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| Age Range | Developmental Stage\Goals | Trauma Description | Your thoughts and Reactions to trauma  (How it affects you now) |
| Birth-2 years | Trust /Attachment |  |  |
| 2-3 years old | Independence, Confidence |  |  |
| 3-5 Years old | Self-Esteem, Self-Assurance |  |  |
| 5-8 Years old | Working with others,  Self-esteem |  |  |
| 8-12 years | Self-esteem, learning empathy |  |  |
| 12-14 years | Problem-solving, developing positive self-image, identity |  |  |
| 14-17 years | Goal-setting abilities, maturity |  |  |
| 18-22 years | Trust, attachment, Connections with others outside of family, Confidence |  |  |
| 23-28 years | Developing loving relationships, adult identity, determining new roles |  |  |
| 29-33 years | Strengthening, adapting to new social roles , physical Changes |  |  |
| 34-38 years | Problem-solving abilities with partners, co-workers |  |  |
| 38 years-41 years | Self-satisfaction, work pride |  |  |
| 42-48 years | Self-pride, Confidence about accomplishments |  |  |
| 49-55 | New Goals Setting-Optimism, Coping with physical changes and changing roles |  |  |
| 56 years + | Reflecting on life in positive way |  |  |