Cheatography

Barrett: Seven Stages of Psychological Development Cheat Sheet

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Introduction

There are two aspects to the Seven Levels Model: the Stages of Psychological Development model and the Levels of Consciousness model. We grow in stages (of psychological development) and we operate at levels (of consciousness).

Credit: https://www.valuescentre.com/mapping-values/barrett-model/stages-psychological-development

1. Surviving

The quest for survival starts as soon as a human baby is born. The infant child instinctively knows, through its DNA programming, how to regulate its body's internal functioning, how to suckle, and how to signal to its parents that it has unmet physiological needs.

2. Conforming

Having learned how to survive, the task at the second stage of development is for the child to learn how to feel safe in its parental/-family/social environment. It learns how to conform and fit in. It also learns how to recognise danger signals—potential threats to its safety.

3. Differentiating

During the differentiation stage of psychological development, the child/teenager expands his or her operational horizons. Whereas parental relations where of significant importance during the surviving and conforming stages, peer relationships and external controlling authorities such as schools and teachers now take on more importance in the child/teenager's life.

4. Individuating

The task at the individuating stage of development is to find your True Self—discover who you are beyond your parental programming, beyond the peer group pressures that influenced your behaviour when you were a teenager, and beyond your cultural conditioning. You are done with being dependent—seeking the validation of others to feel good about who you are. You want freedom. You want to be responsible and accountable for every aspect of your life. You want to embrace your own values. You want to find answers to the question, "Who am I?".

Seven Stages of Psychological Development



5. Self-Actualising

Having begun to explore the question "Who am I?" at the individuating stage and get in touch with your True Self, you now begin to explore the question "Why am I here?" and get in touch with your Unique Self. You search for the meaning and purpose in your life: What stirs your passion in life—the reason why your soul incarnated as you.

6. Integrating

The integrating stage of development is all about actualising your sense of purpose—using your unique gifts and talents, along with your creativity to make a difference in the world. This is where you bring together the connection part of your Self-expression with the contribution part of your Self-expression.

7. Serving

During the last stage of development you will feel drawn to a life of self-less service, especially if you have become financially independent, have a pension or no longer depend on the income from your work for your survival. At this stage of development, you want to give back to the world and leave a legacy. You will find yourself being drawn to supporting people in your community, helping to alleviate their suffering, caring for the disadvantaged, building a better society or helping people with their development. At the same time, you will also become more introspective, looking for ways to deepen your sense of connection to your soul. You will find yourself becoming a keeper of wisdom, an elder or the person that younger people turn to for guidance and mentoring..

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