

HOW OLD ARE YOU EMOTIONALLY?

Emotional Infants:

- Look for others to take care of them.
- Have great difficulty entering into the world of others.
- Are driven by a need for instant gratification.
- Use others as objects to meet their needs.

Emotional Children:

- Are content and happy as long as they receive what they want.
- Unravel quickly from stress, disappointments, trials.
- Interpret disagreements as personal offenses.
- Are easily hurt.
- Complain, withdraw, manipulate, take revenge, become sarcastic when they don't get their way.
- Have great difficulty calmly discussing their needs and wants in a mature, loving way.

Emotional Adolescents:

- Tend to often be defensive
- Are threatened and alarmed by criticism.
- Keep score of what they give so they can ask for something later in return.
- Deal with conflict poorly, often blaming, appeasing, going to a third party, pouting, or ignoring the issue entirely.
- Become preoccupied with themselves.
- Have a great difficulty truly listening to another person's pain, disappointments, or needs.
- Are critical and judgmental.

Emotional Adults

- Are able to ask for what they need, want, or prefer - clearly, directly, honestly.
- Recognize, manage, and take responsibility for their own thoughts and feelings.
- Can, when under stress, state their own beliefs and values without becoming adversarial.
- Respect others without having to change them.
- Give people room to make mistakes and not be perfect.
- Appreciate people for who they are - the good, bad, and ugly - not for what they give back.
- Accurately assess their own limits, strengths, and weaknesses and are able to freely discuss them with others.
- Are deeply in tune with their own emotional world and able to enter into the feelings, needs, and concerns of others without losing themselves.
- Have the capacity to resolve conflict maturely and negotiate solutions that consider the perspectives of others.

Emotionally Healthy Spirituality

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