



SECOND FOUR LEVELS

Capabilities ~ Personality ~ Identity ~ Beliefs

These four are crucial to emotional and mental health. We can rarely complete tasks when feeling incapable. So I'd ask clients these questions, is there a flaw in your personality that's preventing you progressing. Are you impatient, lazy, defensive, self-pitying, or have too many expectations? Had they forgotten who they were, what others have done for them in the past? Were their beliefs in themselves and others askew? What small thing could you do to feel more capable?

5. CAPABILITIES

Due to my personality, I'm more capable than I thought I was regarding mechanical things. Since my husband died suddenly May 6, 2019, and while I knew I was capable, I'd have preferred not to have lost my husband to prove this. But I can now fix the waste disposer, sort the electrics when they blow, take out the correct bins for the waste trucks. Remember the antifreeze, regulate the central heating — my next job to bleed the radiators and build a fire in the evenings, all things my husband did.

Since writing, I can do the fire. Can't say as I enjoy it quite yet, but that's down to mobility, as I've not long had a hip replacement. But my character is such I'll try anything. What I did, to recover from my loss, because I knew at best I'd be on my own for twenty-odd years? I listed three things that I was more competent in than others; and I'd like you to do the same. Can be something as simple as budgeting, driving, empathy, or awareness. Capabilities have outcomes.



PROBLEM-SOLVING

If we aren't capable of communicating or doing our work, then we begin to feel incompetent. And if we continue to feel this way procrastination and giving up follows through and oft times without any real learning. Talking with a customer, client or anyone is not considered being capable because it has no clearly defined outcome unless you're looking to mentor so they can help you to solve a problem. You're teaching strategies to overcome any obstacle. Capability is not a belief and value concept; it's a fact, you can do something or not.

Indirectly and directly

I had one Social worker come to me at play-school with a request that I spoke to a mother about contraception. I didn't feel this was anyone's business but hers; however, the Social workers were persistent, as they were concerned about how many more children this couple would have, as Social Services decided they were below-average intelligence.

I never asked the mother directly, but indirectly using myself as an example of wanting four children but never getting around to this, she spoke of her husband having the snip, and there would be no more children for them. In the space of a three-minute conversation, I found out for all their low IQ; they were very responsible and capable people.

And thirty years later their four children are far more creative and productive than those who came from wealthier families. Capability is an understanding with a long term view. These parents had this. And of course, the criteria of capable is to define on all levels.



DETAILED REFINEMENTS

And these parents also could do this. As she said at the time, they'd always planned four and, granted they were near together in ages, this was their choice. The capacity between a parent and a child is a detailed refinement of a parent who shows in many small ways he or she is capable of taking care of children and instigating precise rules with room for options and choices suitable to the child's age.

Competence has to be an element of risk-taking; however, a capable person will evaluate that risk. Usually, this aptitude is within a higher-level level of IQ and come under solution management skills. Someone incapable might make rash decisions.

Sixteen Intelligence Levels

However, we mustn't forget there are sixteen intelligence levels, and commonsense is one of these. Without commonsense, we are likely to be incapable of doing many things. Let me share something with you, I was only relating yesterday to my step-grandson Aaron, now thirty. He came into our life at four or five years old, he's intelligent, smart, and as a child misunderstood by the teachers. I had no problem with him, yes he was like a whirling dervish, and yes he needed strong and capable people around him.

When he was around eleven years old, we were in Blackpool, and he decided he wanted to jump off a twelve-foot wall onto the hard sand below. And in doing so, might well create a challenging situation, thus creating behaviour and actions that would be disastrous.



A GUARDIAN ANGEL OR WHAT?

At worst he might kill himself at the very least a broken limb. I stood by him, looked below me and I gave him options. You can jump, I said. However, you have to decide if the risk is worth taking. However, the likelihood of a severe injury is high. Just at that moment, an ambulance shot by, the sirens were blaring, lights were flashing cutting through all the traffic noise and the screaming kids.

Divine Intervention

I stopped, paused looked at the ambulance, then across at the funfair lights, and I said. 'Stop, step back and think if you do jump and you can, if you choose to, but you will most definitely be in one of those and carted off to the hospital. And no doubt you'd be waiting hours while we,' (I paused at this stage and looked again across at the funfair) 'we will be over there having a fab time. Now, I won't come with you to the hospital because you believe you're entirely capable of making decisions.' He was off down to the bottom of the parade.

We caught up with him,

He asked could he jump down three feet. 'Your choice,' I said. 'But think long and hard. Calculate the risks.' He did, and while we call this Solution Management in business and therapy, it is also a case of risk-taking and choices, but even reversed psychology, which focuses on delivering or furthering an option to find a solution within the situation. It's about treating the person with a level of awareness, but also outlining all possibilities, so they can decide if the risk is worth taking.



REMAINING CALM AND FOCUSED

I did the very same when he climbed a tree; we were in the hospital grounds visiting a friend. He said he couldn't get down. He was fifty foot up. I said, 'you were capable of climbing up, that means you're capable of getting down again, and with careful consideration and support from me, he did precisely that, took him longer to come down than go up, but gravity does that to you.

Capabilities are individual decisions based on the information required to resolve a problem, and he solved it but then so did I? I did this by remaining calm and focused. But then I'm considered extremely capable in many areas of life and why I was asked to take on management roles in many voluntary institutions.

Speaking the Same Language

The wall incident at Blackpool had a woman come up to me and tell me that she also had a grandson who displayed the same characteristics; she admired how I handled the situation. She asked if I was scared he might jump down and injure himself? I wasn't because we'd established boundaries years ago, he knew what I said, I meant, and knew I'd follow through. I gave him pleasure and consequences in one sentence.

Anyway we spoke the same language, I walked in his shoes, and he inadvertently walked in mine. Mine was deliberate; his was intuitive. Only later in life would he come to realise that some reversed psychology was going on. You have to be capable of using this style of communication. But I also knew he wouldn't take the risk because he's intelligent enough to see the wall was too high and he would get hurt.



MAPS OF REALITY

While he was testing me, and I was doing the same; life is about testing those boundaries; however, I had the upper hand, he'd never get to the pleasure beach without us. He knew he'd miss out on the pleasures of the funfair, and that was way too much of a risk to take. One last point for those of you just getting started in the realms of this work. There is a degree of meditation and soul-searching required in being capable. I know from my work, not everyone is willing to listen to inner wisdom and make those changes.

Better maps of Reality

And not everyone is willing to listen to something that's not in their map of Reality and try something different. However, for those who are, the rewards are visible. Psychologists say it takes a different part of your brain to be capable. However, you've been utilising this part of the brain since you first learnt to walk, speak, read, ride a bike and drive. For most, the journey of building new and better maps is as valuable and exciting. Take a look at the Sieves and try this out. You may well be surprised at how much rubbish you get rid of on the first take. I felt I'd filled a large dustbin.

The Building Blocks

Capabilities are the building blocks for our expectations. They're not results; there might be consequences; however, effects and consequences happen when using a formula that works. No matter one's ability, it doesn't always mean we will create a favourable outcome, only by applying a plan of action, sticking to a formula that works, will you encourage a level of capabilities to produce results.



NOT EVERYTHING IS AS IT SEEMS

Many people may want children but may not be capable of conceiving. There may be many people who long to live in a manor house, but may not be capable of owning one. There may be many people who want to do a degree, but may not have the educational requirements and if so might be capable of applying themselves. Many people want a classic car or bike but would be incapable of driving or riding one.

My husband was once competent riding his classic bikes but became incapable when older, and the bike was too heavy, three consequences rendered him incompetent. But that didn't mean he was incapable of doing other things. He was a competent, loving, husband, father and grandfather. A brilliant DIY expert and could still maintain our cars.

Make a List

List the things you're capable in on an A4 piece of paper. Then ask someone you know well to do the same, listing all the things they think you're capable of, put this in an envelope (don't open it) and leave both untouched for now. By now you'll find little chunks of information is coming to you, this is the capability thread we all have, where we know we can do something standing on our heads, but we haven't applied ourselves sufficiently enough to make progress.

It wasn't until my husband died did I realise how much more I had to do. That I'd never had or needed to do, but now mandatory. I wondered if I could? I did, and far better than I expected. Granted, they were small fry compared to what I'd done in the past.



HOW TO CLIMB THE MOUNTAIN

However, I was feeling more fragile than I'd ever felt. To get me up and over the mountain, and it seemed a pretty high one at that, I did a timeline. A timeline is picking out an important area in life that is significant to healing. I listed everything I'd done that others said OMG how did you do that? I gave myself an hour, with Mozart playing in the background. I recorded the tiny, the medium, and the whoppers starting from when Father Williams said I was perfectly capable of looking after five children in the school holiday when I was eleven years old.

I went from that point of reference. When the ball was rolling, and I could go back to three-years-old. As I went through them all, I evoked the joy and pride I felt then, I even included the fears as well.

I re-engaged totally and learnt masses.

I learnt I was and still capable and while the boundaries had moved, shortened in some areas and expanded in others, I knew I'd survive, but I also have my formula that works on all issues that may arise in my life, and I use this all the time. But I was also thankful for the skilled people who helped me in this time of my life. Without them, I know this period would have been harder.

Do your timeline.

Go back to the earliest recognition where you were either told you were capable and where you knew you were? When you're ready, open the envelope from your friend and compare with yours. I think you'll find how much you're respected and valued. Enjoy that feeling. Don't ask for validation just believe what you've read.



Now list them in bullet points and either put on your screen saver to hang somewhere to act as a reminder that you are indeed far more capable than you first thought a few hours ago.

5. Capabilities

When we say impossible; we render ourselves incapable. Computers have many skills. But they haven't got our ability or personality. Stop making excuses and get up and do one small thing today that you've been ignoring. What I do is this: I fold an A4 piece of paper into eight sections, in each box I put in three things that need doing each day. In the eighth box goes those not completed and they pass over to the following week.

IT TAKES TIME

It takes time to master stopping, stepping back, and reflecting,
to listen to the birds, or feel the gentle summer
breeze of my face, or the sun on my body,
And empty my mind of distractions.
I thought about all the things that needed doing,
And decided they weren't necessary, I completed them days ago,
so I watched Eddy my dog capable of doing nothing,
But stretch his limbs, enjoy an early sun.
And with that I made a decision,
I needed to put in some extra work if
I wanted to be as capable as Eddy my puppy who simply
Knows life is perfection.

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