

*CEU Test Questions on*  
**Higher Stages of Human Development**

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*Circle the correct answer and mail this answer sheet, with \$50 payment, to:*  
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1. When philosophers Nietzsche and Goethe referred to *Übermensch*, translated from the German as Superman or Overman, they were really
  - a. exploring the qualities of humans who excel by achieving the farther reaches of human nature.
  - b. establishing the rationale for the racist ideas of Nazi Germany.
  - c. recognizing the self-evident fact that some people are rightfully masters over others.
  - d. projecting their own inflated egos onto a psychology of human dominance behavior.
  
2. Theories of personality (ego) development tend to fall into one of two realms, social–cognitive maturity or social–emotional well-being. Which statement is true?
  - a. People who are happy may or may not be highly self-reflective.
  - b. People who can think complexly about their lives may or may not be happy.
  - c. Social–cognitive maturity is frequently assessed by Loevinger’s measure of ego development.
  - d. all of the above
  
3. Regarding Maslow’s conceptualization of *self-actualization* and *self-transcendence*, he believed that
  - a. by definition, all self-actualized people are transcending.
  - b. self-actualization is healthy and self-transcendence is pathological.
  - c. self-actualization is a rite of passage along the path to the transcendence of identity.
  - d. both a and c
  
4. Maslow spoke about the defenses against growth which keep so many people from actualizing their full potential despite the impulse in all people toward self-actualization. Which statement is true?
  - a. One defense is grandiosity, arrogance, sinful pride, and hubris.
  - b. One defense, the “fear of one’s own greatness,” Maslow labeled the Jonah complex.
  - c. One defense is an admission of smallness, a form of humility.
  - d. all of the above
  
5. Loevinger asserted that personality develops by acquiring successive freedoms. Which statement is true?
  - a. First one seeks freedom from one’s impulses through the assimilation of culture, social expectations, and conventions.
  - b. Eventually one seeks freedom from conventions and social pressures.
  - c. Development relies both on *freedom from* as well as *freedom to*.
  - d. all of the above

6. Shalom Schwartz has found that motivational values are organized into two bipolar dimensions: Openness to Change versus Conservation, and Self-Enhancement versus Self-Transcendence.
- The Openness to Change pole reflects freedom from social convention.
  - The Conservation pole reflects defiance toward authority.
  - The Self-Enhancement pole reflects healthy self-care and self-nurturing.
  - The Self-Transcendence pole reflects values promoting universalism and benevolence.
7. In general, ego development is characterized by increasing flexibility; recognition and acceptance of internal contradictions; a broader and more complex understanding of the self, others, and the self in relation to others; and
- higher levels of intelligence.
  - internalized self-control and emotional self-regulation.
  - reflections on life issues such as God, death, relationships, health.
  - all of the above
8. According to Maureen Metcalf, many people have an ego development level “center of gravity” with about \_\_\_\_ of their scores at the level below, representing areas one is consolidating from earlier developmental levels, and \_\_\_\_ of their answers at the level above, reflecting their growing edge.
- 25%, 25%
  - 10%, 10%
  - 50%, 50%
  - 50%, 10%
9. Who said, “In most of us, by the age of thirty, the character has set like plaster, and will never soften again.”
- Abraham Maslow
  - Carl Jung
  - William James
  - Sigmund Freud
10. The statement by Teilhard de Chardin, “First, *be*. Secondly, *love*. Finally, *worship*” reflects the three worlds of
- ego growth, soul embodiment, and spirit realization.
  - soul embodiment, ego growth, and spirit realization.
  - ego growth, spirit realization, and soul embodiment.
  - none of the above
11. We all experience ourselves as both an object and as a subject, as a ‘me’ and an ‘I’. Which statement is true?
- The I-self has been called the existential self, experiencing self, or implicit self.
  - The Me-self has been called the categorical self, the empirical self, the object of consciousness.
  - The ego is the I part. The ego reflects upon the Me.
  - all of the above
12. Joseph Campbell said “The secret of dreams is that . . .
- subject and object are the same.”
  - subject most clearly observes object.”
  - subject observes and object is found in every dream element.”
  - the split between subject and object is complete.”

13. Miller and C’de Baca have identified several commonalities among individuals who have experienced spiritual transformations, including
- release from chronic negative affect
  - a change in priorities and values
  - an increased capacity and desire for intimate relationships and experiences of interconnection
  - all of the above
14. Mindfulness is defined as “a state of psychological freedom that occurs when attention remains quiet and limber, without attachment to any particular point of view.” Which statement is false?
- Krishnamurti called this condition *mental freedom*.
  - There are three primary components to mindfulness: paying attention, purposefully or with intention, and with an attitude of openness and nonjudgmentalness.
  - We have to start with awareness so that mindfulness may arise in us.
  - Mindfulness is a means to achieving clear and calm experience of reality without attachment or judgment that we might call witness consciousness.
15. In which of Susanne Cook-Greuter’s stages of ego development does the ego first become transparent to itself, consciously experiencing the ego’s clever manipulations to preserve its self-appointed status?
- The Individualistic stage
  - The Strategist, or Autonomous/Integrated stage
  - The Magician, or Construct-aware stage
  - The Unitive stage
16. Carl Jung reflected on the parallels between the Kundalini chakra progression and the process of individuation, or ego development. Which statement is false?
- If awakening is to occur, the motivation for it must arise in this routine conscious world. That motivation, according to Jung, is the guiding grace or inner spark of Kundalini.
  - In Jung’s view, at least 80% of modern Westerners have experienced the awakening of the Kundalini.
  - For Jung, the Kundalini *is* the anima archetype.
  - Jung said that in the fourth chakra comes the possibility of withdrawing and distancing oneself from one’s emotions, of looking at oneself reflectively, and of discovering the self.
17. Oscar Ichazo presented an exquisitely intricate delineation of the arcane wisdom of the Enneagram.
- He combines the work of G. I. Gurdjieff and of Carl Jung.
  - He combines the work of Alfred Adler and of Carl Jung.
  - He combines the work of G. I. Gurdjieff and of Don Richard Riso.
  - He combines the work of Susanne Cook-Greuter and of Isabel Briggs Myers.
18. What are the necessary basic elements of the transformational work which nurtures ego development?
- presence (awareness, mindfulness)
  - the practice of self-observation, gained from self-knowledge
  - an understanding of what one’s experiences mean (an accurate interpretation provided by a larger context such as a community, a teacher, or a spiritual system)
  - all of the above

19. *Nightmindedness* “is a psychological state – a practice of accessing and expanding one’s sense of night consciousness. Which statement is true?
- a. Nightmindedness is about utilizing sleep-promoting techniques.
  - b. Waking consciousness is driven by intention, night consciousness by a posture of reception.
  - c. Nightmindedness discourages an integration of consciousness.
  - d. both b and c
20. Regarding level of ego development, type of pathology, and choice of psychotherapeutic treatment, which statement is true?
- a. There is a distinct correlation between the types of psychopathology and level of ego development.
  - b. There is a distinct correlation between choice of treatment modality and level of ego development.
  - c. neither a nor b
  - d. both a and b

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