

## **Additional Life Model Resources**



				<b>Infant stage Motivations and Regulations</b>
No	Sometimes	Usually	Always	
				I have experienced strong, loving, caring bonds with mother/a women.
				I have experienced strong, loving, caring bonds with father/a man.
				Important needs were met until I learned to ask.
				Others took the lead and synchronized with me and my feelings first.
				Quiet together times helped me calm myself with people around.
				Important people have seen me through the "eyes of heaven."
				I can both receive and give life.
				I receive with joy and without guilt or shame.
				I can now synchronize with others and their feelings.
				I found people to imitate so that I now have a personality I like.
				I learned to regulate and quiet the "big six" emotions:
				Anger
				Fear
				Sadness
				Disgust
				Shame
				hopeless/despair
				I can return to joy from every emotion and restore broken relationships.
				I stay the same person over time.
				I know how to rest.

From *Living With Men* by Jim Wilder arranged by Ken Smith

				<b>Child stage Competency</b>
No	Sometimes	Usually	Always	
				I can do things I don't feel like doing.
				I can do hard things (even if they cause me some pain.)
				I can separate my feelings, my imagination and reality in my relationships.
				I am comfortable with reasonable risks, attempts and failures.
				I have received love I did not have to earn.
				I know how my family came to be the way it is--family history.
				I know how God's family came to be the way it is.
				I know the "big picture" of life with the stages of maturity.
				I can take care of myself.
				I ask for for what I need.
				I enjoy self-expression.
				I am growing in the things I am good at doing (personal resources and talents.)
				I help other people to understand me better if they don't respond well to me.
				I have learned to control my cravings.
				I know what satisfies me.
				I see myself through the "eyes of heaven."

<b>Adult stage</b>			
No	Sometimes	Usually	Always
			I have had a rite of passage into adulthood by the community
			I am comfortable relating to the same sex community
			I have a peer group where I belong
			I can partner with others
			My relationships are marked by fairness and mutual satisfaction
			I protect others from my power when necessary
			I protect my personal and group identity when boundaries are violated
			I live in a way that expresses my heart
			I have a diverse set of roles and responsibilities
			I make important contributions to my family and community
			I can bring two or more people back to joy at the same time
			I use my sexual power wisely
			I can proclaim my spiritual identity
			I can see others through the "eyes of Heaven."

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<b>Pre-marriage Check List for Men</b>			
No	Sometimes	Usually	Always
			I have a well developed adult maturity
			My labors are productive
			I give life to others with style
			I have experienced life as:
			Brother
			Friend
			Priest
			Lover
			Warrior
			King
			Servant
			All of these together

				<b>Parent Stage</b>
No	Sometimes	Usually	Always	
				I have brought others to life
				I have an encouraging partner
				I receive guidance from elders
				I have peers that hold me accountable
				I have a secure and orderly home and community
				I can give without needing to receive in return
				I see my family through the eyes of heaven
				I include others in family activities
				I am present with my family
				I am protective of my family
				I am attentive to my family
				I am calming to my family
				I enjoy my family
				I comfort my family
				I help my children mature
				I can synchronize the needs of wife, children, family, work & church

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				<b>Elder Stage</b>
No	Sometimes	Usually	Always	
				I have a community of people to call my own
				I am recognized by my community
				I have a proper place in the community structure
				I am valued and defended by the community
				I demonstrate hospitality
				I give life to the “familyless”
				I help my community mature
				I build and maintain the community identity
				I don’t abandon when I disengage
				I share others’ feelings but still know who I am and who they are
				I continue to be the same person when provoked or tempted
				I bear up well under:
				Misunderstandings
				Accusations
				Rage
				Contradictions
				I see some of what God sees in every situation
				I enjoy what God put in each and everyone
				I live transparently and spontaneously
				I build and rebuild trust



# The LIFE Model of Redemption and Maturity

So hurt people wouldn't spend their lives simply recovering and "getting by," a small but dedicated group of pastors, counselors, prayer ministers, deliverance workers, abuse survivors, support people and parents looked, studied and prayed their way to a model that would guide us from birth to death—a LIFE model.

A growing number of books, tapes, videos, conferences and training seminars use aspects of the life model but its essentials are found in a small book called *The Life Model: Living From The Heart Jesus Gave You*. This book has been translated in several languages. The LIFE Model is used around the world for trauma treatment, addiction recovery, community development, church design, child rearing and Christian missions.

The LIFE Model is, as its name implies, a model for life from conception to death. It is an idealized model, that is to say, it proposes what life should be like rather than describing what life on earth generally produces. The LIFE model suggests that people need five things in order to thrive:

1. A place to belong
2. To receive and give life
3. The capacity to recover from things that go wrong (desynchronizations)
4. To mature as they get older
5. To live from their identities (hearts)

These elements develop when we share joy and sorrows together as natural and spiritual families in peaceful homes. The LIFE Model covers both our growth and recovery. These five elements apply whether we consider physical growth, emotional growth, family growth, community growth or spiritual growth. Taken in order from one to five, these elements are needed for strong and healthy human growth. Taken in reverse order, starting with living from our true identities, these same elements form an excellent diagnostic grid for a failure to thrive.

By understanding the causes for failures to thrive we can design a restoration process. The LIFE Model explains how to restore our identities as individuals, families and communities so that we live from a completely synchronized and authentic identity we call "the heart that Jesus gives us." This authentic identity is as much communal as it is individual.

Deep in the right hemisphere of every human brain is a control center that develops during the first two years after conception. This center will run our lives and bodies and, provided we develop a strong one, will see us through the tempests of life. We seek to train and restore this control center. With it we can regulate our emotions, act like ourselves and stay synchronized inside and out.

We become traumatized when the emotional intensity of life exceeds our capacity to maintain synchronization between the four levels of our control center. Thriving means building a strong control center through joyful attachment bonds that bring peace and return us to joy when we become upset.

We develop our identities by responding and resonating when we see the characteristics we possess expressed by an older and more experienced person. Identity is propagated like cuttings from live plants and not grown from seeds. This way of growing an identity by receiving the life passed on from one who went before is true for us at a physical level just as it is at an emotional and spiritual level.

What makes the LIFE Model a Christian model is a division between redemption and maturity. While most people will agree that not everyone matures correctly, some would say that all human beings could reach their

full maturity by purely human means. Christians would say, “not without help.” Some believe that everything needed for full human maturity is already contained within each person. Christians would say, “Something is still missing.”

It takes a mutual effort between people and their God to fully live and experience life as it was meant to be lived. God clearly separates divine areas of responsibility from human areas of responsibility. Humans are responsible for maturity. God is responsible for redemption.

The LIFE Model is a profoundly Christian blueprint for wholeness for individuals, families, churches and communities across the lifespan.

The LIFE Model is a unifying approach to ministries of counseling, recovery, pastoral care, prayer ministry, deliverance, inner healing, child rearing, body life and health.

The LIFE Model is used internationally for substance abuse recovery programs. It has been widely used as a church model. Missions have adopted the model for the restoration of missionary children. Almost every major ministry that deals with trauma and abuse victims in the USA uses and distributes the LIFE Model as part of their teaching.

The theory behind this book was developed at Shepherd’s House Inc. in California. Pastors, counselors, prayer team members, lay leaders, people in recovery and an international advisory panel from many traditions and theoretical perspectives worked together to formulate this profoundly Christian view of life.



# Where can I learn more about the Life Model?

## **[www.lifemodel.org](http://www.lifemodel.org)**

Overview of the Life Model, downloads, handouts, resources in various languages, materials for sale, training, staff, events, contact information, newsletters, projects, donations, Shepherd's House Inc., current board membership and not-for-profit corporate information, maps of Life Model activities and a central search function can be located at this web site.

## **[www.thrivetoday.org](http://www.thrivetoday.org)**

THRIVE is intensive skill training for your nervous system and spirit. THRIVE is a brilliant and complete training program using brain science and the presence of Jesus to free you from fears and struggles that waste so much life. Down inside, you have always known there was something more to friendship, parenting, marriage, church or even counseling, than what you have seen. You have worked hard, tried the usual spiritual and counseling solutions but didn't thrive. THRIVE is the strategic solution for the training you missed growing up! With THRIVE you increase your capacity to handle distressing emotions and stay productive. The joy-people at Shepherd's House designed THRIVE for you, using the Life Model.

THRIVE applies the Life Model's 19 brain and character skills. THRIVE makes joy your foundation - spiritually, mentally and relationally. THRIVE lets you feel loved while you master difficult emotions. THRIVE helps you live in God's presence so you are transformed. THRIVE helps you stay connected with the people you love - even in painful emotions! THRIVE training includes international conferences, maturity retreats where you live or training materials you can use at home.

## **[www.thrivingrecovery.org](http://www.thrivingrecovery.org)**

Thriving: Recover Your Life is an innovative and comprehensive life training program comprised of 5 different modules that will help you:

- Learn skills to engage God in order to grow spiritually
- Recover from painful addictions, trauma and attachment pain
- Learn to create community and healthy relationships around you
- Discover how to experience the presence of God in a way that heals
- Experience how God can heal the barriers that we put up in our relationships

One of the most unique and exciting elements of Thriving: Recover Your Life is that it brings people of all levels of maturity together to build a joyful healing community. This is one aspect of our program that you won't find anywhere else. Participants heal and grow by building joy in the context of secure, healthy relationships with God and others. As joy builds, they are better able to handle distress and increasingly able to live from their heart.

Thriving: Recover Your Life incorporates the latest advances in neuroscience with the Life Model concepts and the 19 relationship skills needed to thrive. This program is revolutionizing churches, recovery programs and other ministries all over the world.

