

Month: \_\_\_\_\_

Find a quiet, unhurried time to reflect on your month. Pray first for God to bring out the part He wants, and that He will give discernment, guidance, and hope. Use **N** for no, **S** for sometimes, **U** for usually, and **A** for always.

### Infant Stage<sup>1</sup>

**The infant lives in joy.** The infant learns to expand her capacity for joy. The infant also learns that joy is one's normal state and builds joy strength.

- I am the same person over time.
- I know I am seen through the "eyes of heaven"

**The infant develops trust.**

- 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

**The infant learns how to receive.**

- I receive with joy and without guilt or shame

**The infant begins to organize self into a person through relationship.**

- I can both receive and give life
- I know how to rest and quiet myself.
- I can now synchronize with others and their feelings.
- I found people to imitate so that I now have a personality I like.

**The infant learns how to return to joy from every unpleasant emotion.**

- I 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
- Anger
- Fear
- Sadness
- Disgust
- Shame
- Hopeless/despair
- I know how to rest

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<sup>1</sup> E. James Wilder. *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd's House, Inc., 2004), 10.

## Child Stage<sup>2</sup>

**The child can ask for what is needed and say what she thinks or feels.**

- I ask for what I need
- I enjoy self-expression

**The child learns what brings personal satisfaction.**

- I know what satisfies me
- I can take care of myself

**The child develops enough persistence to do hard things.**

- I can do hard things I don't feel like doing
- I can do hard things (even if they cause me some pain)
- I am comfortable with reasonable risks, attempts and failures
- I have learned to control my cravings

**The child develops personal resources and talents.**

- I am growing in the things I am good at doing (personal resources and talents)
- I have received love – I don't have to earn it
- I see myself through the "eyes of heaven"

**The child knows self and takes responsibility to make self understood to others.**

- I help other people to understand me better if they don't respond well to me
- I can separate my feelings, my imagination and reality in my relationships.

**The child understands how she fits into history as well as the "big picture" of what life is about.**

- 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

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<sup>2</sup> E. James Wilder. *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd's House, Inc., 2004), 56.