

CASEL Five Competencies Crosswalk

CASEL’s five core competencies, mapped to Architecture of Grace’s four pillars — Identity, Self-Compassion, Forgiveness, Grace — and its five practiced moves.

CASEL competency	Grace move / pillar	What it looks like
Self-Awareness	The Coach Voice · Identity	Naming feelings; separating a mistake from one’s worth.
Self-Management	The Pause · Release / Boundary	Regulating before reacting; letting go of what isn’t theirs; holding a kind, firm boundary.
Social Awareness	The Charitable Read	Extending the benefit of the doubt; reading others’ feelings and perspectives.
Relationship Skills	The Repair Move · Grace	Owning impact; moving toward repair; turning rupture into reconnection.
Responsible Decision-Making	Release / Boundary · Difficult-vs-Unsafe	Choosing a next step; telling “difficult” from “unsafe”; acting with care for self and others.

CASEL competency names are used for alignment reference; descriptions are Architecture of Grace’s own. · Architecture of Grace.