

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