

ACTUALIZED STAGES OF DEVELOPMENT

TRUST

- Signal appropriately to get needs met
- Accept appropriate touching & nurturing with boundaries
- Bond emotionally, to learn to trust self and caring others
- Choose to live, to be
- Explore & experience the environment; to develop initiative
- Develop sensory awareness by using all senses
- Signal needs; to trust others & ourselves; to get help in time of distress
- Form secure attachments with parents, caregivers & others who play a significant role in your life
- Learn that there are options and not all problems are easily solved
- Experience emotional balance and energy
- Feelings of adequacy, personal power and trust
- Knowing and asking for what you need and want
- Balancing your needs with others' needs
- Willingness to disclose information about ourselves when appropriate
- "Being" issues become prominent
- Knowing when to initiate & when to be inactive
- Knowing goals and being goal-directed to achieve appropriate purpose and vision
- Seeking or developing new motivations in life
- Learning from all choices – working and not working
- Knowing what you know and what you don't know
- Thinking it is okay to be safe, supported, protected
- Finishes tasks

AUTONOMY

- Establish the ability to think for self; to think & solve problems with cause-and-effect thinking
- Test reality, to push against boundaries and other people
- Follow safety commands
- Express anger and other feelings appropriately
- Individuate from parents, caregivers, and other significant parent figures without losing their love
- Give up beliefs about being the center of the universe
- Sharing with boundaries
- Give up the need to be right; apply working and not working
- Knowing and speaking one's reality

INITIATIVE

- Assert an identity separate from others
- Acquire information about the world, self, body and sex role
- Learn that behaviors have consequences

Discover our effect on others and our place in groups; to learn socially appropriate behavior
Learn to exert power to affect our relationships; to learn the extent of our personal power
Separate fantasy from reality
Using power appropriately
Trust personal adequacy
Knowing self separate from others or outside results
Knowing you are not your results
Creating a balanced drive to achieve
Creating realistic solutions or effects

INDUSTRY

Learn skills, learn from mistakes and decide to be adequate
Learn to listen in order to collect information and think
Practice thinking and doing; to reason about wants and needs
Check out family/caregiver rules, ideas and values, and learn about structures and people outside the immediate family or familial structure
Experience the consequences of breaking rules; to develop internal controls
Disagree with others and still be loved
Learn what is my responsibility and what is the responsibility of others
Learn when to flee, when to “flow,” and when to stand firm; to develop the capacity to cooperate
Balance between being alone and choosing to be a part of groups without losing your identity
Ability to both lead and follow
Understanding the relevance of rules and the freedom that rules can bestow
Willingness to examine personal values or morals
Trusting one’s own thinking and intuition
Willingness to learn new things or be productive

IDENTITY

Take more steps toward independence
Achieve a clearer emotional separation from family
Emerge gradually as a separate, independent person with one’s own identity and values
Be competent and responsible for one’s own needs, feelings and behaviors
Understanding of sexuality and sex role with boundaries
Create and integrate your own values and morals
Complete tasks
Initiate projects willingly
Balance between individuation and connection with family
Make and keep commitments

Looking to self for a definition of who we are
Understand the difference between sex and nurturing