

	A	B	C	D	E	F	G	H	I	J	K	L	
1	Stages of development	Fetal 0 - 3/4	Infant 3/4 - 2	Infant 2 - 4	Infant 4 - 6	Young Child 7 - 20	Old Child 20 - 35	Young Adult 35 - 50	Old Adult 50 - 65	Elder 65 - 80	Self-Actualized 80+	Stages of development	1
2	<b>Major Unconscious Influence</b>	To Survive Maternal State	Maternal State	Autonomy	Language →	Order Control Power	Belonging	Compete	Sum of my experiences	Self	Self	<b>Major Unconscious Influence</b>	2
3	<b>Major Conscious Influence</b>	?	Parents Siblings	→	→	Family → Peers	Parents → Peers	Potential	Self-understanding	Self	Self	<b>Major Conscious Influence</b>	3
4	<b>Developmental Task</b>	Birth	Establish physical self	Establish emotional self	Establish mental self: identity	Reality testing Gender identity Adventurer	Explore self as an adult <b>Individuating</b> from parents	Identify self as an adult <u>Valuing Maturity</u>	Embracing uniqueness <b>Individuating</b> from partner	<b>Differentiating</b> Contemplating Contributing	<b>Expanding consciousness</b> Consciously dying	<b>Developmental Task</b>	4
5	<b>If successful</b>		Sense of separateness	Sense of emotional boundaries	Realistic concept of Self	Establish rules and roles (define scripts)	Shift from parental to peer	Shift from peer to personal	Acceptance	Centered & Present	Integrated	<b>If successful</b>	5
6	<b>If unsuccessful</b>		Confused: Insufficient sense of physical boundaries may contribute to psychosis	<b>Overwhelmed:</b> Insufficient sense of emotional boundaries may contribute to narcissism	<b>Conflicted:</b> Incomplete concept of self - requires repression as a defense mechanism	<b>Depressed:</b> If life scripts are self-defeating they contribute to distortion	Identity crisis: "Who am I?"	Existential crisis: "What's it all about?"	Distortion increases	Distortion increases	Distortion increases	<b>If unsuccessful</b>	6
7	<b>Remedy</b>		Medication Pacification	Self-soothing <b>Boundaries</b> Empathy	Uncovering techniques & <b>Acceptance</b>	<b>New Scripts</b> Role Models	Introspection	Introspection Existential therapy	Uncovering tech. Existential therapy	Uncovering tech. Existential therapy	Pacification or Uncovering tech. Existential therapy	<b>Remedy</b>	7
8	<b>Learning Mode</b>	? Performing	Internalize significant others	→	→	Hero Worship	Marriage and transference	Actualize ideal archetype	Actualize realistic archetype	Surveyor	Self encounter Increased familiarity with inner processes	<b>Learning Mode</b>	8
9	<b>Sources that reflect who we think we are</b>	None	Parents Siblings Pets	→	→	Parents Siblings Pets/Peers	Mate Friends/Peers Pets	Other Adults Our children Pets	Other Adults Our children ?? Pets	Disentangling	Self	<b>Sources that reflect who we think we are</b>	9
10	<b>Physiological Development</b>	Parasitic	Dependent on significant others Not yet viable	→	→	Dependent but viable	Peakstate Autonomous	Diminishing	Diminishing	Diminishing (Self-assured)	Diminishing (+Self-assured)	<b>Physiological Development</b>	10
11	<b>Social Orientation</b>	Parasitic	Dependent	→	→	Narcissistic	Struggle to independence	Competitive (run culture)	Collaborative (elder-statement)	Unattached No Agenda	Separate	<b>Social Orientation</b>	11
12	<b>Dark Side</b>	None	Suppressed by parents	→	Language allows us to begin to repress or dissociate	Repressed (but acting out)	Repressed	Repressed. Some integration if individuated	Repressed. Consciously working on reintegrating	Repressed. Consciously enjoying reintegrating	Possible to see through repression	<b>Dark Side</b>	12
13	<b>Ego/Ethno/World Orientation</b>	None	Not Differentiated	Egocentric	Egocentric	Ego → Ethnocen..	Ethnocentric	World-centric	World-centric	World-centric	World-centric	<b>Ego/Ethno/World Orientation</b>	13
14	<b>Language</b>	None	I	I → It	It	It → We	We	Perception Language	Perception Language	Perception Language	Perception Language	<b>Language</b>	14