

Developmental Tasks

1	Separate	Separate ourselves from the larger system and individual parts from one another so we can discern what supports growth, evolution and health from what doesn't; systems and individuals do not do not change as a unified whole; they separate into smaller parts so distinctions about particular relationship patters, and the values and beliefs that inform those behaviors can be examined with more discernment (1 – p.189-90)
2	Relate	To have or establish a reciprocal interaction with someone or something else; essential compassion compels and assists the enhancement of our relating (2 – p.195)
3	Promote	To cause to move forward or upward, as toward a goal, and do what is needed to bring about improvement, progress or growth, including urging others to adopt that idea and establish it as part of the organization of that system (3 – p.200)
4	Individuate	Breaking down social contracts so that the individual is free to make new connections that are more supportive of the emergent self and greater personal choice and freedom; it is the recognition that although we participate in larger systems, we are separate individuals with unique ways of experiencing and contributing to life (4 – p.204); individual developmental process
5	Investigate	To perceive and comprehend the nature and significance of something; to understand something thoroughly by experiencing it through a variety of perceptual positions (5 – p.211)
6	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 (6 – p.214-15); family-level variable dealing with patterns of distance regulation
7	Discover	Notice and learn something for the first time; learning emerges out of our intention to expand our understanding and ways of living (7 – p.222)
8	Master	Acquire or demonstrate facility in a specific activity implying skill, adeptness, artistry, expertise, proficiency and technique; with mastery comes authority (5 – p.211)
9	Cooperate	to work together or act together in association with others form common purposes or benefits; involves minimizing conflict and maximizing harmony (9 – p.186)