



Life Model
Works™

Maturity Skills Assessments

*For more detailed information, see our
Maturity Pathways book available now at
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No	Sometimes	Usually	Always	Infant Stage
				I have experienced strong, loving, caring bonds with mother/ a woman.
				I have experienced strong, loving, caring bonds with father/ a man.
				Important needs were met until I learned to ask.
				Others took the lead and synchronized with me and my feelings first.
				Quiet together times helped me calm myself with people around.
				Important people have seen me through the “eyes of heaven”.
				I can both receive and give life.
				I receive with joy and without guilt and shame.
				I can now synchronize with others and their feelings.
				I’ve found people to imitate so that I now have a personality I like.
				I’ve learned to regulate and quiet the “big six” emotions:
				Anger
				Fear
				Sadness
				Disgust
				Shame
				Hopeless Despair
				I can return to joy from every emotion and restore broken relationships.
				I stay the same person over time.
				I know how to rest.

No	Sometimes	Usually	Always	Child Stage
				I can do without things I want (weaning).
				I can do things I do not feel like doing.
				I can do hard things (even if they cause me some pain).
				I can separate my feelings, my imagination and reality in my relationships.
				I am comfortable with reasonable risks, attempts and failures.
				I have received love I did not have to earn.
				I know how my family came to be the way it is – family history.
				I know how God’s family came to be the way it is.
				I know the “big picture” of life with the stages of maturity.
				I can take care of myself.
				I ask for what I need.
				I enjoy self-expression.
				I am growing in the things I am good at doing (personal resources and talents).
				I help other people to understand me better if they do not respond well to me.
				I have learned to control my cravings.
				I know what satisfies me.
				I see myself through the “eyes of heaven”.

No	Sometimes	Usually	Always	Adult Stage
				I have had a rite of passage into adulthood by the community.
				I am comfortable relating to the same sex community.
				I have a peer group where I belong.
				I can partner with others.
				My relationships are marked by fairness and mutual satisfaction.
				I protect others from my power when necessary.
				I protect my personal and group identity when boundaries are violated.
				I live in a way that expresses my heart.
				I have a diverse set of roles and responsibilities.
				I make important contributions to my family and community.
				I can bring two or more people back to joy at the same time.
				I use my sexual power wisely.
				I can proclaim my spiritual identity.
				I can see others through the “eyes of heaven”.

No	Sometimes	Usually	Always	Parent Stage
				I have brought others to life.
				I have an encouraging partner.
				I receive guidance from elders.
				I have peers that hold me accountable.
				I have a secure and orderly home and community.
				I can give without needing to receive in return.
				I see my family though the eyes of heaven.
				I include others in family activities.
				I am present with my family.
				I am protective of my family.
				I am attentive to my family.
				I am calming to my family.
				I enjoy my family.
				I comfort my family.
				I help my children mature.
				I can synchronize the needs of spouse, children, family, work and church.

No	Sometimes	Usually	Always	Elder Stage
				I have a community of people to call my own.
				I am recognized by my community.
				I have a proper place in the community structure.
				I am valued and defended by the community.
				I demonstrate hospitality.
				I give life to the “familyless”.
				I help my community mature.
				I build and maintain the community identity.
				I do not abandon when I disengage.
				I share others’ feelings but still know who I am and who they are.
				I continue to be the same person when provoked or tempted.
				I bear up well under misunderstandings.
				I bear up well under accusations.
				I bear up well under rage.
				I bear up well under contradictions.
				I see some of what God sees in every situation.
				I enjoy what God put in each and everyone.
				I live transparently and spontaneously.
				I build and rebuild trust.