

ASSESSING MATURITY

Several years ago, I (Jim) helped to develop a series of charts to help people do a self-assessment to see if they have developed the skills that are characteristic of each level of emotional maturity. You can use these charts to do your own assessment of where you may need some remedial work to live at the maturity level your age and life experience would dictate.

INFANT-LEVEL MATURITY ASSESSMENT³

Characteristic	Yes	Usually	At Times	No
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.				
Important people have seen me through the “eyes of heaven.”				
I can both receive and give life.				
I receive with joy and without guilt or shame.				

CHILD-LEVEL MATURITY ASSESSMENT

Characteristic	Yes	Usually	At Times	No
I can do things I don't feel like doing.				
I can do hard things (even if they cause me some pain).				
I can separate my feelings, my imagination, and reality in my relationships.				
I am comfortable with reasonable risks, attempts, and failures.				
I have received love I did not have to earn.				
I can give without needing to receive in return.				
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.				

ADULT-LEVEL MATURITY ASSESSMENT

Characteristic	Yes	Usually	At Times	No
I have had a rite of passage into adulthood shared by the community.				
I am comfortable in adult groups of my own gender.				
I have a peer group where I belong.				
I can partner with others.				
My relationships are marked by fairness and mutual satisfaction.				
I protect others from my power when necessary.				
I protect my personal and group identity when boundaries are violated.				
I live in a way that expresses my heart.				

PARENT-LEVEL MATURITY ASSESSMENT

Characteristic	Yes	Usually	At Times	No
I have brought others to life.				
I have an encouraging partner.				
I receive guidance from elders.				
I have peers who hold me accountable.				
I have a secure and orderly home and community.				
I can give without needing to receive in return.				
I see my family through the eyes of heaven.				
I include others in family activities.				

ELDER-LEVEL MATURITY ASSESSMENT

Characteristic	Yes	Usually	At Times	No
I have a community of people to call my own.				
I am recognized by my community.				
I have a proper place in the community structure.				
I am valued and defended by the community.				
I demonstrate hospitality.				
I give life to the "familyless."				
I help my community mature.				
I build and maintain the community identity.				