



Transformation through a Reparenting Approach

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Abstract

The concept of reparenting and its implementation during and after the rehabilitation process will be outlined in this paper with an accompanying chart elucidating the ideal parenting process from conception to adulthood. This unique procedure has evolved and been proven over a thirty year period at grass roots level.

This approach is based on the assumption that a person who has been addicted to drugs may, at some point, have stopped developing in some areas of his life. He is, therefore, deficient in basic life skills and as a result prone to relapse under stress.

The reparenting process deals with practical, physical, spiritual, emotional, psychological and social issues encountered when growing up. In a residential family setting, the recovering drug abuser can experience what he may have missed in his biological family through relationship with a new family. This takes him to the threshold of adulthood and a new purpose for his life.

Each recovering drug abuser has an individually tailored schedule and the time needed to complete the process is based on his own response and healing, in the same way that children may grow up at different rates, even within the same family. The House Leader, as a parental figure, needs to respond to the resident in an age appropriate manner. (e.g. a three year old is dealt with in a different way from a seventeen year old.) The goal in rehabilitation is to bring the recovering drug abuser into maturity so that he can function in society without recourse to inappropriate crutches.

The reparenting approach to drug rehabilitation was born out of 30 years experience caring for addicts in Hong Kong who are generally delinquent, and poorly educated. We found that the majority of available rehabilitation programmes, whether residential or not, were mainly unsuitable

for the people we wanted to help. The programmes presumed an ability on the part of the participant to read, think and share personal emotional responses. The reading and thinking aspects of these programmes are intimidating to our addict who has been unable to finish school, and can only see another failure looming when presented with questions and discussions. The sharing of his feelings is also a frightening prospect – he likely has never been encouraged to think that his feelings matter at all and usually has little ability to identify or express them.

We have had, then, to find a model in which the addict can *experience* change in and through a kind environment rather than *talking* about change in one which he finds threatening.

This new reparenting model of rehabilitation is based on the assumption that a person who has been addicted to drugs may have stopped developing in some stages of his life. He is, therefore, likely to be deficient in basic life skills which enable him to deal with times of pressure or emotional distress without resorting to drugs or an alternative addiction.

The reparenting process deals with practical, physical, spiritual, emotional, psychological and social issues encountered when growing up. God placed a child in a family so that he could learn to grow up in a safe environment with loving parents who help him navigate the different stages of childhood and adolescence. He learns to handle emotions appropriately, learns to make decisions and enter into social contracts.

In a residential, family-like rehabilitation setting, then, the recovering drug abuser can experience what he may have missed in his biological family through relationship with God and a 'new family'. It is critical that the atmosphere be home-like, and that the addict knows that he is loved and accepted above all else. He will learn that he can 'mess up' as a growing child does without being thrown out of the family. He will be dealt with kindly and firmly, and should begin to be secure enough to admit failures, frustrations and fears. He will gradually discover the roots of his pain, anger and rejection as he experiences love and understands truth.

I have included a table¹ in the Appendix which outlines the developmental tasks needed for healthy development at each stage from 'in utero' to adulthood. The adult manifestation of the successful

¹ Fabiano, Frank & Fabiano, Catherine. (2003). *Healing the Past, Releasing Your Future* (pp. 174-182). Tonbridge, Kent: Sovereign World Ltd.



completion of these tasks, as well as the results of uncompleted tasks are also shown; each stage of development has significant issues which, if not addressed may result in an insecure adult unsure of his identity. He may be self-centred and inconsiderate of others, or may lack self-discipline, have difficulty thinking effectively, solving problems and making right choices.

Since the substance abuser has generally missed out on significant issues at some stages of his life and is dysfunctional, we need to find a way to revisit these developmental processes, regardless of his current biological age. This is done in two main ways:

1. Living in a family with unconditional love

We have homes, not centres. The leaders, like parents, live full-time with the addicts, sharing their lives and accommodation. The addict is dealt with individually, and in an age-appropriate manner. Just as children in the same family often grow up at different rates, time given for the recovering addict to complete his rehabilitation is based on his own response and healing. And as in a family with children of different ages, some activities, such as meal times, storytelling, worship, outings and games, are corporate; others, such as homework, housework, hobbies and bedtimes, are individual.

The house leader, therefore, charts a daily activity programme which assists the 'child's' psychological, spiritual and social development, bringing healing and maturity, so that he can function in society without recourse to inappropriate crutches.

2. Revelation

During times of worship or listening to stories, the addict may suddenly realise:

- a) actual instances of his own wrong behaviour.* He may have had no cognitive understanding of this, but now is encouraged to meet with a 'family parent' to make disclosure, receive forgiveness and make restitution where possible. His conscience is awakened.
- b) that he has been hurt or neglected.* Again, he may have had no memory of this previously. He can meet with a 'family parent', pray and receive healing for the root of his pain or rejection.

I will illustrate this healing process through a case study which, though individual, is typical of many. I will tell his story in his own words, outlining some of the relevant issues at each stage of his new life.

The case study is recorded throughout in italics.

The Fabianos' developmental theory is outlined in box-form.

These are followed by my comments on the Fabianos' theory as it has been worked out in our rehabilitation process.²

Case Study: Jung Jai's Story

My father had four wives. I'm the son of number two wife. I only have memories of my father hitting me or giving us money. Other people feel emotional about fathers but I felt only fear or nothing. So my mother took up responsibility for raising and teaching us. We were four siblings. She had to go out to work. She was a good Chinese mum but had no idea how to train us. She thought food on the table was enough. I therefore learned on the streets to look after myself and protect myself. You could say I didn't have a childhood. I had to find a life on my own with strength and cunning. I only had four years of schooling. By twelve or thirteen I had joined the triads. By fourteen I was on drugs.

I was first in prison at age seventeen. I served four sentences which totalled over ten years. One time I was in Stanley Prison for five years. I was physically off drugs during those five years. But on release, even coming out of the prison gate, my legs began to shake and started heading towards a drug selling area. My body was as uncontrollable as if it physically needed drugs. Now I understand that, although my body was free from drugs, my thinking and my heart were not. My mind could not control my body. My heart had not decided where to go, but my feet walked themselves.

I tried suicide. I was tired of life. I wanted something different, new. I didn't know what this was, but I wanted to be new. I was not consciously looking for Jesus or a 'born again'

² Fabiano, Frank & Fabiano, Catherine. (2003). *Healing the Past, Releasing Your Future*. Tonbridge, Kent: Sovereign World Ltd.



experience but I was like a baby hungry for something I couldn't explain. I'd seen people who'd changed and had that something new and different and they told me of a Miss Poon and a Jesus who'd helped people to quit drugs and that they were in the Walled City on certain days.

Jung Jai's profile is typical of a poorly educated, grass roots addict coming from a dysfunctional family. He was, in fact, extremely bright and his skills had been honed in streetwise activities. He was unable to verbalise his feelings or intentions. He had attempted some form of quitting drugs a great number of times without success.

Jung Jai 'In Utero'

In the Walled City room I saw a bunch of people – everyone looked at me. I felt so safe. They looked at me with respect. There was love, acceptance and I was embraced. I'd never expected such a thing in this world. I thought – "This is what I want. This is what I need. Although I know nothing about it – whatever this is, I want lots of it." Then many people praised me and reassured me, told me I was useful, said they would help me. They didn't talk about the drug problem or counsel me. They hugged me. I wanted to be in this world at last – with people like that.

They said what I wanted lots of was called Jesus, so I decided I liked Him. I could not describe this as believing in Jesus – it was more like meeting Him. I received a new language (tongues) - didn't know what it was but as I spoke I had peace. One day I met one of these new friends who stayed with me for several hours while we prayed like this.

Although my body was still on drugs, I was still weak and had lots of problems. However, I had hope in my heart, "I can make it in this world. I can go on".

I waited about a month before going into the house. During that time, although still on heroin, I didn't take so much because I wanted to be more alert to receive more of what was going on in Walled City meetings. I love music and the loud songs made me feel near to Jesus as if I were being embraced. People touched me when they prayed for me. I trusted them.

A new life has begun but there may be no cognitive understanding of this. Emotionally, as with a child in the womb, the 'in utero' baby feels loved, recognises touch, recognises voices and loves music. In a healthy way he is dependent on nourishment and care from his 'mother'. (See Appendix, *In utero* - Developmental Task.)

Jung Jai came to find us in the Walled City in 1986 looking for a meaning to life. He had little or no cognitive understanding of what was happening to him but positive feelings about who he encountered there. Through this came a motivation not only to go on living but to seek a different life. This was because old friends who had changed had ascribed it to Jesus whom they had met at Miss Poon's place. He therefore had evidence a new life-style might be possible. Jung Jai felt loved and accepted, and had a place to be himself. He heard mother's voice represented by the helpers at the meeting, and father's voice through the music he loved. Because he was on drugs this was all somewhat hazy, as it would be in the womb. Warm and fuzzy. (See Appendix, *In utero* – Developmental Task/Healthy Adult Manifestation.)

Jung Jai '0-1 year'

I have had lots of addictions – methadone, medicine, heroin, drinking - and quit many times. I have had experience of detoxification with awful discomfort, but this time was so different. Every minute someone was with me, and didn't sleep. I was bathed and massaged. One of the ones who stayed with me was a foreigner who prayed for me in tongues. On day two, when I couldn't sleep, I heard her. Immediately I went fast asleep, and after, that whenever I was awake, I prayed in tongues by myself. By the sixth day I was playing football and jogging. I could eat. I could eat what and when I wanted, and joined in other activities when I felt like it. Actually, I loved the meetings. Because I had no symptoms some people said my withdrawal (cold turkey) hadn't come yet - even stated it would come later, but by ten days I was fine. My body was fine and I gained weight rapidly. In man's experience this would normally take ages, but with God I knew my body was healed and my habit was broken.



The baby emerges into a new world which may be shockingly different from the womb. He is completely dependent on his mother for nourishment, love, health and protection. He is fed on demand and his mother follows his timetable and his needs. She touches him frequently, talks to him, washes him, and responds to his cries. Music and singing soothe him. (See Appendix, *Birth to 6 Months.*)

Jung Jai was accompanied constantly for ten days and was allowed to eat and sleep on demand. He felt his needs mattered and were satisfied. As he was prayed for and prayed himself, he experienced a painless withdrawal from heroin. At this stage there was no attempt to address his mind or talk over his problems. When he seemed agitated he was treated as a baby, changing the activity to singing, bathing or massaging but never to counsel. He was able to sleep well and was physically completely changed within a few days. He began to exercise and joined the rest of the house whenever he wanted. Jung Jai seemed to respond well to worship songs - he loved both listening and singing.

Jung Jai '1-11 years'

After ten days, I learned lots of things I'd missed out on. I could play, feel, cry and even be shy – lots of feelings. I could tell the truth and be open. And I knew that whatever the circumstances I would be accepted. However naughty I was I was still in the family. As I worshipped Jesus during those three months I could feel many things being formed in my heart.

The helpers stayed in the same rooms as us, even on two tier bunk beds. They didn't have staff quarters, therefore they immediately knew what was happening in my life because they were there too. It was like a family – very safe. When problems were beginning to come up they didn't counsel but accompanied me and encouraged me to pray. Very safe.

With courage I could begin to make good decisions and choices instead of negative ones made out of shame and fear. But I still got into lots of fights – can't remember how many. In my old life when I hurt people I felt good, but now as God healed me it was my own heart which began to hurt when I fought. I also used a lot of bad language, but because we prayed and worshipped a lot I learned to speak good language. I also learned from other people in the house. (See Appendix, 3 Years to 5 Years – Significant Issues/Developmental Task.)

Fighting Stories

Ah Kau , Yiu Kwong and I were always fighting over stupid little things when we played football or when cooking. One day we were arguing about tactics on the football field until we started a fight. It was my fists first. After I hit Ah Kau two times I suddenly stopped – I didn't want to go on. Previously I would have punched him to a pulp . (See Appendix, 6 Years to 12 Years.)

I liked one of the helpers very much. Her name was Shazi. But I thought she was especially good to some other brothers. She took them to McDonalds. I was jealous and thought I would do naughty things to make her notice me. She was good to me but I was insecure and wanted more. I thought she liked Fook Sang better than me because he could speak English. So I looked for a chance to fight the English speakers. Strange though, I never did.

In New Boy House³ there were lots of opportunities for smoking, running away, skiving, etc. We were not forced to do anything but take part in house things. It was different from prison.

Before I believed in Jesus, when I felt like fighting or running or smoking or having girls, I would just do it. Now I didn't always do what I felt like. I don't know why. (See Appendix, 2 Years.)

From 1-11 years there are many important milestones in a child's development to be navigated. For instance, permission to explore, "feel-think-do", expecting answers to questions, finding own ways to do things and connecting rules to reasons. (See Appendix, 2 Years and 3 Years to 5 Years.) In this paper we are dealing with these milestones collectively, though they are individually significant and, hopefully, incremental.

After 10 days of detox, Jung Jai joined the rest of the family and participated in the daily programme which was modified to suit his own developmental needs.

³ New Boy House refers to the family home where detoxification and rehabilitation occurs.



For the next four months or so he lived in a family where he mattered and would learn and experience what he had missed in his own upbringing. Through healing prayer and the relationship with the family members, some important developmental milestones were added. He was amazed that he was still loved, and decided to change. As he grew up, the more responsibility he took, the more freedom he was granted.

He learned to admit his faults, cope with failure, use free time, participate in a regular timetable and handle choices. (See Appendix, *6 Years to 12 Years*.) His relationship with the leader of the house was the equivalent of bonding to mother. Jung Jai learned to think and not just to react to feelings by fighting, running, sulking, etc. He began to grow up. He made many mistakes, but was not asked to leave.

Fighting has clearly been Jung Jai's almost reflexive response to a strong negative inner feeling. The progression of these episodes shows the process of adding 'think' between 'feeling' and 'doing'. (See Appendix, *2 Years*.)

Our experience is that if a recovering substance abuser sails through our rehab process without hitting any major problems, the time spent there has probably been ineffective. Learning new ways, responses and habits can be tiring and trying. It is easier to climb a mountain or build a road. Physical training and work projects cannot substitute for a changed heart and mind. It is through a renewed mind that we are changed.⁴

Jung Jai 'Teenage years – 12-18'

I wanted to learn still yet new things. (See Appendix, 6 Years to 12 Years.) In my next home at Hang Fook Camp I was to experience situations from which I had been sheltered for a while. As well as the worship and recreation from my time in New Boy House we had lots more work projects and exposure. I saw things like newspapers, films and a huge range of people from all walks of life and backgrounds. It was very exciting. I now had the possibility of contact with my old girlfriend. I thought lots about sex and things like that. (See Appendix, 12 Years to 13 Years and 14 Years.)

⁴ Romans 12:2. (1985). *Holy Bible, New International Version: The NIV Study Bible*. Grand Rapids: Zondervan.

And...I started to have holidays. The first time four of us went out together. We went to Temple Street. Since moving to Hang Fook Camp I hadn't done anything wrong, so I was very surprised when they piled a huge amount of beer on the table. I didn't know what to do. Somehow I found myself saying "I won't drink and smoke with you but I can eat rice with you." So we had a meal. (See Appendix, 14 Years – Significant Issues.) I know they hadn't decided where to go afterwards, but anyway they went and left me alone. So I felt terribly wobbly in the legs and automatically found the way to my former home. I felt abandoned and disliked by my friends and felt they didn't like me because I hadn't joined in their drinking. So I bought cigarettes and beer and smoked and drank alone. I felt better after that. My first holiday was four hours and I returned to the camp punctually but smelling of smoke and beer.

As soon as I signed in I immediately had a shower to wash off the dirt. Then straight into my room. A new helper then knocked on the door but I didn't open it so he went away.

I didn't own up to this but on later holidays I found my old girlfriend. She was an addict too and we slept together several times. But after doing this I didn't feel like working so I just stayed in bed and felt guilty. When a helper asked me what was wrong I immediately told him what I'd done and how I felt. (See Appendix, 14 Years – Developmental Task.) Then the helper prayed with me and after this it wasn't as if I felt very strong but when I went out it was as if God was watching and walking with me. I didn't want Him seeing me do wrong. Although several times after that I telephoned the girl and arranged to meet her I never actually did.

By this time I had been off drugs for almost nine months and could have gone out to work. I didn't. I was given responsibility in our own workshop to set up a 'T' shirt factory. I worked out buying machines and setting up a system from design to cutting to production. Perhaps I wasn't very good at it but I wanted to try for my own sake and for the sake of others. (See Appendix, 16 Years to 30 Years.)



At this stage a close relationship with father is important to both boys and girls. In many cultures, the twelve-year-old is initiated into manhood and leaves mother's skirts. (See Appendix, *12 Years to 13 Years – Significant Issues*.) Many boys with an abusive or absent father have lost this opportunity in life. Ideally a boy at this stage seeks his father to discuss direction for life in preparing for future careers, service, marriage and family. (See Appendix, *16 Years to 30 Years*.) He learns to share his hopes and feelings and failures with both his father and mother and to take responsibility for his actions. He has much more freedom, much more accountability and much more responsibility. (See Appendix, *14 Years*.)

After four more months, Jung Jai left for another home. The first home had men and women helpers but in his new home there was more male influence. He entered the psychological and emotional development equivalent of early teenagehood when bonding to father is important.

He began to take holidays and learned to be accountable and honest in disclosing how he had spent them. He told us about the former gang members he had met, the girlfriends he had seen and how much of his mother's money he had wasted. He was developing conscience. Even at this point we would not ask him to leave if he had admitted he had taken drugs on his holiday. We would congratulate him on telling the truth and discuss with him what had happened and how to spend future holidays. We feel it a shame if a recovering addict must lie or have a drug test because he knows the penalty for drug-taking is expulsion. He must be able and he must learn to tell the truth.

Because ours is a spiritual process, those like Jung Jai who have missed bonding with father in natural life have an extraordinary opportunity to bond with Father God in an intimate way even as Jesus at this age did. We expect the recovering addict at this point to be less reliant on 'mother' (the helpers, whether male or female, in our new boy homes). This happened as he began to be personally more dependent on God, less dependent on the leaders of the house and take responsibility for his own life. Jung Jai began to set goals for his life in preparation for independence and learned to relate to others of both sexes appropriately. (See Appendix, *15 Years*.) He felt that God wanted him to serve others like himself. He therefore had a long term goal and set himself short term goals as a teenager would, taking appropriate courses in preparation for the future.

Jung Jai '18-30 years'

I was responsible for organising the whole of Lam Tin's wedding including the food. Ken was in charge of the kitchen. He was a very angry person. I explained to him how his part fitted into the overall plan. He came out of the kitchen with a chopper furious at my instruction. I wanted to pick up a chopper too. I said to myself, "Think of this wedding – you'll spoil everything". There were lots of people listening, so I put the knife down and walked off. It was the first time in my life that I had been able to do this. I was able to continue with the wedding and be the best man too. (See Appendix, 14 Years.)

Then I started to pray about the future and decided it was in my heart to help other people quit drugs like I had. When I began to train as a helper I learned things I'd never dreamed of. Helping other 'brothers' was very different from being one. I learned to be accountable, to work in a team and talk over problems and strategies with other leaders. (See Appendix, 16 Years to 30 Years.) My heart was hooked. Nothing else interested me so much so I went on and became the leader of 100 men. I had no particular ambition to buy my own home, find a job or get married. I concentrated on what I was doing. I enjoyed it.

Once I had a dream. It was of a fire. We seemed to spend lots of time putting out fires in our work. In my dream God said, "You don't need to be a fireman. You can train men to prevent fires instead of firefighting". I was terribly excited about it and wrote down a strategy in a notebook. This later became known as Gideon (soldier) Camp where we trained boys to become men. (See Appendix, 16 Years to 30 Years – Adult Manifestation.) I felt like a man too, at last. But I still had disappointments and failures. When that happened I looked for God first and then a helper at Hang Fook Camp whom I could talk to at any time.

During one period, a whole group of twelve refused to talk with me or sit at the same table. I was hated. I loved gardening, and one awful morning I woke up to find my beautiful flowers cut and trashed. I picked them up and put them in my room and felt so sad. I thought "I'm learning. This is difficult, but I am growing up."



Our new man is now psychologically and emotionally ready for independent living, adulthood, healthy social relationships and the beginning of a career. He leaves his family members whom he loves but is not dependent upon them. However they will support him and discuss his problems without controlling him. He can visit home whenever he likes. When he encounters stress, disappointment, a difficult boss or bereavement, he can now process his emotions by himself. He does not need to revert to his former thoughtless behaviour by seeking gratification or escape in inappropriate or anti-social ways. (See Appendix, *16 Years to 30 Years.*)

Jung Jai gained more skills and grew in confidence initiating his own ideas and strategies for working these out. The heart-wrenching flower episode serves to illustrate the strength of the inner values and convictions directing outer behaviour in the many challenges he was facing.

POSTSCRIPT

Now I have a beautiful wife and two children. Perhaps now come the hardest lessons. With my family I cannot preach. They live with me! I must learn to talk with them and understand and consider their feelings and what they think of me. Although I'm my children's father, I'm not necessarily right all the time. I have to learn everything from scratch. I talk to God and other friends and people I can be honest with and who will help me.

I love this new life. It's more than I ever could have imagined or thought of. I have a feeling of excitement – it keeps me going in the difficult times – and I won't give up. God will always help me find a way.

We have transformation. We have a truly 'new man'. We have a fully-functional adult. He has a hope and a future.

APPENDIXStages of Child Development¹

Stage of Life	Significant Issues	Developmental Task (needed for healthy development)	Healthy Adult Manifestation	Developmental Wounding	Unhealthy Adult Manifestation
In utero	Existence: To be/Not to be Acceptance/Rejection Belonging/Not belonging	Bonding/Connecting with mother Receive acceptance Receive birthright Embrace life Embrace intrinsic identity	Secure in existence and life Secure in belonging Secure in acceptance Secure in intrinsic identity	Needs ignored Existence discounted Treated with ambivalence or rejected Lack of or insufficient bonding Abandoned Abortion attempt or threat	Existence issues Autistic "behaviours" Rejection issues Oppressed by death Anxiety disorders/ Insecurities Panic attacks
Birth to 6 Months	Existence/Basic trust Self-concept foundation Problem solving foundation Foundation for communication	Healthy symbiosis with mother Unconditional love Define internal and external existence Integrate feeling, thinking, doing Incorporate communication skills	Establish healthy relationships Secure in relationships Identify feelings/ Healthy expression of feelings Aware of internal and external boundaries Trust in others	Disturbances in symbiosis with mother Parent-imposed feeding schedules Parent-imposed expectations Inappropriate response to cry Reaction that increases discomfort Unresponsiveness Internal disturbance and pain	Rage Discount problems Difficulties in relationships Lack ability to trust Problems with thinking and problem solving Discount feelings Poor self-concept Unable to communicate needs
6 Months to 18 Months	Exploration: mobility Initiative, motivation, creativity Concept learning	Permission to explore Protection in exploration Explore self-motivation Learn spatial and conceptual relationships Explore self-initiative Unconditional positive affection	Self-motivated, self-initiated Healthy social interaction Accept own wants and needs Balance in caring for self and others	Unhealthy symbiosis/ Learn dependency Lack of protection in exploration Restricted mobility Frequent punishment or discipline Performance expectations Premature toilet training	Lack motivation and initiative Lack impulse control Problems with control Lack self-control Feelings seen as problems and discounted until build up to eruption Relationships are symbiotic Man-pleasing/ Overadaptive
2 Years	Thinking – Feel, Think, Do Anger, opposition, rebellion Independence, thinking Establish "Social Contract" Separation; control Cooperation v. competition	Initial breaking of symbiosis Establish separateness Incorporate "Social Contract" Learn limits and boundaries Appropriate conversational and social behaviour learned	Considerate of others Think effectively; problem solver Submit to rightful authority Self-disciplined, cooperative Synergistic relationships*	No discipline or expectations Consequences of behaviour not taught Expectations too high or enforced with extreme pressure Parents demand dependency Anger not confronted and dealt with Control issues not confronted Inappropriate modeling of anger by parent No clear boundaries/	limits Inconsiderate of others Lack of self-discipline Oppositional, competitive, controlling Symbiotic in relationships Self-centred Difficulty thinking effectively and problem solving Anger that discounts others



Stage of Life	Significant Issues	Developmental Task (needed for healthy development)	Healthy Adult Manifestation	Developmental Wounding	Unhealthy Adult Manifestation
3 Years to 5 Years	Identity: How to fit in Sex-role identification Effect on relationships Information gathering Social and conversational skills	Identify with healthy role model Appropriate answers to "why" Information seeking encouraged Connections made between feeling and thinking Learn to define and label feelings Appropriate conversational and social behaviour learned	Acceptance of identity Healthy sex-role identity Secure in social situations Strong connections with feeling, thinking, problem solving Social and conversational appropriateness	Lack of healthy role models Sexual abuse Inconsistent, unstructured parenting Parenting excludes child's thinking Fear reinforced or used against child Socially appropriate behaviour not taught Sense of righteousness affronted	Overadaptive/self-righteous Self-righteous/legalistic Sex-role confusion Inept in social situation Poor connections between feeling, thinking, doing/ problem solving Lack social and conversational skills Rejection of identity Fear used to motivate self Over-adapt to others Oppressed by spirit of fear
6 Years to 12 Years	Argue, hassle, disagree Competition Skill learning	Establish separate identity Find own methods of doing things Life skills surveyed and developed Learn how to learn Task priority and completion Values and rules connected to reasons	Prioritise activities/ Complete tasks Creative in problem solving Healthy development of social and emotional skills Strong sense of values and rules, applied with grace Confident in own methods of doing things Secure in challenges of life	Rules and values too rigid Rules or values lacking or inconsistent Unable to argue rules with reasons Made to stick to one task or activity Starting and stopping projects not taught Punishment harsh and unjust	Inflexible with rules and values Problems with task priority and task completion Addictive personality traits Passive/aggressive behaviour Compelled to war against injustice Use feelings on others to control Use feelings on self to punish; guilt ridden Insecure in gifts and callings
12 Years to 13 Years	Revisit in utero to 18-month-old issues Time structuring Task priority Relationship skills Leaving mother's skirts Bonding to father	Adjust, refine, finalise in utero to 18-month-old tasks Internalise appropriate time structure Learn to get needs met by asking Establish order in life Explore social involvement	Incorporate and integrate: in utero to 18-month-old resolutions Appropriate time structure Healthy task priority	In utero to 18-month-old-tasks unresolved Incapacitate self with feelings Time structure lacking Lack of or insufficient boundaries Overprotected from natural consequences of behaviour Hypocrisy	Struggle with in utero to 18-month-old issues Insecurity with self and life Symbiotic/unhealthy relationships Insecure with limits Problems staying on task Addictive personality structure No discernment

Stage of Life	Significant Issues	Developmental Task (needed for healthy development)	Adult Manifestation	Developmental Wounding	Unhealthy Adult Manifestation
14 Years	Revisit 2-year-old issues Test life values Begin defining life goals	Adjust, refine, finalise 2-year-old tasks Final breaking of symbiosis: separation Finalise "Social Contract" Final incorporation of values Learn to manage anger in healthy way	Incorporate and integrate: 2-year-old resolution Independence "Social Contract" Accept responsibility for self Anger is managed constructively Integrity in real life values	2-year-old tasks unresolved Discipline lacking Anger not confronted Limits and boundaries not enforced Dependency fostered Symbiosis reinforced Hypocrisy	Struggle with 2-year-old issues "Social Contract" weak or lacking Narcissistic; self-centred Control by domination, intimidation and/or manipulation Destructive competition Dependent on others Addictive personality structure Lack integrity in real life values
15 Years	Revisit 3-5-year-old issues Sex-role identification Preparation for life goals	Adjust, refine, finalise 3-5-year-old tasks Sex-role identity in relationships	Incorporate and integrate: 3-5-year-old resolution Security in identity Effective relationship skills	3-5-year-old tasks unresolved Sexual exploitation/abuse Unhealthy or unrighteous role models Consistent failure in relationships Reinforce inappropriate sex-role identification Hypocrisy	Struggle with 3-5-year-old issues Absence of real life values Insecure and/or confused sex-role identity Socially inept Addictive personality structure Function legalistically
16 Years to 30 Years	Revisit 6-12-year-old issues Integration Adolescent resolution Training for life goals	Adjust, refine, finalise 6-12-year-old tasks Establish profession/occupational skills, life skills Independent/Dependent struggle resolved	Incorporate and integrate: 6-12-year-old resolution Strive to improve in profession and occupation Train and mentor others Dynamic, continuous growth toward maturity	6-12-year-old tasks unresolved Independence discouraged Control/inhibit separation/independence Skill learning not provided or encouraged Hypocrisy	Struggle with 6-12-year-old issues Struggle with immaturity Rigid and inflexible Passive-aggressive lifestyle Activities exclude opposite sex Addictive personality structure

*Synergy: (1) The working together of two (or more) to produce an effect greater than the sum of the individual effects.

¹ Fabiano, Frank & Fabiano, Catherine. (2003.) Healing the Past, Releasing Your Future (pp. 174-182). Tonbridge, Kent: Sovereign World Limited.