

# Start Your Stage Climb

## ***What is Stage Climbing?***

*Stage Climbing* is a simple *system* for resolving---in the shortest time possible---the issues that stand between where you are now and where you would be if you were operating at your highest potential in whatever parts of your life that you'd like to work on. The *Stage Climbing* process involves learning and applying specific strategies to help you develop new attitudes, beliefs and behaviors consistent with exactly where you want to be in your life.

***What issue, or part of your life would you like to work on?***

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## **Some Stage Climbing Terms:**

### **What are the Stages?**

Stages are simply levels of maturity that pinpoint the degree to which you have evolved *in a given life area*. **Think of your stages as benchmarks or plateaus. They can explain practically any aspect of who you are or why you think or act as you do in that part of your life.** There are seven possible stages in any life category, numbered from one to seven. At times, most people are able to recognize various parts of themselves in each stage. For example, you could be simultaneously operating at different stages with respect to your career, love relationship(s), as a parent, socially, spiritually, and/or sexually, etc.

### **What is a Default Stage?**

**The stage that defines how you typically—but not always—function with respect to a given aspect of your life.** Consider this as a rough measure of your actual degree of maturity in any life area that you choose to look at. Your default stage in a part of your life may or may not be the same as your chronological age. If your default stage is lower than what is age appropriate, it can explain much about your patterns and where you may be stuck. Thus, *your level of maturity* (only for that area of your life, of course) is simply what you recognize as your default stage as compared to your actual age. **Generally speaking, the higher the default stage in a life area, the better.**

### **What is a Target Stage?**

This is the stage from which you would most *like* to operate. **Think of it as a goal.** Your target stage in any life area is **the zone in which you are most likely to be living life at your highest potential.** When you are operating out of your target stages, you are using the best parts of yourself to accomplish almost anything!

### **What are Hooks?**

**Any part of you that is uncharacteristically in a stage higher or lower than what your default stage would indicate.** Some hooks can be highly beneficial, while others can be extremely counterproductive. Thus, hooks could propel you forward or hold you back. **Think of your hooks as things you sometimes do, feel or believe that are anomalies or exceptions to how you normally operate** via your default stage.

## **The Seven Stages:**

*Which stage(s) do you most relate to with respect to the issue or part of your life that you listed above?*

**Stage One-** Only possible stage during **infancy**; later can potentially render one profoundly **dependent** upon others and result in feelings of inadequacy and victimhood. Stage One hooks in adulthood could be experienced as neediness and dependency on others, being self-centered, and/or even addiction to

people or substances. Feelings associated with this stage may include helplessness and/or hopelessness as well as thoughts about being incompetent, inadequate, fragile or ineffective. Often, Stage one hooks stay in place due to lack of motivation, energy or ambition; chronic illness or disability, or even the unwillingness to give up the “rewards” of victimhood.

**Stage Two-** Typical stage for **toddlers**; thereafter, a life without internalized limits can result in **primitive** and **undisciplined** behavior, extreme self-centeredness, the tendency to act out and create much chaos for yourself and others. Stage Two hooks sometimes result in the disregard for rules or consequences, excessive risk-taking and acting out without regard to the effect those actions have on other or even yourself.

**Stage Three-** Usual stage through **late childhood**; thereafter can morph into various degrees of an authoritarian personality and/or **rigid rule abider** who is extremely inflexible regarding rules and ideas. Sometimes Stage Three hooks serve to keep you within your comfort zone in order to avoid anxiety, but at the cost of larger goals.

**Stage Four-** Typical stage throughout **adolescence**; as an adult, can result in anxiety, depression, self-doubt, alienation, shame, and a wide variety of neurotic and **approval-seeking** behaviors. Stage Four hooks may prompt you to seek acceptance and approval from others, often to your own detriment. Rejection and failure can feel intolerable at Stage Four.

**Stage Five-** Typical stage for an **adult** in our society, where you often think of yourself as a **role juggler**, or the sum of all your life roles. Your characteristic view of life at this stage is often **comfortable**, **dispassionate**, or **neutral**. This stage offers the ideal attitudes and frame of mind to function best, while doing what is merely necessary to keep your life together in order to live in the higher stages. While a Stage Five frame of mind is important to have at times with respect to certain relationships and activities, it often results in disappointment when you expect higher degrees of fulfillment than this stage can deliver. Stress, boredom, underwhelm and overwhelm are usually byproducts of Stage Five.

**Stage(s) at which you are currently operating with the issue, or part of your life you are working on:**

Stage 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_

**Please refer to the *Beliefs and Affirmations* for the stage(s) that you identified.**

## The Target Stages:

**Stage Six- Mature adult** (determined not by chronological age but by the way you conduct your life) with a strong integrity and sense of self. At Stage Six, you rise *above* your roles; and operate according to your own **unique internally generated values and passions**. To the extent that these become your driving forces; genuine spirituality, fulfillment, and happiness result. This is the stage in which you love, enjoy, excel, and create in your own distinctive way. You are operating out of Stage Six whenever you are doing what you truly enjoy. That includes when you are acting in accordance with your purpose, calling and the core that holds all of the diverse areas of your life together as well as whenever you are feeling the best about yourself and motivated by your passions and desires.

**Stage Seven- The highest stage attainable.** You are beyond *needing* self-gratification, and find fulfillment as a result of your **benevolence** and your unique contribution to others, to the world, and to how you can be an agent of change in some large or small way. At Stage Seven, your purpose outside of yourself has more importance to you than what is purely in your own self-interest.

**Choose your target stage(s)---i.e., your goal--- for the issue or part of your life you are working on:**

Stage 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_

**Please refer to the *Beliefs and Affirmations* for the target stage(s) that you identified.**

