

## 1. How to use the Adult Maturity Stage Indicators

1. Start with the **‘Personal Tasks column’**
  - a. If you recognize that indicator in you - highlight it
2. If you don’t recognize it, move to the **‘When the tasks fail column’**
  - a. If that describes you - highlight it

(You now have an indicator of whether you have completed the adult maturity stage)

## 2. How to use the Adult Maturity Stage Assessment

1. If you have marked **‘Yes’** or **‘Usually’** for all of the statements - you have completed the adult maturity stage
2. If you have marked **‘Sometimes’** or **‘No’** for one or more of the statements - you have not yet completed the adult maturity stage
3. Whatever statement you still need to work, pray and seek out examples from within your community

## Adult Maturity Stage Assessment Descriptors

Stage Identifier	Explanation
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.	Adult maturity involves embracing mutuality, collaboration and shared identity in relationships. Demonstrating empathy, cooperation and the ability to consider others' perspectives while maintaining a strong sense of self. Relational intelligence is key, showing the capacity for collaborative, adaptable engagement focused on collective success, without controlling or withdrawing. Mature individuals can negotiate needs and boundaries by valuing fairness and shared well-being; being life-giving rather than life-draining.
I can synchronize with others—attuning to their feelings and needs while also expressing mine.	Emotionally maturity, marked by the ability to both empathize with others and express one's own needs clearly. It demonstrates a healthy balance between attunement—being present and responsive to others’ emotions—and assertiveness—honoring one’s own inner experience.

	Synchronizing with others (co-regulation: staying emotionally steady while responding to others) requires emotional intelligence, secure boundaries, and the capacity for mutual connection without losing oneself. It's a sign of relational maturity that supports deep, respectful and balanced relationships in both personal and professional contexts.
I have bonded with peers. Together, we effectively use our collective power, seek truth, and enjoy close relationships.	Able to form mutual, respectful relationships rooted in equality, shared values, and emotional safety. They move beyond individualism to embrace collaboration, shared leadership, and social responsibility. With a commitment to honesty, growth, and integrity, they face hard truths and seek understanding over control. Their relationships are marked by trust, vulnerability, and the ability to resolve conflict in healthy ways; valuing intimacy as a space for mutual transformation rather than dependence or dominance.
I can remain stable & relational in difficult situations and return myself & others to joy.	The individual has developed the ability to stay grounded, calm and connected to others even under stress—a skill often referred to as emotional regulation. Remaining “stable and relational” in difficult situations shows they can manage their own reactions without withdrawing, exploding, or disconnecting. The ability to “return myself and others to joy” highlights a restorative presence—someone who can guide themselves and others back to a state of emotional safety, hope, and connection after distress. This reflects not only inner resilience, but also relational leadership—bringing calm and repair to strained moments in a way that nurtures trust and well-being.
I protect my personal and group identity when boundaries are violated.	The ability to uphold integrity and identity in the face of relational or ethical challenges by developing the self-awareness, courage, and clarity to recognize when something is harmful, disrespectful, or out of alignment with their values—and to respond in a way that preserves dignity for themselves and those they represent. It shows the capacity to set and enforce healthy boundaries, speak up when necessary, and act in ways that maintain both self-respect and relational responsibility. This kind of maturity is essential in navigating conflict, standing for justice, and maintaining cohesion in families, communities, or teams.
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.	Self-awareness, accountability, and responsible use of personal power. The individual takes ownership of their actions, exercises restraint to protect others from harm, and uses their influence to benefit both themselves and those around them. It also shows a healthy integration of sexuality and spirituality—two powerful aspects of human identity—expressed in ways that are spiritual, respectful, life-affirming, and aligned with their values.
My personality is integrated (not compartmentalized) and I remain the same person when in different roles	Development of a consistent, authentic self that isn't fragmented or dependent on roles, settings, or emotional states. Rather than switching personas or hiding parts of themselves, they maintain coherence and integrity across contexts—even under stress. Embracing pain,

and when under duress. I can embrace my pain, passion, and talents into one life giving identity.	passion, and talent as part of a unified identity shows emotional depth and wholeness: they have faced their wounds, owned their gifts, and integrated all parts of themselves into a life-giving, purpose-driven self. This kind of maturity enables stability, authenticity, and deep connection with others.
I live in a way that expresses my heart while also affirming the unique identities of others.	Development of both authentic self-expression and respect for others' individuality. Living in a way that expresses one's heart means they are in touch with their core values, emotions, and convictions—and they live from that place with integrity. At the same time, affirming the unique identities of others shows empathy, humility, and emotional flexibility. This balance demonstrates a well-formed identity that doesn't require control, comparison, or conformity, allowing for mutual respect, deep connection, and relational safety. It's a sign of maturity rooted in both self-awareness and relational wisdom.
I make important contributions to my family and community.	The ability to move beyond self-focus to live with purpose and responsibility toward others. Making important contributions to one's family and community shows that the individual has developed a sense of stewardship, relational commitment, and generativity—the desire to invest in the well-being and growth of others. It implies they understand their role in the larger whole and are willing to use their time, gifts, and energy to support shared life. This outward focus is a hallmark of mature adulthood, where meaning is found not just in personal success, but in serving, sustaining, and strengthening relationships and communities.