lying to ourselves.

Your SE and SC are largely in place by the age of three when your brain has developed significantly. Your behavior can change, but in order to do that, you need to be accountable for the underlying thought processes first. If those two thought processes are accurate - meaning more or less congruent with what "the crowd" would perceive or assess - you will be able to function day to day with minimal and manageable conflict. However, if your SE or SC fall below a threshold, then you'll encounter issues relating to the respective cause. The table on the following page lists how SE and SC issues manifest themselves.



	Self-Esteem (SE)	Self-Confidence (SC)
What it is	How you perceive the past	How you assess the future
Accuracy	Your ability to assess your causal contribution to an event and the implication thereof (what it means)	Your ability to forecast the likely outcome of an event and the impact(s)
Inaccuracy	Over-assigning negative assessments to oneself and/or under-assigning positive assessments	Over-forecasting the likelihood and/or impact of a negative outcome and/or under-forecasting the likelihood and/or impact of a positive outcome
Needs	Do I like myself? Do I value myself?	Do I have discretion? Do I have perseverance?
Emotions of deficiency	Guilt, value	Fear, worry
Identifying Mild / Moderate Issues (see next page)		
Feelings	Negative Avoid scrutiny to prevent shame and guilt You don't like yourself You blame yourself You fear scrutiny or how to respond to review Lose desire to act	Anxious Avoid planning to prevent worry and fear You don't trust yourself You discourage yourself You fear failure or being able to handle it Lose ability to act
Traits	You do for others to get approval You avoid interaction/don't talk You don't go out Overestimate past problems, removing the reason to act	You look for others to decide You avoid action/don't do You don't plan Minimize future problems, removing the need to act
Identifying Severe / Extreme Issues (see next page)		
Feelings	You don't like others You blame others You scrutinize others	You don't trust others You discourage others You manipulate others
Traits	Seek/enable chaos Relationship turmoil Strategies to forget about the past	Take risks Emotional turmoil Strategies to distract about the future

Levels of SE / SC Issues

4Sight does not refer to discrete groups for describing the behavioral and thought process challenges people face. Instead, what we say and do is viewed across a spectrum, depending upon a person's respective SE or SC limitations. We do delineate levels to demonstrate the effects that a person's SE and/or SC inaccuracies will cause as they are incongruent with those around them.

None

Person does not generally experience challenges in life. That being said, circumstances can conspire - situational - and a person can have difficulty with their day-to-day obligations. However, they will regularly discuss their obstacles and, most importantly, take action to overcome the things that are holding them back, allowing them to get out of their rut in fairly short order (weeks to months).

Mild

Whereas a person with "no" SE or SC issues can experience "situational" dilemmas on a rare occasion - once or a couple times in a decade - a person with mild issues might encounter problems more regularly, perhaps yearly, especially around seasonal issues, after the holidays or during the onset of fall. Nonetheless they are able to navigate the solution on their own and really don't require outside assistance although they may ask and, for which, it is never negative to do. An episode shouldn't last longer than weeks.

Moderate

A person with moderate issues is more likely to drive the issues that they experience with behavior that enables the problems. Where a person with mild problems is vulnerable in certain areas, a moderate person is more uniformly sensitive. Still, with regular preventive action and/or external assistance, these people can remain happy and independent, the hallmarks of a person who is adaptive and able to meet basic adult responsibilities.

Severe

Person will regularly, weekly if not daily, experience conflict in one if not all areas of their life from family and friends to work and the greater community. This, of course, presumes that they are able to maintain steady employment which is possible but not likely. Even then, they will pursue income in a way that gives them security. For example, a job that is either in demand or at which they are really good to make them attractive enough in spite of their behavior problems. Self-employment, working/spending a lot of time alone, and great expertise in some specialty are typical coping mechanisms for remaining independent. In any case, the person is more or less dependent upon others, either directly (with, say financial assistance) or indirectly (tolerance of their poor behavior).

Extreme

In this instance the person has daily issues with life and is probably unable to cope or engages in activity that marginally helps them to get by. Drug addiction, homelessness, chronic unemployment, financial dependency and criminal activity are extremely common if not indicative of a person with extreme issues. It should be noted that nobody wants to be in these situations. However, they have no other choice because their brain is on auto-pilot and is so focused on negative that any long-term constructive action is all but impossible and likely representative of the situation below.

Identifying the Worst

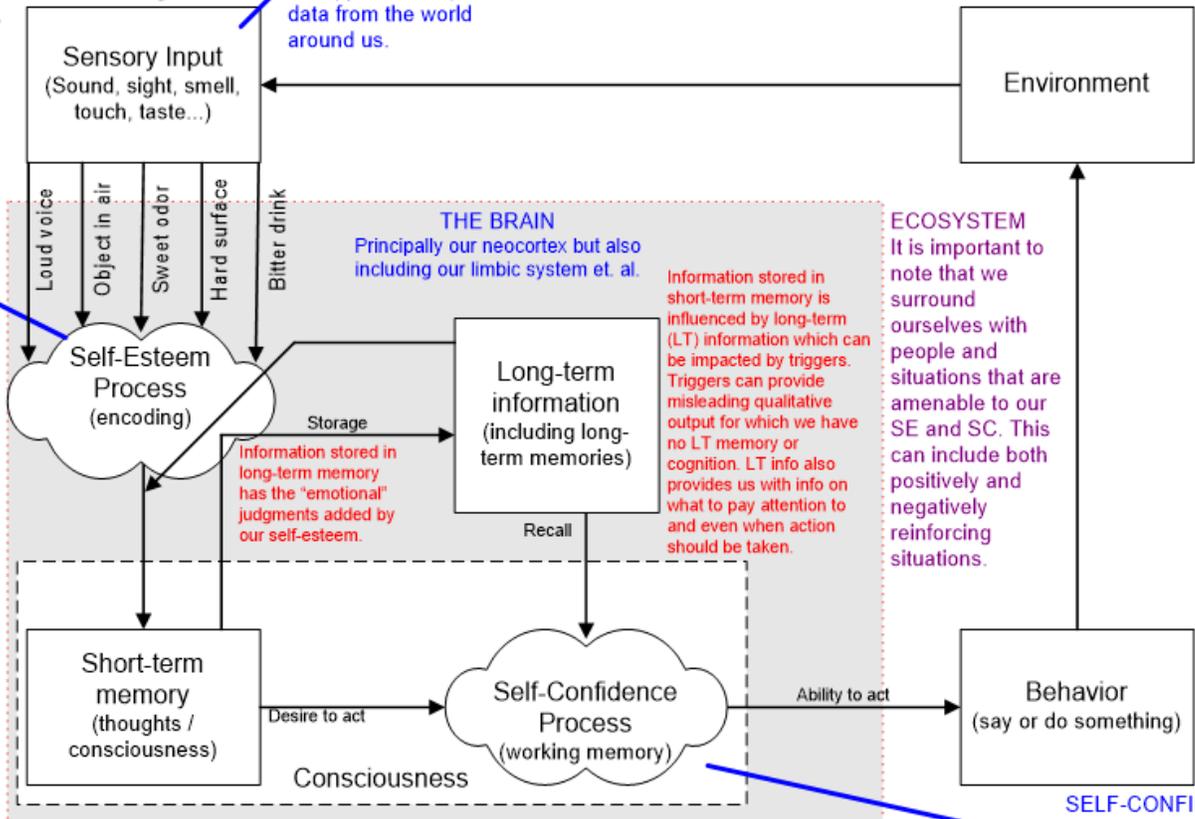
Conflict with and in life may be the only way to know that a person has SE or SC issues. In fact, if a person goes to extremes to avoid contact to remove the possibility of conflict, then they are likely to have problems. However, it is important to point out that adaptation, above all else, is key, so if a person lives their whole life in solitary and never interacts with others, especially in any negative fashion, then it might be possible to say that they knew what their problems were and took a selfless path to avoid harming others.

Nonetheless, when extreme incongruency with others is present, it can best be identified by their engaging in "projective identification". When a person's SE and/or SC fall below a minimum threshold, their thoughts about the past or the future can overwhelm their mind with negativity. This flooding prevents action which further enables bad thoughts and leads to emotional instability. As a defense mechanism their brain can literally block them from blaming themselves as they are unable to even consider the negative scrutiny of their behavior. However, their brain will still sense the given conflict, so its only option is to place the fault upon others. This hypocritical thought process is often supported with highly irrational statements with extreme cognitive distortions. While the interaction may seem inexplicable to those present, consider that this person is the likely product of dysfunctional development. Their brain figuratively "learned" during a wartime where survival was the main, if not only, concern. It's as if much of the neocortex is not managing their emotions and their higher-level thinking is absent. They are, at the most basic level, only able to think of themselves and stability is a foreign concept.

The purpose of this diagram is to show how our consciousness operates and why we need to understand that we can be negatively influenced by patterns embedded during development. Phobias, pessimism, mistrust, insecurity and much more are all rooted in our earliest years.

SENSORY INPUT
Our waking moments are regularly flooded with (quantitative) data from the world around us.

SELF-ESTEEM
For adults, as our brain receives input it is constantly making sense of it by comparing it to what we already know. As recognition occurs, factual / quantitative data we assemble into "things" (yelling, ball, cotton candy, seat, beer...) is matched/ combined with what we "know" (I'm at a sporting event) and "feel" which includes judgments (like yelling at a baseball game is okay but at a person on the street is wrong).



THE ROOT OF ALL CONFLICT

The base SE - how we look at the past - and SC - how we plan for the future - processes are learned, principally from our primary caregivers, during attachment which starts at birth and ends around age three. During adolescence, any inaccuracies in these processes that are not corrected will be reinforced with a huge variety of Maladaptive Strategies and Behaviors (MS/B's). These MS/B's can manifest themselves in adulthood in minor ways as with anxiety or depression or in major ways as what we commonly refer to as personality or mental disorders.

A person who chooses to be accountable and/or whose ecosystem can be controlled can have their undesirable behavior changed / improved. However, until the general population understands this dynamic at work and implements policies and processes to help those experiencing problems - in effect altering our cultural/national dialog - we will forever be dealing with the negative statements and actions of others as they directly and indirectly cause conflict in the world around us.