



Adults Recycle

Prenatal Stage— Becoming *From Conception to Birth*

The prenatal stage is about living and growing in health ways. The decisions to care for one's own health and to continue to grow all of our lives keeps us healthy physically, mentally, emotionally and spiritually.

BECOMING

**I celebrate
that you
are alive.**

BECOMING

**Your needs
and safety
are
important
to me.**

BECOMING

**We are
connected
and you
are
whole.**

BECOMING

**You can
make healthy
decisions
about your
experiences.**

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Recycling jobs of the adults during prenatal period:

1. To take excellent care of own physical health.
2. To re-experience needs for dependency and support
3. To update old decisions about trust.
4. To celebrate the joy of being alive.
5. To gain a familiarity with the mother.
6. To grieve any mishaps during own prenatal state of birth

BECOMING

**You can
be born
when
you are
ready.**

BECOMING

**Your
life
is
your
own.**

BECOMING

**I
love you
just
as you
are.**

peach



Adults Recycle

Stage One — Being *From Birth to about 6 Months*

The first stage is about deciding to be, to live, to thrive, to trust, to call out to have needs met, to expect to have needs met, to be joyful. These decisions are important to nourish and amplify throughout our whole lives.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Recycling jobs of the adult caring for infants:

1. To ask for care.
2. To find ways to get own needs met.
3. To accept touch that you want.
4. To accept nurture.
5. To bond emotionally, to learn to trust caring and safe adults and self.
6. To decide to live, to be, and live more fully.

BEING

I'm glad
you are
alive.

BEING

You can
grow
at your
own pace.

BEING

You
belong
here.

BEING

You can
feel all
of your
feelings.

BEING

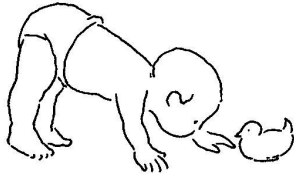
What you
need is
important
to me.

BEING

I'm glad
you are
you.

BEING

I love you
and I care
for you
willingly.



Adults Recycle

Stage Two—Doing

From about 6 to about 18 Months

Stage Two – the “doing” stage – a powerful time when it is important to learn to trust your own knowing about who is trustworthy, that it is safe and wonderful to explore, to trust your senses, to know what you know, to be creative and active, and to get support and find safe ways of doing all these things.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Jobs of the child - developmental tasks

DOING
You can explore and experiment and I will support and protect you.

- 1.To explore and experience the environment in new and safe ways.
- 2.To enhance sensory awareness by using all senses.
- 3.To signal needs; to trust others who are trustworthy; to trust self.

DOING
You can be interested in everything.

DOING
You can use all of your senses when you explore.

- 4.To continue forming secure attachments with loving, caring people.
- 5.To get help in times of distress.
- 6.To find options, remembering that not all problems are easily solved.

DOING
I like to watch you initiate and grow and learn.

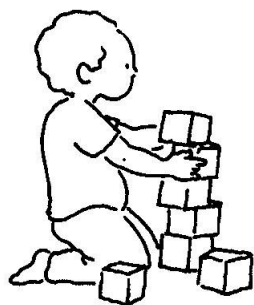
DOING
You can do things as many times as you need to.

- 7.To develop initiative.
- 8.To continue tasks from Stage One.

DOING
I love you when you are active and when you are quiet.

DOING
You can know what you know.

orange



Adults Recycle

Stage Three—Thinking *From about 18 to about 3 years*

In order to be separate and independent, adults continually learn to think and solve problems in new ways. Learning to express and handle feelings continues to be important. These lessons are the focus of State Three — the “thinking” stage.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

THINKING

I'm glad you are starting to think for yourself.

THINKING

It's OK for you to be angry and I won't let you hurt yourself or others.

THINKING

You can say no and push and test limits as much as you need to.

THINKING

You can learn to think for yourself and I will think for myself.

THINKING

You can become separate from me and I will continue to love you.

THINKING

You can think and feel at the same time.

THINKING

You can know what you need and ask for help.

Jobs of the child - developmental tasks

1. To reaffirm ability to think for self
2. To test reality, to push against boundaries and other people in safe ways when needed.
3. To expand ability to think and solve problems with cause and effect thinking.
4. To be able to follow simple or complex commands with adult evaluation, with out being adaptive or rebellious.
5. To express anger and other feelings appropriately.
6. To separate from relationships or change parts of relationships when needed.
7. To replace codependent attitudes and behaviors with self-reliance.
8. To continue to give up old beliefs about being the center of the universe and encourage esteem for self and others.
9. To continue recycling tasks from earlier stages.



Adults Recycle

Stage Four—Identity and Power *From about 3 to 6 years*

The tasks of this stage focus on learning and activities that help the person establish an individual identity, learn skills, and figure out role and power relationships with others.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Recycling jobs of adults caring for preschoolers:

1. To maintain an identity separate from others.
2. To update information about the world, himself, his body, his sex role.
3. When choosing behaviors, consider that all behaviors have consequences, positive or negative or both.
4. To exert power to affect relationships in ways that enhance self and others.
5. To learn socially appropriate behavior for new roles and situations.
6. To expand ability to separate fantasy from reality.
7. To examine own personal and cultural frame of reference.
8. To learn what he has power over and what he does not have power over and to exercise his power to support self and others.
9. To continue recycling earlier developmental tasks.

IDENTITY & POWER

You can explore who you are and find out who other people are.

IDENTITY & POWER

You can be powerful and ask for help at the same time.

IDENTITY & POWER

You can try out different roles and ways of being powerful.

IDENTITY & POWER

You can find out the results of your behavior.

IDENTITY & POWER

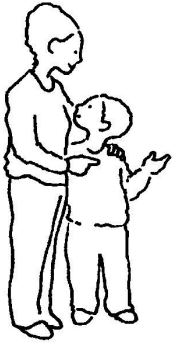
All of your feelings are OK with me.

IDENTITY & POWER

You can learn what is pretend and what is real.

IDENTITY & POWER

I love who you are.



Adults Recycle

Stage Five—Structure

From about 6 to 12 years

It's important at this stage to learn more about Structure to install our own internal structures. This includes understanding the need for rules, the freedom that comes from having appropriate rules, and the relevancy of rules. Examining the values on which our rules are based is important. Another major task of this stage is acquiring many kinds of skills.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Recycling jobs of the adult caring for 6 to 12 year olds:

1. To continue to learn skills, learn from mistakes, and decide to be adequate.
2. To expand ability to listen, look and experiment in order to collect information and think.
3. To expand one's own intuitive abilities.
4. To reason about wants and needs as we teach children the difference.
5. To evaluate family rules and learn more about structures inside and outside the family.
6. To examine the relevancy of old personal and family rules.
7. To be willing to accept the consequences of breaking rules without whining or blaming.
8. To improve skills for disagreeing with others and still be able to stay connected with them.
9. To rest ideas and values and learn options beyond the family and beyond one's own culture.
10. To examine your internal controls and be sure they are helping you accomplish what you want from your life.
11. To learn what is one's own responsibility and what is others' responsibility and to set appropriate boundaries.
12. To increase one's capacity to cooperate.
13. To choose when to test abilities against others, when against standards or when against self.
14. To identify with same sex in supportive ways.
15. To continue to recycle earlier tasks.

STRUCTURE

You can think before you say yes or no and learn from your mistakes.

STRUCTURE

You can trust your intuition to help you decide what to do.

STRUCTURE

You can find a way of doing things that works for you.

STRUCTURE

You can learn the rules that help you live with others

STRUCTURE

You can learn when and how to disagree.

STRUCTURE

You can think for yourself and get help instead of staying in distress.

STRUCTURE

I love you even when we differ; I love growing with you.

light blue



Adults Recycle

Stage Six—Identity, Sexuality and Separation

From about 13 to 19 years

The tasks of this stage focus on identity, separation and sexuality.

Directions: Read the affirmations. For each affirmation, draw a line to the job that the affirmation supports.

Jobs of the child - developmental tasks

1. To achieve a clearer separation from and connection with family of origin.
2. To practice independence in a way that enhances interdependence.
3. To remain solid, as a separate person, with own identity and values while accepting teen's values or challenging them when appropriate.
4. To be responsible for own needs, feelings, behaviors.
5. To integrate sexuality appropriately into one's current adult situation.

Identity, Sexuality
Separation

You can know who you are and learn and practice skills for independence.

Identity, Sexuality
Separation

You can grow in your maleness or femaleness and still be dependent at times.

Identity, Sexuality
Separation

You can learn the difference between sex and nurturing and be responsible for your needs and behavior.

Identity, Sexuality
Separation

I look forward to knowing you as an adult.

Identity, Sexuality
Separation

You can develop your own interests, relationships and causes.

Identity, Sexuality
Separation

You can learn to use old skills in new ways.

Identity, Sexuality
Separation

My love is always with you. I trust you to ask for my support.

dark blue