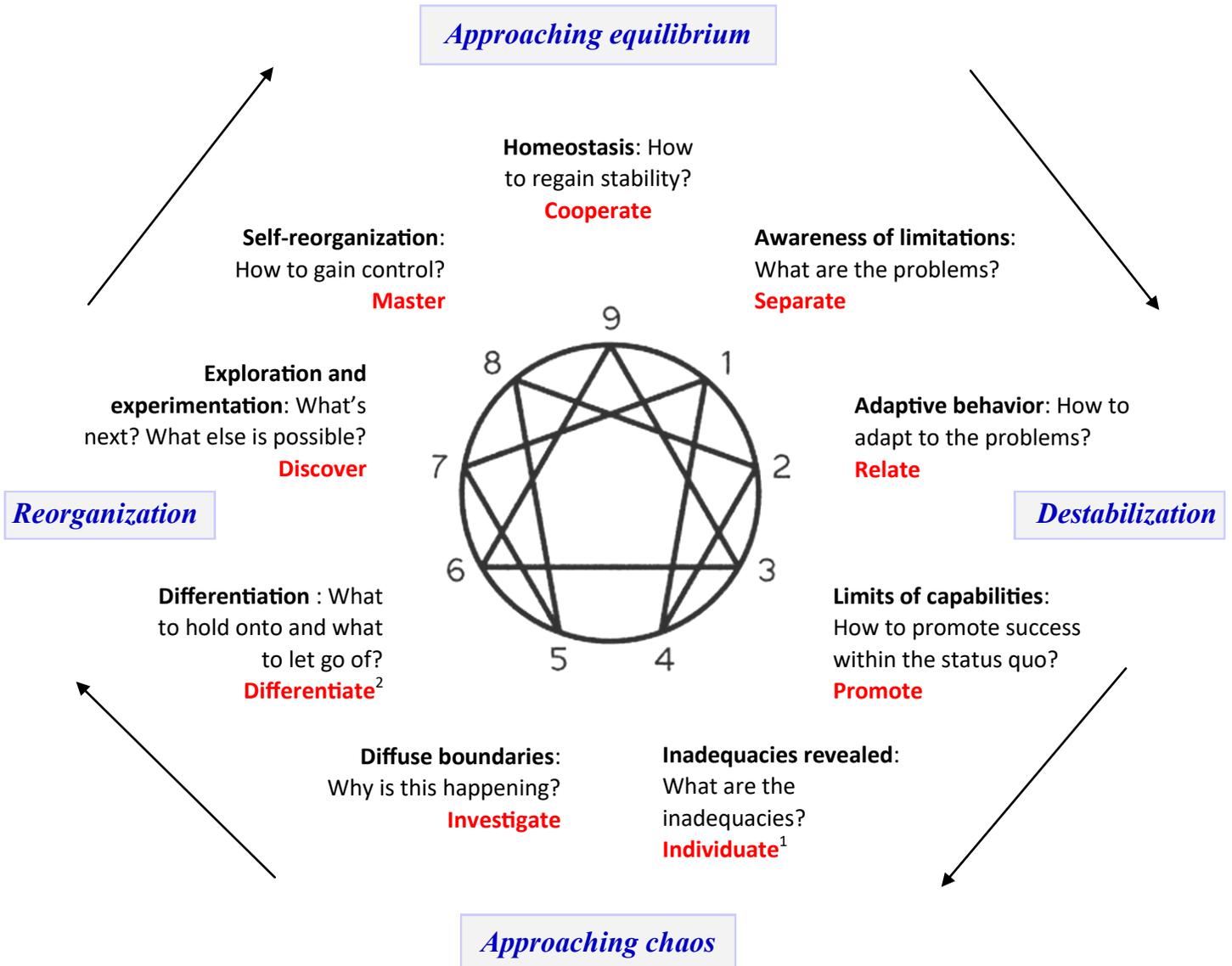


Change Cycle

The Cycle of Life: Developmental Tasks



²**Differentiate:** to honor our unique differences and discover our unique contributions; a person's ability to maintain a sense of individuality in close proximity to people they care about, to not react to others' reactivity, and to self-regulate emotionality so discernment can be used to tolerate pain for growth; the developmental process of balancing the drive for autonomy and the drive for relationship

¹**Individuation** – breaking down social contracts so that the individual is free to make new connections that are more supportive of the emergent self