

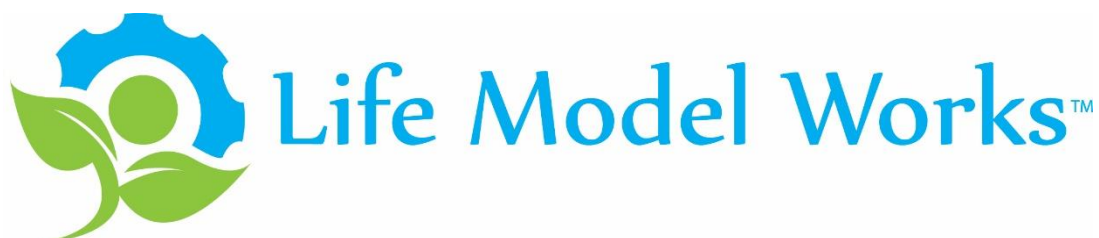


My Personal Maturity Map

**Living the Life Model:
Learning the Stages, Tasks, and Resources Needed to Mature**

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Infant Stage Maturity Indicators

Primary Task in this Stage: Learning to Receive

Primary Problem When Task is not Completed: Weak or Stormy Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Lives in joy and builds joy strength.	Parents delight in the infant's existence.	Weak identity.	<i>Joy Starts Here</i> <i>19 Brain Skills</i> <i>Joyful Beginnings Calendar</i>
2. Develops Trust.	Parents build strong, loving bonds with the infant.	Has difficulty bonding.	<i>Attachments</i>
3. Learns how to receive.	Gives care that matches the infant's needs, without the infant asking.	Is withdrawn and disengaged.	<i>The Wonder Weeks</i> <i>The Baby Book</i>
4. Begins to organize self into a person through "eyes of heaven" relationships.	Discovers the true characteristics of the infant's unique identity.	Has inability to regulate self.	<i>Your New Identity</i> <i>Living from the Heart</i>
5. Learns how to return to joy from every unpleasant emotion.	Provides enough safety and companionship during difficulties so the infant can return to joy from any other emotion.	Avoids or gets stuck in certain emotions such as rage, worry, and depression.	<i>The Whole-Brain Child</i> <i>RARE Leadership</i> <i>19 Brain Skills</i>

No	Sometimes	Usually	Yes	
				I have experienced strong, loving, caring bonds with a mother figure.
				I have experienced strong, loving, caring bonds with a father figure.
				My important needs as a baby were met & others synchronized with me.
				Quiet together times calmed me & I know how to rest.
				I can trust others in close relationships & attach to them securely.
				I receive from others without guilt or shame.
				I can regulate and quiet the "big six" emotions without getting stuck in them:
				Anger
				Fear
				Sadness
				Disgust
				Shame
				Hopeless Despair
				Important people have delighted in my unique identity.

Journaling with Jesus

*Immanuel Journaling is a process of interacting with Jesus about your real life and asking Him to show you His heart for you and the situation you're currently experiencing. As you do this, God lets you know that He sees you, He hears you, He cares about you, and He can do something to help you with what you're going through. You can learn more in the book, *Joyful Journey: Listening to Immanuel*, by E. James Wilder, Anna Kang, John Loppnow, & Sungshim Loppnow, or at www.immanueljournaling.com.*

Begin with Gratitude: *"Lord, I am thankful ...*

Next, we pause and open our hearts asking God to show us His response, writing down our impressions of what we sense from Him. Try not to filter or overthink it, but rather trust that He is leading you to sense His response toward you as His child (Prov. 3:5). There will be time to test it later; for now, simply trust that you can sense His heart when you ask Him to share it and write down what comes to mind (*Jn 10:27; Hab. 2:1-2*).

My sense of God's response to my gratitude: *"Dear child of mine ...*

Sharing my heart with Jesus: *"Jesus, what's going on in my mind and heart right now is ...*

Jesus' tender response to me: *"My dear child...*

Child Stage Maturity Indicators

Primary Task in this Stage: Taking Care of Self

Primary Problem When Task is not Completed: Not Able to Take Care of Self

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees self through "eyes of heaven."	Guides in discovering the unique characteristics of the child's heart	Fails to develop true identity; conforms to outside influences that misshape identity	<i>5 Love Languages of Children</i> <i>Myers-Briggs for Kids (website)</i> <i>The Enneagram of Parenting</i>
2. Can say what one thinks and feels. Can ask for what one needs.	Allows child to appropriately state needs and feelings.	Experiences continual frustration because needs are not met; is often passive-aggressive.	<i>Emotionally Healthy Relationships</i> <i>Boundaries</i> <i>Assertiveness Workbook</i>
3. Develops enough persistence to do hard things.	Challenges and encourages child to do difficult tasks.	Experiences failure, is undependable, and consumed with self-comfort.	<i>Do Hard Things</i> <i>Blessings of a Skinned Knee</i> <i>How to Raise an Adult</i> <i>Grit</i>
4. Learns what brings personal satisfaction.	Helps child learn what satisfies him/her.	Is obsessed with food, drugs, sex, money, power, or possessions.	<i>Soul Keeping</i> <i>A.A., N.A., S.A., etc.</i>
5. Develops personal resources and talents.	Provides opportunities to develop the child's unique talents.	Fills life with unproductive activities, despite God-given abilities	<i>12 Huge Mistakes Parents Can Avoid</i> <i>Where You Go Is Not Who You'll Be</i>
6. Understands that he/she has an important purpose in history.	Educates the child about family history and the big picture of life.	Feels disconnected from history and is unable to protect self from family dysfunctions.	<i>The Purpose Driven Life</i> <i>Prepared for a Purpose</i>

No	Sometimes	Usually	Yes	
				I can take care of myself.
				I can do hard things (even if they cause me pain/discomfort or I don't feel like doing them).
				I am can persevere toward my goals taking reasonable attempts, risks, and failures.
				I know myself & enjoy self-expression.
				I can articulate what I think and ask for what I need.
				I help other people to understand me better if they don't understand me.
				I continue to develop my personal resources and talents.
				I know what satisfies me.
				I have learned to control my cravings.
				I know how my family came to be the way it is (family history) & that going forward my life is not just an individual experience – but that it can impact history.
				I delight that I am God's cherished child created for a unique purpose in the world.

Journaling with Jesus

Begin with Gratitude: *"Lord, I am thankful ..."*

Write what you sense as God's Response: *"Dear child of mine ..."*

Sharing my heart with Jesus: *"Jesus, what's going on in my mind and heart right now is ..."*

Jesus' tender response to me: *"My dear child..."*

Adult Stage Maturity Indicators

Primary Task in this Stage: Taking Care of Two People Simultaneously

Primary Problem if Incomplete: Unable to form Mutually Satisfying Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Cares for <u>both</u> self and others simultaneously; can see others through "eyes of heaven"	Provides the chance to participate in group life.	Is self-centered; leaves other people feeling dissatisfied and frustrated	<i>How to Raise an Adult</i> <i>Hold me Tight</i> <i>Created for Connection</i>
2. Remains stable in difficult situations and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure and participates in negative/destructive activities	<i>RARE Leadership</i> <i>Thrive Today.Org</i> (blog)
3. Bonds with peers; develops identity.	Provides positive environment and activities where peers can bond.	Is a loner, with tendencies to isolate; shows excessive self-importance.	<i>Connecting</i> (Crabb)
4. Takes responsibility for how personal actions affect others, including protecting <u>others</u> from self.	Teaches young adults that their behaviors impact both others and history.	Is controlling, harmful, blaming, manipulative, and unprotective toward others.	<i>Just between Father & Son</i> <i>Living with Men</i>
5. Belongs and contributes to the community.	Allows young adults to do important community tasks.	Does not become a life-giving contributor to the community. Is self-absorbed and uses others – DRAINS SOCIETY	<i>Tattoos on the Heart</i> <i>Passion</i>
6. Expresses the characteristics of his/her heart in a deepening <i>personal</i> style.	Encourages each person to develop <u>true</u> self.	Is driven to 'play roles,' prove self to the world, get results, and seek approval.	<i>Living from Heart Jesus Gave You</i> <i>The Gifts of Imperfection</i>

No	Sometimes	Usually	Yes	
				I have moved from "me-ness" to "we-ness" & can take care of at least 2 people at the same time in a way that feels mutually satisfying. I am a team player and can easily partner with others. My relationships are marked by fairness and mutual satisfaction.
				I can synchronize with others—attuning to their feelings and needs while also expressing mine.
				I have bonded with peers. Together, we effectively use our collective power, seek truth, and enjoy close relationships.
				I can remain stable & relational in difficult situations and return myself & others to joy.
				I protect my personal and group identity when boundaries are violated.
				I take responsibility for my actions & protect others from my power when necessary. I use my personal power well to bless myself and others and can integrate my sexual and spiritual parts.
				My personality is integrated (not compartmentalized) and I remain the same person when in different roles and when under duress. I can embrace my pain, passion, and talents into one life giving identity.
				I live in a way that expresses my heart while also affirming the unique identities of others.
				I make important contributions to my family and community.

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Parent Stage Maturity Indicators

Primary Task in this Stage: Sacrificially Taking Care of Children

Primary Problem if Incomplete: Distant or Conflicted Family Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees children through "eyes of heaven."	More experienced parents affirm and encourage new parents.	Children do not flourish; family bonds are not developed.	<i>Grace-based Parenting</i> <i>Romancing Your Child's Heart</i> <i>Raising Your Spirited Child</i> , 3 rd ed.
2. Protects, serves, and enjoys one's family.	The community allows both parents to sacrificially contribute to their family.	Family members are: at risk, deprived, and feel worthless or unimportant.	<i>Loving Our Kids on Purpose</i> <i>7 Habits of Highly Eff. Families</i> <i>Praying the Scriptures for your Teens</i>
3. Is devoted to taking care of children without expecting to be taken care of by the children in return.	The community promotes devoted and sacrificial parenting.	Children have to take care of parents which often leads to child abuse & neglect or "parentified," needy children.	<i>Parenting from the Inside Out</i> <i>Present Over Perfect</i> <i>It Will Never Happen to Me</i> www.al-anon.org
4. Provides other spiritual parents for their children.	The community encourages relationships between children and extended spiritual family members.	Children are vulnerable to peer pressure, cults, any misfortune, and poor life choices. Parents are over-whelmed without extended family support.	<i>Connecting</i> (Stanley & Clinton) <i>They Call Me Coach</i> - John Wooden <i>Boys & Girls Clubs</i>
5. Learns how to bring children through difficult times, and return to joy from all other emotions.	The community supports parents by giving them encouragement, guidance, modeling, and opportunities to recharge.	Hopeless, depressed, chemically dependent family units develop.	<i>ThriveToday.Org</i> (blog) <i>Rare Leadership</i> <i>The Price of Privilege</i> <i>1000 Gifts</i>

No	Sometimes	Usually	Yes	
				I pour life into others in a sacrificial manner & stay committed over time even when it is hard and exhausting.
				I sacrificially take care of my children making decisions in their best interest—and my schedule, checkbook and decisions reflect that. I can give to my family without needing to receive from them.
				I receive support & guidance from others, seek needed resources, and listen to the wisdom of those ahead of me.
				I am protective of my family and have established a secure home base where my family members feel heard and safe.
				I am present with my family and take time to enjoy them.
				I am dedicated to my family's needs, serving & providing for them.
				I am a student of my children & see them as God sees them—as cherished people created for great and specific purpose in the world. I pay attention to their unique identities, helping them flourish as the people they were created to be.
				I work on my own maturity and personal healing, so I can model maturity and recovery to my children.
				I allow and encourage my children to have close relationships with other mentors and spiritual parents.
				I am able to bring my family through difficult times—remaining relational and bonded even when in crisis or conflict.
				I can balance the needs of my spouse, children, work & community.

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Elder Stage Maturity Indicators

Primary Task in this Stage: Sacrificially Taking Care of the Community

Primary Problem if Incomplete: Overall Maturity of the Community Declines

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Sees the community through the “eyes of heaven” by prizing each community member and enjoying the true self in each individual	The community provides opportunities for elders to be involved with those in all of the other maturity stages.	Life-giving interactions diminish along with life-giving interdependence, stunting the community’s growth. Fragile, at-risk people fail to heal or survive.	<i>Living with Men</i> <i>Real Hope in Chicago</i>
2. Parents and matures the community and acts like self in midst of difficulty.	The community creates a structure to help the elders do their job which allows people at every stage of maturity to listen to the wisdom of maturity.	When elders do not lead, unqualified people do, resulting in immature interactions at every level of the community.	<i>Living with Men</i> <i>The Hiding Place</i> <i>Left to Tell</i> <i>Emotionally Healthy Leader</i>
3. Establishes an accurate community identity.	The community respects the elder’s voice of experience and historical perspective.	There is a loss of purposeful direction.	<i>Living with Men</i> <i>Mission Drift</i>
4. Gives life to those without a family through spiritual adoption.	Encourages strong families to minister to those without family.	When the ‘family-less’ are not individually taken care of ... poverty, violence, crisis, crime, and mental disorders increase.	<i>Living with Men</i> <i>Living from Heart Jesus Gave You</i> <i>Tattoos on the Heart</i>

No	Sometimes	Usually	Yes	
				I give sacrificially to my community—even when it is hard and exhausting—without needing to receive praise or recognition. I don’t abandon during difficult times.
				I am recognized in my community as a positive, life-giving influence, & I model maturity to others by how I live.
				I demonstrate hospitality & generosity with my resources.
				I help my community establish and maintain their identity so their mission does not drift.
				I prize all community members—delighting in their unique identities and committing to their growth—seeing them as God sees them.
				I give life to the “familyless” and am open to spiritual adoptions as God directs.
				I continue to be the same person when provoked or tempted.
				I can suffer well under hardships and endure under misunderstandings, accusations, rage, and differing opinions.
				I live a life of gratitude (instead of regret) and embrace the life God has given me.

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Jesus' tender response to me: *"My dear child..."*

Resources for Developing Maturity

Infant Stage

- *Joy Starts Here: The Transformation Zone*, E. James Wilder, Ed Khouri, Chris Coursey, Sheila Sutton (Available at www.lifemodelworks.org)
- *Transforming Fellowship: 19 Brain Skills that Build Joyful Community*, Chris Coursey (Available at www.lifemodelworks.org)
- *Joyful Beginnings Calendar*, Maribeth Poole. (Available at <https://deeper-walk-international.myshopify.com>)
- *Attachments: Why you love, feel, and act the way you do*, Tim Clinton and Gary Sibcy
- *The Wonder Weeks: How to Stimulate Your Baby's Mental Development and Help Him Turn His 10 Predictable, Great, Fussy Phases into Magical Leaps Forward*, Frans X Pooij, and Hetty van de Rijt
- *The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two*, William Sears and Martha Sears
- *Your New Identity: A Transforming Union with God*, Neil T. Anderson
- *Living from the Heart Jesus Gave You*, James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, & Maribeth Poole (Available at www.lifemodelworks.org)
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, Daniel Siegel and Tina Bryson
- *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead*, Marcus Warner and Jim Wilder (Available at www.lifemodelworks.org)

Child Stage

- *The 5 Love Languages of Children: The Secret to Loving Children Effectively*, Gary Chapman
- *Myers-Briggs Personality Assessment for Kids* (Google for options; one is at https://www.personalitypage.com/html/kid_info.html)
- *The Enneagram of Parenting: The 9 Types of Children and How to Raise them Successfully*, Elizabeth Wagele
- *Emotionally Healthy Relationships Video Study: Discipleship that Deeply Changes Your Relationship with Others*, Peter Scazzero
- *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*, Henry Cloud and John Townsend
- *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships*, Randy Paterson
- *Do Hard Things: A Teenage Rebellion Against Low Expectations*, Alex & Brett Harris
- *The Blessings of a Skinned Knee: Using Timeless Teachings to Raise Self-Reliant Children*, Wendy Mogel
- *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*, Julie Lythcott-Haims
- *Grit: The Power of Passion and Perseverance*, Angela Duckworth
- *Soul Keeping: Caring for the Most Important Part of You*, John Ortberg
- *Alcoholics Anonymous* (www.aa.org); *Narcotics Anonymous* (www.na.org); *Sexaholics Anonymous* (www.sa.org); *Al-Anon* (for families and friends of alcoholics, www.al-anon.org)
- *12 Huge Mistakes Parents Can Avoid: Leading Your Kids to Succeed in Life*, Tim Elmore
- *Where you Go is Not Who You'll Be: An Antidote to the College Admissions Mania*, Frank Bruni
- *The Purpose Driven Life*, Rick Warren
- *Prepared for a Purpose: The Inspiring True Story of How One Woman Saved an Atlanta School Under Siege*, Antoinette Tuff

Adult Stage

- *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*, Julie Lythcott-Haims
- *Hold Me Tight: Seven Conversations for a Lifetime of Love*, Sue Johnson
- *Created for Connection: The Hold Me Tight Guide for Christian Couples*, Sue Johnson

- *RARE Leadership: 4 Uncommon Habits For Increasing Trust, Joy, and Engagement in the People You Lead*, Marcus Warner and Jim Wilder (Available at www.lifemodelworks.org)
- Subscribe to Chris and Jen Coursey's blog at www.thrivetoday.org for great blogs on parenting, relational skills, and maturity-related topics.
- *Connecting: Healing Ourselves and Our Relationships*, Larry Crabb
- *Just Between Father & Son: A Weekend Adventure Prepares a Boy for Adolescence*, E. James Wilder (Available at www.lifemodelworks.org)
- *The Complete Guide to Living with Men*, E. James Wilder
- *Tattoos on the Heart: The Power of Boundless Compassion*, Gregory Boyle
- *Passion: The Bright Light of Glory*, Louie Giglio
- *Living from the Heart Jesus Gave You*, James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, & Maribeth Poole (Available at www.lifemodelworks.org)
- *The Gifts of Imperfection: Let Go of Who You Think You are Supposed to be and Embrace Who You Are*, Brene Brown

Parent Stage

- *Grace-based Parenting*, Tim Kimmel
- *Romancing Your Child's Heart*, Monte Swan and David Biebel
- *Raising Your Spirited Child, 3rd Edition*, Mary Sheedy Kurcinka
- *Loving our Kids on Purpose*, Danny Silk
- *7 Habits of Highly Effective Families*, Stephen Covey and Sandra Covey
- *Praying the Scriptures for your Teenagers*, Jodi Berndt
- *Parenting from the Inside Out*, Daniel Siegel
- *Present Over Perfect*, Shauna Niequist
- *It Will Never Happen to Me! Children of Alcoholics as Youngsters, Adolescents, Adults*, Claudia Black
- Website: www.al-anon.org – Help and Hope for Families and Friends of Alcoholics
- *Connecting: The Mentoring Relationships You Need to Succeed*, Paul Stanley and Robert Clinton
- *They Call Me Coach*, John Wooden
- Website: Boys and Girls Clubs of America – www.bgca.org
- Subscribe to Chris and Jen Coursey's blog at www.thrivetoday.org for great blogs on parenting, relational skills, and maturity-related topics.
- *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead*, Marcus Warner and Jim Wilder (Available at www.lifemodelworks.org)
- *The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids*, Madeline Levine
- *1000 Gifts: A Dare to Live Fully Right Where You Are*, Anne Voskamp

Elder Stage

- *The Complete Guide to Living with Men*, E. James Wilder
- *Real Hope in Chicago*, Wayne Gordon and John Perkins
- *The Hiding Place*, Corrie Ten Boom
- *Left to Tell*, Immaculee Ilibagiza and Steve Erwin
- *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World*, Peter Scazzero
- *Mission Drift*, Peter Greer
- *Making Neighborhoods Whole: A Handbook for Christian Community Development*, Wayne Gordon and John Perkins
- *Living from the Heart Jesus Gave You*, James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, & Maribeth Poole (Available at www.lifemodelworks.org)
- *Tattoos on the Heart: The Power of Boundless Compassion*, Gregory Boyle