

Who's In Charge?

	CHILD	TEENAGER	ADULT
Emotions	Lives in relation to feelings. Hurt, shame, worry, anxiety, fear.	Suppresses feelings. Judgment, analysis, criticism/ sarcasm, anger.	Emotions are seen as data for needs met or unmet. Cultivates curiosity and a neutral inner witness (not a critic).
Impulse Control	Low to no impulse control.	Difficulty with sustaining impulse control.	Able to defer gratification.
Needs	Manipulates others to get needs met.	Can't stand to be needy or whining. Disconnected from needs; own or others.	Knows that unmet childhood needs get expressed as unmet needs in adulthood.
Help	Resists help; reactive.	Deflects help; enters into power struggles.	Asks for help when needed; receptive.
Relations to Other	Doesn't like to 'make waves', or, makes waves if it doesn't threaten connection. Wants everyone to like them. Unable to discern the motives of others. Idealizes others.	Makes waves regardless of impact on others. Makes waves to grab attention. Deflects love from others. Questions motives of others. Anger (mild irritation to fury) against self or others.	Sees bigger picture of how life is inter-related. Autonomous. Holds space for multiple perspectives. Carries compassion for others and self. Protective and nurturing.
Love	Will abandon boundaries to be loved.	Scared to let love in, and at the same time aches for love and connection.	Is able to be safely vulnerable to deepen self-awareness and intimacy.
Sense of Self	Has not developed a strong identity.	Anger (mild irritation to fury) against self. Lives on a limited, constricted version of life.	Interested in leaving a legacy – move into elder. Advocates for self and bigger picture in best interest of all concerned.
Dependency	Dependent	Co-dependent - or - Independent	Interdependent
Sense of Reality	Sees all perceptions as true and real.	Can't stand reality as they see it.	Thinks in gradations of gray. Maintains a big picture focus.
Sense of Responsibility	Unaware of responsibility.	Rebels against responsibility.	Takes responsibility for life's requirements: Completing tasks/ projects/ education Engaging in healthy relationships Building a career Managing money Accounting for own behavior Exploring connection to all that is
Triggers	Unformed sense of self.	Armored aspects of self or childhood wounds.	Self-regulating, self-generating and able to hold long-term success through rough patches.
Spiritual Growth	Victim (dependent upon others / situations)	Warrior (takes a stand for world view)	Master – Elder – Mentor (bigger picture insight)