

# A Comparative Analysis of Human Development Models: Exploring Nature's Vital Spiral



## Abstract

This paper explores four established models of human nature and personal development, comparing and contrasting them to a new model: Nature's Vital Spiral.

One unique aspect of Nature's Vital Spiral is how it separates human nature into 8 interconnected elements that form a recurring pattern for building relationships, and cultures, beginning with our DNA.

*The broad goal here is to understand the relative value and usefulness of the Vital Spiral compared to the other models.*

By examining established frameworks, such as Maslow's Hierarchy of Needs, Erikson's Stages of Psychosocial Development, the Emotional Intelligence Framework, and The Four Integrative Frameworks, the analysis highlights the similarities and differences between these models and the Vital Spiral. This exploration considers the importance of transparency and interconnectedness in understanding human behavior, ultimately contributing valuable insights into personal and collective growth.

A deeper understanding of these elements offers guidance in navigating the complexities of human development.

## Introduction

Human nature is a deeply intricate field of study, filled with numerous theories attempting to explain personal and collective growth.

While many models provide valuable insights into psychological, emotional, and social dimensions, they often lack a cohesive, integrated understanding. This paper introduces Nature's Vital Spiral as an innovative framework emphasizing the interconnectedness of various human experience elements, such as DNA, emotions, beliefs, feelings, behaviors, relationships, and shared experiences. By contrasting this model with established theories, we aim to enrich the conversation surrounding human development and its complexities.

Understanding these frameworks can help individuals navigate their personal growth journeys.

## Nature's Vital Spiral

Nature's Vital Spiral posits that human development, and likewise the development of relationships and relationships scaled to various cultures, is a dynamic, interconnected process organized into eight layers.

Each layer influences and supports the others, creating a holistic framework—a pattern—for understanding human behavior. The layers include:

1. DNA: The foundational biological coding that influences human connection and social interaction<sup>1</sup>.
2. Emotions: The subconscious navigation system guiding behavior and decision-making<sup>2</sup>.
3. Beliefs: The invisible architects governing thoughts, actions, and perceptions<sup>3</sup>.
4. Feelings: The emotional byproducts of beliefs that influence actions and experiences<sup>4</sup>.
5. Behavior: The outward expression of combined internal factors affecting personal and collective decisions<sup>5</sup>.

6. Relationships: The culmination of interactions shaped by emotions, beliefs, feelings, and behaviors.
7. Shared Experiences: The fabric of community emerging from collective narratives and values.
8. Learning and Expansion: The apogee of the spiral, illustrating the growth mindset that evolves from personal experiences.

The following simple explanation provides clear insights on the key elements of Nature's Vital Spiral:

- Our DNA is the human foundation that generates our emotions through the subconscious mind. Our core beliefs filter each emotion, which generates how we feel.
- Our emotions, beliefs, and feelings drive our behavior, inside of our relationships.
- These behaviors create shared experiences, which aggregated within groups of various sizes, create cultures of various sizes.
- According to our Natural Intelligence, we learn from these experiences in order to inform, enrich, and continually expand the Vital Spiral

Each layer of Nature's Vital Spiral contributes to a comprehensive understanding of human nature and the intricacies of personal development.

## Comparative Analysis of Established Models

### Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs presents a pyramid-shaped model outlining the progression of human motivation, from basic physical needs to self-actualization<sup>9</sup>. While this framework emphasizes the importance of meeting fundamental needs for optimal functioning, it primarily views development as a linear process. In contrast, Nature's Vital Spiral offers a more cyclical and interconnected approach, linking layers that work together rather than considering them in isolation.

## Erikson's Stages of Psychosocial Development

Erikson's model consists of eight stages of psychosocial development, each characterized by specific challenges and conflicts<sup>10</sup>. Similar to Maslow's hierarchy, Erikson's stages are laid out sequentially, suggesting that individuals must navigate each stage before advancing to the next. Nature's Vital Spiral diverges from this linear format, focusing instead on the dynamic interplay of its layers, which acknowledges that personal growth is not confined to a strict order.

## Emotional Intelligence Framework

The Emotional Intelligence Framework, popularized by Daniel Goleman, identifies the importance of recognizing and managing emotions for personal and professional success<sup>11</sup>. While it emphasizes emotional awareness and interpersonal skills, it does not provide a holistic perspective on how emotions interact with beliefs and behaviors. Nature's Vital Spiral integrates emotional intelligence into a broader context, highlighting how these emotional elements correlate with other layers of human experience.

## The Four Integrative Frameworks

The Four Integrative Frameworks approach personal development through the lens of four dimensions: Inner, Relational, Cultural, and Societal<sup>12</sup>. This model emphasizes the interconnectedness of these dimensions but can become too broad and unfocused for practical application. Nature's Vital Spiral provides a more structured and actionable insight into how these elements work together, facilitating personal growth and community connection.

## Discussion

Comparing Nature's Vital Spiral with existing models reveals a significant gap in the literature concerning the emphasis on interconnected relationships among layers of human experience.

Established models offer critical insights into various components of personal development but often lack the integrated approach that the Vital Spiral provides. *The*

*recognition of a growth mindset as a vital component of development aligns with contemporary psychological research, which emphasizes the importance of viewing experiences—both successes and failures—as opportunities for growth<sup>12</sup>. Embracing a holistic framework like Nature's Vital Spiral can enhance understanding and applications across personal, professional, and societal levels.*

This interconnected perspective can significantly deepen individual self-awareness and enrich community dynamics.

## Conclusion

**Nature's Vital Spiral serves as a unique and valuable contribution to understanding human nature and personal development.**

By emphasizing the interconnectedness of biological, emotional, cognitive, and social elements, this model transcends traditional approaches. A more profound understanding of these dynamics fosters personal growth, improves relationships, and cultivates a supportive culture that aligns with shared values and experiences. By integrating the complexities of human behavior into a cohesive framework, individuals can better navigate their personal development journeys.

Recognizing the intricacies of the Vital Spiral can transform how we perceive our growth and connections with others.

## References

### Author Bio

Jack Pierce studied design at the University of Nebraska, including the disciplines of architecture, visual communication, photography, and copywriting. Throughout his education, he discovered that the tools and methods of design could be universally applied, not just in theory, but in practice. The most valuable lessons he learned came from teaching visual communication and working as a graphic designer, while still an undergraduate. For Jack, design serves as an essential framework that shapes his perspective and influences everything he does.

He has successfully leveraged design principles across multiple fields, including graphics, architecture, marketing, branding, software, communications, video, coaching, mentoring, community-building, and learning. Jack is clear that design principles offer the most effective strategies for change management and foster deeply meaningful behavior change.

Over the past five decades, Jack's expansive view of design has multiplied the value of his education and opened doors to incredible opportunities for creating value. His diverse experiences are responsible for the development of Future Redesign products that rely on Nature's Vital Spiral at their core.

Throughout his career, Jack has had the privilege of collaborating with notable organizations, including global entities. In each partnership, he has found that the key to success lies in building high-trust relationships with people.

Creating relationships solidly anchored in trust, where people align with each other to achieve the same vision and goals, is the true driving force behind Trust2Connect and the Future Redesign brand.

## Footnotes

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Notice: This analysis was researched and prepared by Trust2Connect. It expresses our opinion, through a straightforward presentation of Nature's Viral Spiral as compared to other models of development, without bias. Any claim of bias or inaccuracy should be registered with Trust2Connect at: [trust@trust2connect.com](mailto:trust@trust2connect.com).

### Exhibit 1, Visual Reference: Nature’s Vital Spiral

Relationships are built from the bottom up, with each layer supporting the next in a delicate balance of human interactions.

