

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 Stage¹

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

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

Child Stage²

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

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