

# Kavotemia: Thriving Because of Adversity

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## Abstract

*Kavotemia is introduced as a novel interdisciplinary construct that describes the capacity to thrive because of adversity rather than despite it. Integrating psychological science, biblical theology, philosophy, and resilience research, the concept refers to a disciplined state in which success, honour, strength, wisdom, and flourishing are forged through challenge. Drawing on the Hebrew notion of kavod (glory, weight, honour), the metallurgical process of tempering, and the classical suffix -ia, Kavotemia presents a unified framework synthesising resilience, grit,*

*post-traumatic growth, hardness, antifragility, and faith-based understandings of suffering. Crucially, the construct is grounded in Maturlu's (2025a) empirical and theoretical work on Differential Bliss Receptibility (DBR), which demonstrates that adversity increases individuals' receptivity to psycho-spiritual resources that facilitate flourishing. This paper argues that Kavotemia provides a higher-order model of transformative adaptation in which adversity becomes the catalyst for maturation, capability, and glory.*

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**Keywords:** Kavotemia; Differential Bliss Receptibility; Adversity; Flourishing; Spirituality.

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## Introduction

Recent scholarship has increasingly sought to understand why certain individuals flourish when confronted with adversity while others deteriorate under similar conditions. At the core of this inquiry is the mechanism that enables flourishing under hardship. Building on the empirical foundation of Differential Bliss Receptibility (DBR)—a theory demonstrating how adversity heightens openness to transformative psycho-spiritual resources—this paper positions DBR as the mechanism that makes Kavotemia possible. This immediately raises a foundational human-development question: what essential trait enables individuals to thrive spiritually, psychologically, relationally, academically, and economically regardless of circumstance? Moreover, what single inheritance beyond monetary provision, intelligence, or natural talent must caregivers instil to ensure that future generations flourish even under

adverse environments?

This paper proposes the construct of Kavotemia as a compelling answer. Kavotemia captures a distinctive way of being—a disciplined posture that transforms adversity into growth, struggle into strength, and hardship into honour. While resilience involves recovery (Masten, 2001), grit emphasises sustained perseverance (Duckworth et al., 2007), and antifragility describes systems that grow stronger under stress (Taleb, 2012), Kavotemia integrates and extends these constructs while grounding them in a spiritually oriented, glory-producing model of transformation.

Importantly, Kavotemia is not an isolated philosophical idea. It emerges from the empirical and theoretical foundation established in Maturlu's LOVE, Adversity and Bliss (2025a), where DBR Theory was developed and tested across multiple studies. These studies demonstrated that adversity heightens individuals' sensitivity and openness to positive psycho-spiritual resources, thereby enabling greater flourishing. In this sense, DBR provides the scientific mechanism, while Kavotemia represents the transformational outcome—a disciplined, honour-yielding form of flourishing because of adversity rather than in spite of it.

## Definition and Linguistic Foundations

Kavotemia denotes the cultivated capacity to become wiser, stronger, and more victorious as a direct result of adversity. Linguistically, the term brings together the Hebrew *kavod*, referring to honour, weight, gravity, and intrinsic value; the root *tem*, associated with tempering—a process in which heat strengthens rather than destroys; and the classical suffix *-ia*, signalling a state, discipline, or philosophical orientation. Through this etymological synthesis, Kavotemia conveys the *glorified state of flourishing forged through hardship*, capturing both the experiential depth and the transformational potential embedded within adversity.

This conceptualisation directly reflects the mechanism articulated by DBR theory, which posits that adversity heightens receptivity to the “nutrients” of growth—love, meaning, creativity, hope, faith, self-efficacy, and self-esteem—thus enabling individuals to transform hardship into flourishing.

## Biblical and Theological Foundations

The theological dimension of Kavotemia rests on the biblical concept of *peirasmos*, a Greek term often translated as “temptation” but more accurately denoting testing, tempering, proving, and refining. James 1:2–4,12 frames adversity as a refining process. The passage emphasises that the testing of faith produces perseverance, maturity, and ultimately “the crown of life.” The glory of such a crown is the result of a gruelling process; maturity is attained through pressure, heat, endurance, and refinement.

This perspective positions adversity not merely as an unfortunate condition to endure but as a furnace in which character, faith, and honour are formed. Kavotemia draws directly from this sacred tradition, aligning spiritual transformation with psychological and existential development. In this theological sense, DBR's observation that adversity heightens spiritual receptivity echoes James' conviction that trials produce deeper spiritual formation.

## Psychological and Scientific Foundations

The construct of Kavotemia is informed by a broad body of psychological literature. Resilience research demonstrates the human capacity to adapt well even under significant adversity, often described as “ordinary magic” (Masten, 2001). Grit highlights the importance of sustained passion and perseverance (Duckworth et al., 2007). Stoltz's Adversity Quotient research indicates that responses to adversity predict success more strongly than intelligence or skill (Stoltz,

1997; Reed & Stoltz, 2011). Hardiness theory (Maddi, 2002), post-traumatic growth (Tedeschi & Calhoun, 2004), and mindset theory (Dweck, 2006) contribute further layers of understanding regarding how challenge cultivates psychological stamina, meaning, and capability.

However, Maturlu's studies (2025a) extend this literature by providing an empirically grounded mechanism—DBR—that explains why adversity sometimes catalyses flourishing. DBR demonstrates that adversity induces morphological, psychological, and spiritual sensitivity to positive inputs and that individuals experiencing high adversity exhibit enhanced receptivity to spiritual and psychological resources that support human thriving. These findings align with and deepen the emerging perspective that adversity can activate latent capacities for meaning, relationality, and flourishing.

Kavotemia integrates all these insights into a unified framework, representing the disciplined, glory-producing transformation that occurs when adversity-driven receptivity is combined with positive psycho-spiritual nourishment.

### **Kavotemia as a Product of a Transformational Process**

Experiencing Kavotemia is like body and muscle building. Muscles grow through the microtears created during resistance training: the fibres must be broken down before they can be rebuilt. Once this controlled damage occurs, the body sends blood, oxygen, and essential nutrients to the torn fibres, initiating a repair process that produces thicker, stronger, and more resilient muscle tissue. In this sense, all strength is generated through three ingredients—damage, nourishment, and recovery. Without pressure there is no stimulus for growth; without nourishment there is no healing; without rest there is no strengthening.

In a similar way, psychological and emotional adversity can act as developmental microtears—moments that expose vulnerability but also stimulate adaptive growth. Kavotemia emerges when adversity is met with positive coping mechanisms such as rest, reflection, meaning-making, and what Maturlu (2025a) describes as positive psycho-spiritual nutrition. This nutrition is expressed through the construct of LOVE, a fourfold framework that nurtures and rebuilds the inner life just as nutrients restore torn muscle fibres:

Linkedness – the felt sense of unconditional belonging and spiritual connection.

Opulence – confident trust in divine provision and the worthiness of the self.

Valory – a purposeful, God-aligned life that provides direction, stability, and peace.

Equanimity – faith-driven resilience that transforms suffering into growth rather than despair.

When adversity (the microtear) is met with these forms of love-driven nourishment, individuals do not simply recover; they rebuild stronger, clearer, and more grounded. LOVE becomes the inner nutrition that enables Kavotemia to form—transforming hardship into honour, depth, and strength.

The eagle offers a vivid parallel to this process:

“Eagles do not fear the storm—they use it. While other birds scatter for shelter, the eagle stretches its wings, fixes its gaze, and rides the violent winds to heights it could never reach in calm weather.”

Just as resistance enables muscles to grow, the storm enables the eagle to ascend. The same force that destabilises others becomes, for those with a Kavotemic posture, the very wind that lifts them to greater clarity and capacity. Adversity becomes elevation.

This dynamic aligns precisely with DBR Theory. DBR proposes that adversity increases receptivity to positive psycho-spiritual resources. The torn muscle becomes responsive to nutrients; the eagle becomes responsive to the wind's lift; and the human becomes more open to love, meaning, purpose, and transformation during struggle. Here, DBR provides the mechanism—heightened receptibility under pressure—while Kavotemia is the transformative outcome: a disciplined, honour-generating strength formed because of adversity, not merely in spite of it.

### Implications for Human Flourishing

Individuals who develop Kavotemia exhibit depth of character, clarity of purpose, and courage under pressure. Their strength is not superficial but forged through difficulty. They carry weight—*kavod*—and demonstrate the kind of flourishing that emerges only through refined receptivity and disciplined transformation.

The integration of DBR into Kavotemia's framework suggests that future research must explore how adversity interacts with spiritual, emotional, and social resources to produce differential outcomes. Kavotemia provides a conceptual path for understanding flourishing as an emergent property of adversity-driven receptivity and intentional growth.

### Conclusion

Kavotemia offers a comprehensive, multidimensional framework for understanding how adversity becomes a catalyst for growth and flourishing. Rooted in ancient theology and supported by contemporary psychological science, and anchored in the empirical evidence of Differential Bliss Receptibility (Maturlu, 2025a), Kavotemia presents a transformative model in which hardship becomes the crucible of glory.

It is neither a technique nor a temporary intervention but a sustained journey—a disciplined way of engaging life's storms with courage, meaning, and rising strength. Ultimately, Kavotemia embodies the path of **tempered glory**, where individuals emerge from adversity not diminished but refined, not weakened but strengthened, not broken but unbreakably alive.

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