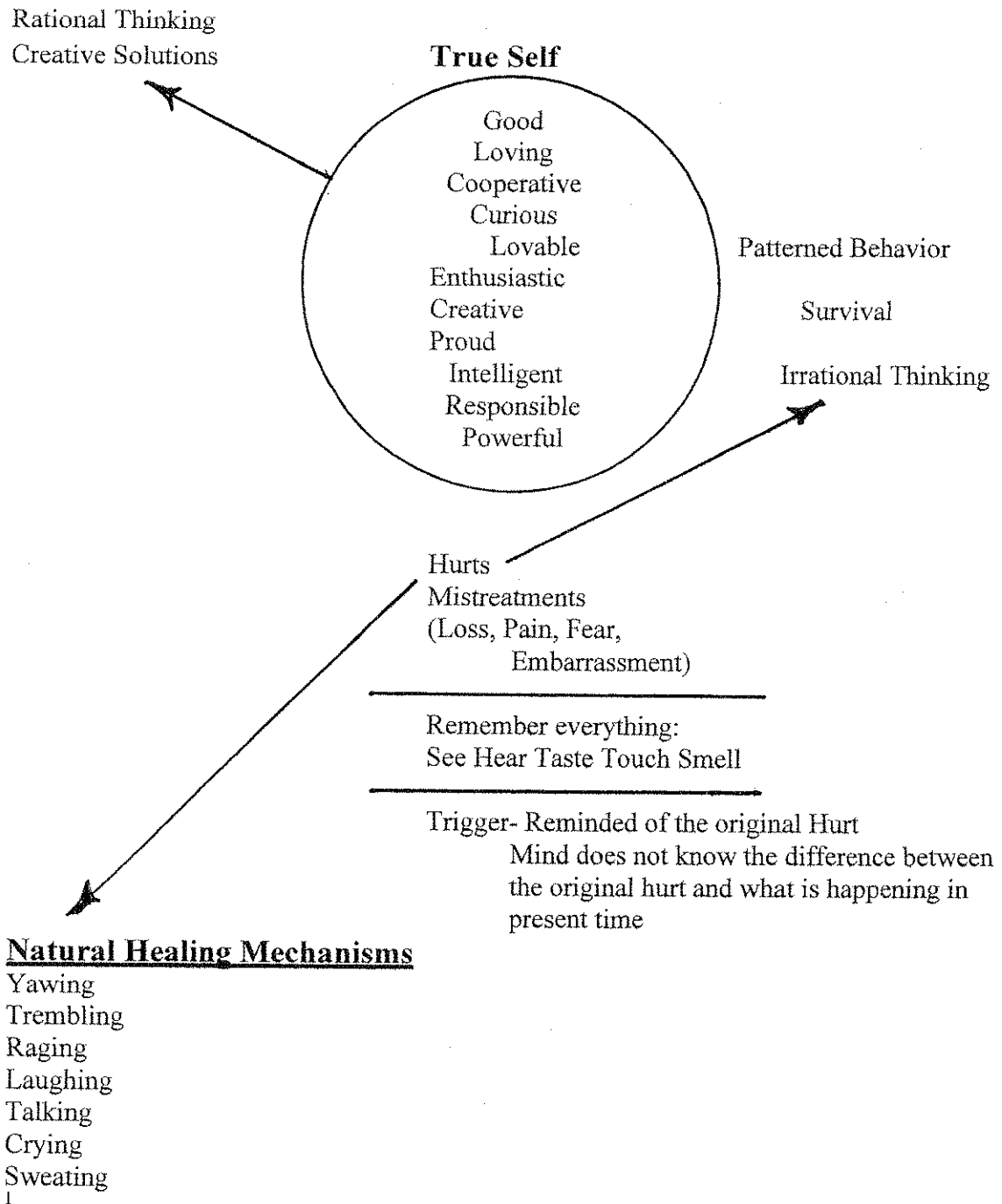


# The Nature of Human Beings



1 Adapted by Blanca Tavera, MSW, from Co-Counselling: The Theory and Practice of Re-evaluation Counselling by Katie Kauffman and Caroline New

## **Nature of Human Beings Key Concepts**

- **We are born good, intelligent and zestful.**
- **As we get hurt, we take in our environment (what we see, hear, taste, smell, touch) and this experience conditions our behavior later without even knowing it. These sensations become "hot buttons" for us. This concept is called *restimulation*.**
- **We are so smart that we learn to cope with these hurts through patterned behavior (defense mechanisms). Feelings are temporary and are not always a reflection of our true selves.**
- **It is very important to separate the behavior from the person.**
- **You can either continue patterned behavior or change through healing. Using healing mechanisms allows us to see things more clearly and come up with our own creative solutions.**
- **Understanding and using the model:**
  - **It is the foundation to working with others, especially across differences.**
  - **Helps you to listen openly, without judgments, and with your heart**
  - **Makes you see things in a different light—a paradigm shift**
  - **Helps us recognize that we all must do the personal work, as it provides the foundation for working with others.**