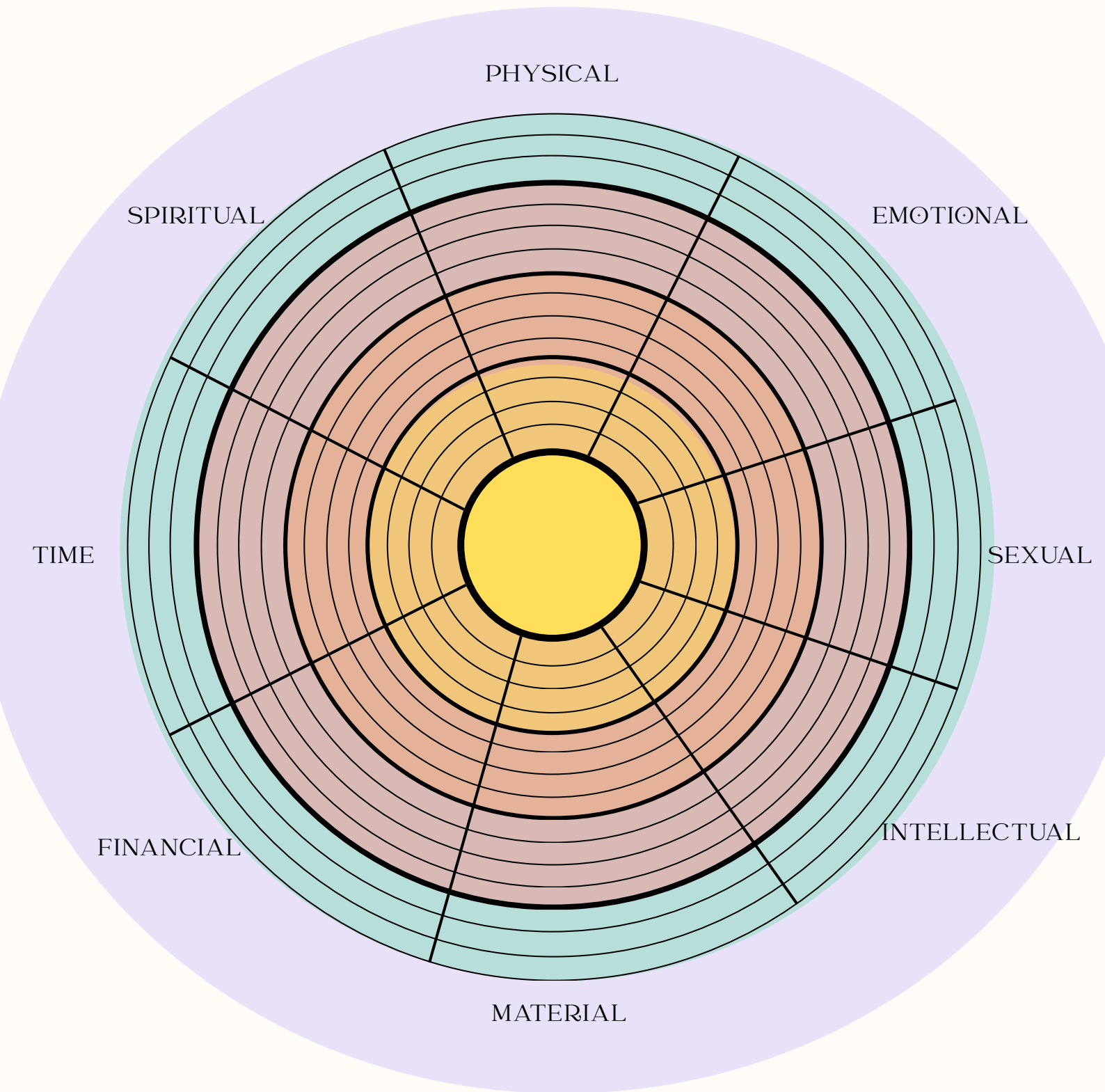


Whole Person Philosophy



GOLDEN CORE = VALUES

YELLOW INNER CIRCLE = CHILDHOOD

ORGANGE INNER CIRCLE = ADOLESCENCE

RED INNER CIRCLE ADULTHOOD

GREEN CIRCLE = FUTRE LIFE AHEAD



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.

Reflection Exercise

My Core Values Reflection

At what age or stage were values taught or molded by your family/caregivers? Trust Reflect on how these values have shaped your life and experiences. These can be anything from, noticing that you were different, traumas that caused you to question yourself or developmental cues that shaped your life outside of your awareness at an earlier part of life. Reflection can help us to understand where certain cues come from to learn and understand ourselves better. From there with the appropriate boundaries and coping tools we can continue to seek for healthy ways to create healing and wholeness in our lives.

Story Title: _____

Age occurred: _____ Developmental Phase: _____

Write your story:

How are you feeling?

Peaceful Anxious Sad Angry Confused Hopeful
Grateful Overwhelmed Thoughtful Confidence

Which area of your life does this relate to?

Physical Spiritual Emotional Intellectual Sexual
Time Financial Material

Connect a Healing Practice

Did you use a specific type of coping skill while reflecting on this? Connecting it helps track what works for you.

None
Vagus Nerve Exercise
Boundary Skill
Compassionate Communication Skill

Coping skill Reflection

Looking back. How would you Empathize with your Inner Child and what coping tool would they need moving forward in order to honor their values to keep them safe.

Empathy: What was the child feeling at that time

What coping tool would you offer them for reassurance moving forward that developmentally you can keep them safe today? How?