



# Adult Maturity Stage

## Resource

### ADULT

**Age:** 13-birth of first child

- Your brain makes a significant change at 12

#### Primary Goals

- Taking Care of two people at the same time
  - Can take care of self
- Develop group identity

**Young Adults** are concerned with:

- Relationship
  - As children the primary relationship is with parents now peer relationships
    - Important to give them space and a place to bond to great peers
  - The survival of your group becomes more important to your brain than your own survival
  - You are now a part of a people group/identity (who are my people)
    - You know who you are by who you belong/bond to (where you fit in)
    - If you change your identity group you will adopt their beliefs and behaviors
  - You live to be a part of something bigger than yourself
  - Your brain's ability to quiet, regulate and fully control your impulses diminishes and your body produces estrogen or testosterone into your system....
  - You need the help of your community to know what you should do
    - Mentors, Multi-generational community, good peer group
- Power - Should come through responsibility - not just given
  - As you get older society gives you more and more power
    - 14 - Work
    - 16 - Drive
    - 18 - Vote, Military
    - 21 - Alcohol
- Truth
  - You are looking for what's real
  - Young adults hate hypocrisy

Mature adults have settled and are operating in all of these things

#### Adult Stage Needs

- Time to bond with peers and form a group identity
- Inclusion in their same-gender community
- Observing same-gender leaders who use their power fairly and well
- Be given important tasks by their community



# Adult Maturity Stage

## Resource

### Adult Stage Needs Continued

- Feedback on their impact
- Opportunities to share life in partnership
- Learn how to be a man/woman
  - Not just an adult
  - Roles of a man/woman
- A rite of passage

**Right of passage:** *A ceremony or ritual of the passage which occurs when an individual leaves one group to enter another. It involves a significant change of status in society.*

- It happens all around us
- In Western culture there's no right of passage from childhood to adulthood
  - Closest thing we have is graduation, but that is a celebration of achievement not maturity
- Requires people who have made the transition to recognize that you have made or are ready to make the transition as well.
  - Only other men/women can bestow manhood/womanhood.
- *Have we in western civilization substituted the Wedding ceremony for a true rite of passage into Adulthood?*

### Adult Stage Tasks

- Take care of 2 or more at the same time
- Remain relational even in difficulty
  - Keep relationships bigger than problems
- Bring self and others back to joy
- Develop a personal style that reflects his/her heart
- Learn to protect others from him/herself
- Learn mutual satisfaction
- Learn to handle sexuality in a life-giving way - to the community
- Learn how to blend roles
  - Child
  - Friend
  - Sister/Brother
  - Leader
  - Spiritual Leader
  - Warrior
  - Servant
- Partner with others
- Act like themselves in a group



# Adult Maturity Stage

## Resource

### Adult Maturity Holes: Obvious Immaturity

- May be self-centered, leaving others dissatisfied and frustrated
- May conform to peer pressure and participate in negative and destructive group activities
- May isolate or be a loner
- May be controlling, harmful, blaming, and/or un-protective of others
- May avoid, escape, or get stuck in certain emotions
- Likely addicted (to something)

When people with adult bodies are functioning below the adult level of maturity, you will know because in the end your interactions with them will never feel mutual. You will go away feeling like in order to maintain a relationship with them you will always need to give more, listen more or tolerate more than they would ever be willing to do for you.

You will rarely, if ever, see a mature adult turn to addictive behavior to cope with their stress. Adults know how to remain stable in difficult situations and can return self and others to joy. People who cannot do this will either avoid, escape or get stuck in certain emotions, crippling many of their endeavors and relationships. EX. If I avoid all anger, it eventually explodes into rage. If I get stuck in shame and failure, I may become depressed or even suicidal. And if I escape pain and rejection by doing drugs or having a sordid affair, I've only increased my misery and suffering.

Mature adults are looking for fully satisfying relationships for themselves and others. Not only am I well cared for (because I can take care of myself), but so are the people around me.

If you try to, or have to, move to Adulthood too soon, there will be a pattern of "I can take care of me OR you, but if I take care of you, I neglect myself." - that's a martyr, and a sign of a lack of maturity.

Primary Task to be completed:

**Taking care of two people simultaneously**

Primary Resulting Problem (as adult, if not completed):

**Lack the capacity to be in a mutually satisfying relationship**



# Adult Maturity Stage

## Resource

### The Life Model: Adult Maturity Indicators<sup>1</sup>

<b>Personal Tasks</b>	<b>Community &amp; Family Tasks</b>	<b>When the Tasks Fail</b>
Cares for self and others simultaneously in mutually satisfying relationships.	Provides the chance to participate in group life.	Is self-centered, leaves others dissatisfied and frustrated.
Remains stable in difficult situations and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure and participates in negative and destructive group activities.
Bonds with peers; develops group identity.	Provides positive environment/activities where peers can bond	A loner with tendencies to isolate; excessive self importance.
Takes responsibility for how personal actions affect others including protecting others from self.	Teaches young adults that their behaviors impact others and impact history.	Is controlling, harmful, blaming, and unprotected to others.
Contributes to the community; articulates "who we are" as part of belonging to the community.	Provides opportunities to be involved in important community tasks.	Does not become a life-giving contributor to the community; is self-absorbed and uses others — drains society.
Expresses the characteristics of his or her heart in a deepening personal style.	Holds the person accountable while still accepting and affirming the aspects of his or her true self.	Is driven to 'play roles", prove self to the world, get results, and seek approval.

<sup>1</sup> Chart adapted from Shepherd's House, Inc. © 2000



# Adult Maturity Stage

## Resource

### Adult Maturity Stage Assessment<sup>2</sup>

No	At Times	Usually	Always	
				I have had a rite of passage into adulthood by the community
				I am comfortable connecting to the people of my gender in my community
				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 heart
				I have a diverse set of roles and responsibilities
				I can bring two or more people back to joy at the same time
				I use my sexual power wisely
				I can proclaim my spiritual identity
				I can see others through the "Eyes of Heaven" (who God created them to be)

---

<sup>2</sup> Modified from <https://lifemodelworks.org/wp-content/uploads/2018/Maturity-Skills-Assessment.pdf>. This can also be found in *RARE Leadership*, by Marcus Warner & Jim Wilder and *The Complete Guide to Living with Men*, by E. James Wilder



# Adult Maturity Stage

## Resource

### Men's Pre-Marriage Checklist<sup>3</sup>

No	At Times	Usually	Always	
				I have a well developed adult maturity
				My labors are productive
				I give life to others with style
				I have experienced life as Brother
				I have experienced life as Friend
				I have experienced life Spiritually Leading other
				I have experienced life as Lover
				I have experienced life as Warrior
				I have experienced life as Leader
				I have experienced life as Servant
				I have experienced life as All of these together

<sup>3</sup> Modified from <https://lifemodelworks.org/wp-content/uploads/2018/Maturity-Skills-Assessment.pdf>. This can also be found in *RARE Leadership*, by Marcus Warner & Jim Wilder and *The Complete Guide to Living with Men*, by E. James Wilder