SUPPLEMENTAL MATERIAL 3

CODING SYSTEM FOR PERSONALITY DEVELOPMENT

	Primary Integration		Unilevel Disintegration	Spontaneous Multilevel Disintegration	Organized Multilevel Disintegration	Secondary Integration
	Unsocialized type	Socialized type				
Functions and structure of feelings	Extreme emotions. Suspiciousness towards others in life failures. Glorification of own successes.	Balance of sadness and joy. Mood generally cheerful.	Ambivalence; conflicting emotions at the same time. Mood changes. Signs of dissatisfaction with oneself.	Astonishment with one's internal environment. Concerns about oneself, the state of own personality and morality development. Shame and guilt about doing something harmful to own development. The sense of inferiority toward oneself. Disquietude with oneself.	Attempts (often successful) to manage feelings and experiences with a simultaneous tendency to emotional lability. Excitability and freshness of feelings (as in adolescence). Feelings of spiritual emptiness because of being misunderstood and lonely.	Authenticity in expression of emotions. Sense of responsibility for oneself and for others.
Functions and structure of drives	Primitive drives. Intelligence is in the instrumental function for drives. Brutality and immediacy in achieving goals.	Quite primitive drives that are mainly guided by the self-preservation instinct. Achieving goals without considering the good of other people.	Instability of impulses. Ambitendencies: conflicting trends of action at the same time. Lack of a single directing and control	Predominance of intellectual elements over impulses. Vague tendencies to subdue drives to higher values. Vague tendencies to	Impulses are sublimated. Own behaviour and everyday activities are controlled and interpreted. Analysing actions and carrying out corrections. Not relying on primitive	A stable directing and control centre constitutes a core of personality structure and its dynamisms. Control over impulses, emotions and feelings.

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			centre. Tendency to reduce primitive impulses and some difficulties in subliming these tensions. Primitive drives are limited by the environmental requirements and moral standards.	achieve a higher level of development than that which results from the influence of the immediate environment and common moral standards.	impulses and even social norms. A slow transition to the personal ideal. A directing and control centre (however unstable) prevents from returning to the earlier lower ways of thinking, experiencing, and behaving.	
Functions and structure of values	Lack of the hierarchy of values and goals. Caring mainly for lower needs as possession, comfort, etc.	Lack of the hierarchy of values and goals. Caring mainly for equipping for the future and adaptation, success and mental health.	Awareness of the hierarchy of values and goals. At the same time lack of a deeper understanding the need for hierarchizing them.	Deep understanding the need to hierarchize goals and values. Vague tendencies to subdue drives to higher values. At the same time, the lack of skills in this area.	Hierarchization of values and goals. Previous lifestyle and meaning of life lose their value. The conscious choice of specific values, multi-level analysis and assessment of the internal and external environment. The attitude of objectivity and criticism towards oneself.	Awareness and practice of multi-level values. Higher and authentic values become goals.

	Primary Integration		Unilevel Disintegration	Spontaneous Multilevel Disintegration	Organized Multilevel Disintegration	Secondary Integration
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Level of self-awareness	Poor mental environment. No reflection on own mental life.	Single manifestations of reflection on own mental life.	Reflection on own mental life combined with a low assessment of the moral or developmental state.	Drawing attention to the inside or even the tendency to get to know oneself better. Astonishment as an expression of intellectual discovery of own mental environment.	High level of consciousness. The subject analyses himself, starts to observe and make decision (separation of the subject and the subject in himself). Distinguishing what is higher in own behaviour from what is lower. Constant interest in the self from the past and in the future.	Sense of identity created by merging the self from the past, now and the projection of its further development for the future. These three elements give meaning to life. Approval of higher structures and dynamisms in shaping personality.
Ability to solve internal conflicts	No internal conflicts.	Noticeable but short (traces of internal conflicts).	Internal conflicts are often related to ambivalence and ambitendency. Inability to solve them.	Disagreement with own negative characteristics.	Negative response to most of their own attitudes and needs. A strong need for development is combined with understanding and agreeing on the cost of development: states of breakdown, depression, developmental crises, anxiety, etc. The individual realizes that they must survive them.	No intrapsychic tensions as goals are determined by hierarchical values.
Ability to manage interpersonal conflicts	Lack of empathy and egoism lead to numerous interpersonal conflicts. Seeking	The predominance of egoism with some sensitivity to others. Superficial syntonia in relationships with others.	Interpersonal conflicts are related to ambivalence and ambitendency. Contradictory	Tendencies to reject inappropriate environmental influences. At the same time feeling sorry for	A stable and objective attitude towards the outside world. The acceptance of these environmental influences that are consistent with the	Authenticity in relationships. Permanent and unique emotional relationships of friendship and love or tendencies to

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	explanation of their interpersonal failures not inside, but in the outside world.	Certain but small capacity to understand the interests of others. Quite positive attitude towards the environment. Behaviour in accordance with common social norms. No significant conflicts with the outside world. Having friends and acquaintances without treating them as irreplaceable. Love without excessive exclusivity. Sensitizing to common difficulties and joys.	tendencies to reject inappropriate environmental influences and satisfy others' needs.	doing something wrong in relationships with others, causing them harm or humiliating them. Need to compensate others for that.	personal ideal. Possible interpersonal conflicts resulting from disapproval of those elements in the social group that are incompatible with the personal ideal. The reflection that the person cannot hate those whom they disagree with. Offering real help to others. Putting moral requirements on others.	achieve them. Attitude of empathy. Deep attitude of responsibility for oneself and for others. At the same time autonomy.
Aspiration for development	Seeing neither personality defects nor internal causes of failures. No need to improve.	Satisfaction with the current version of the self although the awareness of imperfection.	Experiences that enable to separate in the self the part that is higher in own behaviour and should develop from what is lower and must be reduced or weakened. Changeability of sense of inferiority and superiority towards oneself.	Anxiety and the sense of inferiority towards oneself resulting from the awareness that the individual sees that they have already reached a higher intellectual and emotional level and have the tendency to lower it.	The appearance of the personal ideal. Strong self-chosen necessity of development towards it. Tendencies to achieve perfection and personal goals. Need for a self-diagnosis, measuring progress, and examining one's own achievements. Creating a program of self-influence. Finding and refining new methods.	Comprehensive development. Manifestations of a clear developmental instinct. Personality is conscious, selected, confirmed and subjected to self-education by the individual. The personal ideal is complex and active.

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Creativity	Lack of symptoms of creativity.	Single expressions of creativity.	Many expressions of creativity.	Creative activity. Creative instinct.	Creative talents that are implemented.	Strong and developed interests and talents.
Reaction with stress / change	Tendency to destroy an existing order without any attempts to introduce a new one.	Significant adaptation to changing living conditions and interpersonal loses. Lack of experiencing tragedies, and life dramas do not destroy their internal structure. Stress lasts short and occurs rarely. In stress selfishness, narrow perspective, inflexibility, and aggression.	Suicidal thoughts or tendencies as a result of psychological tensions and difficulties in their sublimation. Inclination to mental illness.	Vague tendencies to overcome stress.	Successful attempts to manage stress with a simultaneous tendency to emotional lability.	Staying resilient in the face of changes and stressors.