



#Adulting: Maturity of Being

Contributions:

Authentic and Vulnerable Connecting (Bonding)

➔Human need: Belonging, Being Known
➔In our fallen condition we experience: Invisibility, Alienation, Isolation, Lack of trust in relationship
How do your cultural values help you in this area of development? How do they become barriers or challenges to this area?

Who hurt my ability to bond and trust? How? Which of their personality traits were hurtful to me?

With whom do I now have a good bonded relationship? What are elements that help create that?

Defining and Stewarding self in community (Boundaries)

➔Human need: Freedom, Voice, Choice
➔In our fallen condition we experience: Slavery to performance and expectations, Legalism, Inability to say no to self and others, Crisis of identity
How do your cultural values help you in this area of development? How do they become barriers or challenges to this area?

Who crossed my boundaries in the past? How did they do that? What were hurtful qualities of that relationship?

When am I better at setting and realizing boundaries? Why?

Integrating and Internalizing Grace and Truth (Integrating Good and Bad)

➔Human need: Acceptance, Grace, Reality
➔In our fallen condition we experience: Guilt, Condemnation, Shame, Judgment, Perfectionism, Living in extremes of all good and all bad (in respect to oneself and others)
How do your cultural values help you in this area of development? How do they become barriers or challenges to this area?

To who do I feel safe to confess my badness or weakness to? What qualities made me feel safe to be less than ideal?

With whom can I begin to share my real self? How will I let them know about my badness and weakness? Are they a good choice to let in on those parts of me?

Embracing Responsibility (Adulthood)

➔Human need: Purpose, Contribution
➔In our fallen condition we experience: Immaturity, Living life as a victim (powerless & helpless), Passivity in life and in problem solving

How do your cultural values help you in this area of development? How do they become barriers or challenges to this area?

What are my parent's strengths and weaknesses?

With whom do I feel one-down right now? In what areas? Why?