

# Spiral Dynamics Life Domains Worksheet

1. Current Estimated Stage(s): (circle all that apply)

■ Beige ■ Purple ■ Red ■ Blue ■ Orange ■ Green ■ Yellow ■ Turquoise ■ Coral ■ Unclear

## 2. Mapping Developmental Fit Across Domains

Family / Upbringing ■ ■ ■ ■ ■ Notes:

Education / Learning ■ ■ ■ ■ ■ Notes:

Work / Vocation ■ ■ ■ ■ ■ Notes:

Romantic Relationships ■ ■ ■ ■ ■ Notes:

Friendships / Social ■ ■ ■ ■ ■ Notes:

Spirituality / Religion ■ ■ ■ ■ ■ Notes:

Digital / Online Life ■ ■ ■ ■ ■ Notes:

Community / Society ■ ■ ■ ■ ■ Notes:

## 3. Key Areas of Misalignment

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## 4. Adaptive Strategies in Use

■ Masking ■ Mirroring ■ Rebellion  
■ Withdrawal ■ Splitting ■ Role-playing  
■ Over-adaptation ■ Denial ■ Idealization

Short description or example:

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## 5. Therapeutic Considerations

- Where can we offer a holding environment that reflects the client's actual stage?
- What stage-based language or metaphors may be most resonant?
- How can we support integration between misaligned domains?
- Are there new environments the client could explore that match their development?