

# CONTENTS

Acknowledgements . . . . .	xi
To the Reader . . . . .	1
<b>How to Use This Book: A Quick-Start Guide</b> . . . . .	11
Life At the Target Stages: How Good Can It Be? . . . . .	19

## **Part I: The Seven Stages: What They Are and How to Climb Them**

<b>Introduction to the Seven Stages</b> . . . . .	25
To Get the Most Out of the <i>Stage Climbing</i> Process . . . . .	28
Your Default Stage . . . . .	29
Your Hooks . . . . .	30
<b>Chapter 1: Stage One</b>	
<b>Your Dependent Self</b> . . . . .	35
Climbing Out of Stage One: What You Need to Know . . . . .	46
Why Do We Retain Our Stage One Hooks? . . . . .	48
Taking the Initiative: Climbing Out of Stage One . . . . .	49
<b>Chapter 2: Stage Two</b>	
<b>Your Primitive Self</b> . . . . .	53
Climbing Out of Stage Two: What You Need to Know . . . . .	64
Why Do We Retain Our Stage Two Hooks? . . . . .	66
Learning Your Limits: Climbing Out of Stage Two. . . . .	68

## vi STAGE CLIMBING: THE SHORTEST PATH TO YOUR HIGHEST POTENTIAL

### Chapter 3: Stage Three

<b>Rule Abider</b> . . . . .	71
Climbing Out of Stage Three: What You Need to Know . . . . .	81
Why We Retain Stage Three Hooks and When They Might Come In Handy . . . . .	83
Awakening to New Ideas: Climbing Out of Stage Three . . . . .	84

### Chapter 4: Stage Four

<b>Approval Seeker</b> . . . . .	87
Climbing Out of Stage Four: What You Need to Know . . . . .	98
Why We Retain Stage Four Hooks and When They Might Come In Handy . . . . .	102
Accepting Yourself: Climbing Out of Stage Four . . . . .	103

### Chapter 5: Stage Five

<b>Role Juggler</b> . . . . .	107
Climbing Out of Stage Five: What You Need to Know . . . . .	118
Why We Retain Stage Five Hooks and When They Might Come In Handy . . . . .	121
Rising above Your Roles: Climbing Out of Stage Five . . . . .	122

### Understanding and Maximizing Our Target Stages:

<b>Six and Seven</b> . . . . .	125
--------------------------------	-----

### Chapter 6: Stage Six

<b>Passion Is Your Path</b> . . . . .	127
Living Your Passions: Strengthening Everything Stage Six . . . . .	148

### Chapter 7: Stage Seven

<b>Benevolence Is Your Calling</b> . . . . .	155
A Perspective on the Target Stages . . . . .	173
Going Beyond Yourself: Expanding Everything Stage Seven . . . . .	174

**Part II: Calibrating Your Stage Climb:  
The Shortest Path from Where You Are Now  
to Where You Want to Be**

**Calibrating Your Stage Climb** . . . . . 179

**Chapter 8 : Your Master Settings**

***Fine Tuning the Basic Calibrations of Your Life by the Stages*** . . . . . 183

Your Ultimate Master Goals . . . . . 184

Your Default Stage . . . . . 186

Stage at Which You Are Operating in a Specific Life Area . . . . . 188

Attitudes or Beliefs behind Hooks That *Disrupt* Your Stage Climb . . . 190

Your *Ideal* Attitudes for Removing a Lower-Stage Hook  
and Climbing to a Higher Stage . . . . . 192

How Conflict Is Typically Handled. . . . . 194

How You Would Define Happiness and Success . . . . . 196

What Motivates You . . . . . 198

What You Are Typically Needing and Seeking . . . . . 200

To Problem Solve (Where You Would Typically Turn for Help) . . . . . 202

How to Respond Optimally to Adults Who Are Operating  
at Each Stage . . . . . 204

**Chapter 9: Your Emotions**

***What Triggers Anger, Anxiety, Depression and Grief at***

***Each Stage?*** . . . . . 207

What Typically Triggers Anger in You at Various Stages . . . . . 208

What Typically Triggers Anxiety in You at Various Stages . . . . . 210

What Typically Triggers Depression in You at Various Stages . . . . . 212

How Grief (over Loss) Is Typically Handled By the Stages . . . . . 214

**viii STAGE CLIMBING: THE SHORTEST PATH TO YOUR HIGHEST POTENTIAL**

**Chapter 10: Your Values**

***Personal Issues and Attitudes along with Other Common States of Mind by the Stages*** . . . . . 217

    Typical Best Attitudes about Your Career and the Work You Do. . . . . 218

    Typical Reasons for Making Job or Career Changes . . . . . 220

    Your View of Charity. . . . . 222

    Your Attitude Regarding the Environment. . . . . 224

    Your View of Self . . . . . 225

    Your View of Spirituality . . . . . 226

    Your View of the Purpose of Wealth. . . . . 228

**Chapter 11: Your Relationships**

***Understand Family, Friendships, Love Relationships, Marriage, Parenting, and Sex, by the Stages*** . . . . . 231

    Families . . . . . 232

    Friendships . . . . . 234

    Love Relationships/Marriages . . . . . 236

    Good Parenting (that is age/stage appropriate) . . . . . 238

    Parenting (By the Stages of the *Parents*) . . . . . 240

    How Adult Children View Taking Care of Their *Aging* Parents. . . . . 242

    Your Attitudes about Sex . . . . . 244

**Chapter 12: Your Career**

***Selected Occupations and Professions through the Lens of Each Stage***. . . . . 247

    Actors, Athletes, Musicians, and Other Performers . . . . . 248

    Attorneys . . . . . 250

    Business Owners. . . . . 252

    Construction and Tradespersons . . . . . 254

    Executives/ Managers . . . . . 256

    Military/ Law Enforcement Personnel. . . . . 258

    Physicians, Nurses, and Other Health Professionals . . . . . 260

Politicians . . . . .	262
Psychotherapists . . . . .	264
Teachers/ College Professors . . . . .	266
Writers and Speakers . . . . .	268
<b>Chapter 13: Organizations and Institutions</b>	
<b><i>They Operate by the Stages Too</i></b> . . . . .	271
Business Organizations . . . . .	272
Government by the Stages . . . . .	274
Miscellaneous Organizations . . . . .	275
Schools at the Various Stages . . . . .	276
A Tongue-in-Cheek Calibration for Travel Agencies . . . . .	278
<b>Chapter 14: Stage Climbing in Action</b>	
<b><i>Reach Your Target Stage in Any Chosen Area of Your Life and</i></b>	
<b><i>Much More with These Breakthrough Strategies</i></b> . . . . .	281
Make Your Default Stage Match Your Target Stage . . . . .	282
Manage or Remove a Hook . . . . .	289
Resolve a Specific Issue, Problem, or Dilemma . . . . .	297
Make a Decision . . . . .	302
Define “Yourself” by the Stages . . . . .	304
<b>Epilog: Embracing Your Seven Stages</b> . . . . .	309
References . . . . .	311
Selected Books and Audio Programs by Dr. Michael Broder . . . . .	313
About the Author . . . . .	315

