

Infant Stage

- I have experienced strong, loving, caring bonds with mother/a woman
- I have experienced strong, loving, caring bonds with father/a man
- Important needs were met until I learned to ask
- Others took the lead and synchronized with me and my feelings first
- Quiet together times helped me calm myself with people around
- Important people have seen me through the "eyes of heaven"
- I can both receive and give life
- I receive with joy and without guilt or shame
- I can now synchronize with others and their feelings
- I found people to imitate so that I now have a personality I like
- I learned to regulate and quiet the "big six" emotions
 - Anger
 - Fear
 - Sadness
 - Disgust
 - Shame
 - Hopeless/despair
- I can return to joy from every emotion and restore broken relationships
- I stay the same person over time
- I know how to rest

Child Stage

- I can do things I don't feel like doing
- I can do hard things (even if they cause me some pain)
- I can separate my feelings, my imagination and reality in my relationships
- I am comfortable with reasonable risks, attempts and failures
- I have received love I did not have to earn
- I know how my family came to be the way it is—family history
- I know how God's family came to be the way it is
- I know the "big picture" of life with the stages of maturity
- I can take care of myself
- I ask for what I need
- I enjoy self-expression
- I am growing in the things I am good at doing (personal resources and talents)
- I help other people to understand me better if they don't respond well to me
- I have learned to control my cravings
- I know what satisfies me
- I see myself through the "eyes of heaven"

E. James Wider
From *Living With Men*

See *Bringing the Life Model to Life* for a complete list of all stages of maturity.