

## HIGHER ORDER DNA-V SKILLS THAT PROMOTE SELF AND SOCIAL UNDERSTANDING

Highly Skilled	Unskilled
<b>Self-View</b>	
<p><b>Discoverer</b></p> <ul style="list-style-type: none"> <li>• Uses perspective taking to see the self as more than the advisor’s self-evaluations and categories</li> <li>• Sees the self as the one who has discoverer, noticer, and advisor behaviors—as more than just the advisor and its evaluations; and sees the self as more than thoughts and feelings—as the container of these inner experiences</li> <li>• Is able to experiment with self-compassion and find contexts where self-compassion helps with valued action</li> </ul>	<p><b>Discoverer</b></p> <ul style="list-style-type: none"> <li>• Identifies primarily with the advisor (for example, “I am bad” versus “My advisor is saying that I am bad”)</li> <li>• Is unable to see the self as the one who has discoverer, noticer, or advisor behaviors</li> <li>• Is unable to experiment with self-compassion or discover the value of self-compassion</li> </ul>
<p><b>Noticer</b></p> <ul style="list-style-type: none"> <li>• Notices self-evaluations as they come and go</li> </ul>	<p><b>Noticer</b></p> <ul style="list-style-type: none"> <li>• Fails to notice self-evaluations</li> </ul>
<p><b>Advisor</b></p> <ul style="list-style-type: none"> <li>• Has a growth mind-set, with effective beliefs about having hope and being able to grow, improve, and develop</li> <li>• Recognizes that self-criticism often occurs after failure and that it need not be listened to or believed</li> </ul>	<p><b>Advisor</b></p> <ul style="list-style-type: none"> <li>• Has a fixed mind-set, with ineffective beliefs about being hopeless and unable to grow, improve, or develop</li> <li>• Over-identifies with self-processes that are shaming, stigmatizing, or abusing</li> </ul>

**Social View**

<p><b>Discoverer</b></p> <ul style="list-style-type: none"> <li>• Is able to spot the link between social connections and his or her own vitality and values</li> <li>• Is able to explore multiple possible viewpoints of a given social situation by standing in another's shoes</li> <li>• Is able to test assumptions about others through skillful social interaction</li> </ul>	<p><b>Discoverer</b></p> <ul style="list-style-type: none"> <li>• Doesn't search for or find value in social relationships</li> <li>• Doesn't explore multiple ways of seeing social situations</li> <li>• Doesn't test assumptions and evaluations about others</li> </ul>
<p><b>Noticer</b></p> <ul style="list-style-type: none"> <li>• Is able to notice others as they are in the present moment, including facial expressions and body language</li> <li>• Is able to notice the activity of his or her advisor in a given situation, and not react to it</li> <li>• Is able to hear judgments directed at the self without reacting to them</li> </ul>	<p><b>Noticer</b></p> <ul style="list-style-type: none"> <li>• Fails to see others as they truly are in the physical world and instead relies on preconceived ideas about the person</li> <li>• Is highly reactive to advisor's social judgments (for example, having the thought that a person is bad and then always seeking to punish the person for this "badness" even when doing so is values-inconsistent)</li> <li>• Is highly reactive to what other people say</li> </ul>
<p><b>Advisor</b></p> <ul style="list-style-type: none"> <li>• Recognizes that mind reading is imperfect</li> <li>• Is able to use past learning history to quickly understand and take perspective on others in the present context</li> <li>• Understands that he or she can choose whether to listen to the advisor's evaluation of a person or engage in discovery by interacting with the person</li> <li>• Understands his or her role in relationships and accepts responsibility for his or her actions</li> </ul>	<p><b>Advisor</b></p> <ul style="list-style-type: none"> <li>• Thinks mind reading is always accurate</li> <li>• Relies on past learning history that doesn't provide a good basis for understanding people in the present context</li> <li>• Believes the advisor's evaluations of others are always accurate</li> <li>• Blames others and lacks a sense of personal responsibility</li> </ul>