



DEVELOPMENTAL STAGES

The Mirror Stage: Age is 0 to 12 Childhood

During these formative years, our values are often a direct reflection of our family and environment. Developmentally, a child, absorbs, beliefs, and emotional patterns like a mirror. When told “you are beautiful,” they think “I am beautiful”, and the reverse is true for negative remarks. The fundamental work here is to look back with curiosity and ask, “what happened to me?” To uncover the core beliefs that were instilled in us.

The Explorer Stage: Ages 12 to 21 Adolescence

As we form our identity, our values can be defined by seeking external validation. We still base our values on whether other people like us or not, which can create an external conflict. This is a great age to start internal self talk and self love techniques to validate and refining. Our understanding of personal values as life experiences might challenges differently. This stage is a critical time to learn self compassion, shifting the focus from seeking approval to nurturing our own inner growth.

The Integration Stage: Ages 21 and up Adulthood

This is a profound stage of self authorship, a time for deep self reflection around “who am I”?. As Adults, we have the opportunity to look back at our entire life and truly understand what happened to us. The work here is to continuously redefine our values, separating who we are today from who we were taught to be. By integrating our past we can take intentional steps to align our actions with our own personal values.