

EMOTIONAL MATURITY



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In order to transform your relationship for the better you must become aware of your Manual for the other person and then be willing to take responsibility for your thoughts, feeling and actions instead of hanging your emotional wellbeing on what someone else does or doesn't do.

The tricky thing is that in our culture most adults operate frequently from emotional childhood. Very few people you encounter have learned how to properly manage and take ownership of their own emotions.

Instead we are all doing some combination of:

- reacting to our emotions (like a performer in a play)
- resisting our emotions (and pretending they aren't there or feeling like a victim whose emotions are just happening to you)
- distracting ourselves from our emotions (with food, alcohol, Netflix, social media etc.)

When you function as an emotional child, you will blame other people for how you feel, for how you act, and for the results you are getting in your life.

On the other hand, someone who is emotionally mature would instead take full responsibility for how they think, feel and act in every moment.



WHY MOST PEOPLE ACT THIS WAY

There is no class offered in college or high school that teaches you how to be emotionally mature and as children, we think that everything going on in our lives is what causes our feelings, and it's only perpetuated by how we are raised.


Adults constantly make comments to children such as, "Beth, you really hurt that little girl's feelings. You need to say you are sorry for hurting her feelings" or "Did it hurt your feelings when that boy said those mean words to you?"

We teach children at a young age that other people are responsible for how we feel, and it becomes so ingrained in us that we don't even question it or recognize how disempowering it is.

The good news is now that you are in adulthood your brain has developed enough to be able to understand what you are thinking. You are capable of reflecting on your thoughts, and therefore, have the power to decide what to think and what to feel in any given moment, no matter what anyone else does.

And yet many people continue to function from emotional childhood as adults. It is so easy to blame the government, the economy, your boss, other people, your partner, your ex for everything you deem "wrong" in your life.

You blame people not only for how you feel, but for the actions you take and the results you get in your life.



HOW TO BE EMOTIONALLY MATURE

The only way to achieve emotional maturity is through self responsibility. Emotional adulthood means:

- Taking responsibility for your pain and also for your joy
- Not expecting other people to “make” you happy
- Not expecting others to “make” you feel secure
- Appreciating that you are the only one who can hurt our feelings, and you do so with our own thoughts.

And let's be honest, taking full responsibility for every single thing we feel, no matter what someone else does or doesn't do, is a huge shift away from conventional thinking. For most people, it's a huge challenge, but it's worthwhile when you are able to do it regularly.

You will end up so much more empowered and get to be the person you truly want to be instead of existing in this default emotional childhood space.

Rather than acting like a child out of control, you can allow yourself to feel your feelings without acting out to avoid, distract, or blame others.



THE EFFECT ON RELATIONSHIPS

A common example: Allison gives her husband power over how she feels. She believes he's responsible for making her happy, and that it's usually his fault when she is frustrated or sad. She believes the things he does cause emotions in her. Because she's in that space, she's constantly trying to control him.

She regularly tells him what to do and how to do it, and then she gets mad when he doesn't follow through with her requests. Her emotions are all over the place because she's trying to control his actions. He's the pawn on her emotional chessboard. Allison is in an extremely disempowered place, and it's frustrating because as much as she tries, she cannot control her husband all of the time. Furthermore, he doesn't like it when she tries because he doesn't want to spend all his time and energy trying to make her happy while he is also trying to manage his own emotional life.

Can you relate to any of this?

When you delegate your emotional well-being to someone you love you not only give them power over you but it can affect the relationship in a very deep and painful way.

Amazing relationships happen when two people come together, agree to meet their own needs first, and then meet in the middle to enjoy their time together.



TAKING RESPONSIBILITY FOR YOUR FEELINGS

**NAME THE PERSON OR THE CIRCUMSTANCE YOU
BELIEVE IS CAUSING YOU A NEGATIVE FEELING**

**DESCRIBE WHAT YOU ARE FEELING RIGHT NOW
ABOUT IT:**

**DESCRIBE WHY YOU THINK THEY HAVE THE
POWER TO CREATE YOUR FEELINGS IN THIS WAY?**



**DESCRIBE WHY YOU THINK THEY HAVE THE
POWER TO CREATE YOUR FEELINGS IN THIS WAY?**

**WHAT IS THE THOUGHT YOU ARE THINKING
THAT IS ACTUALLY CREATING THIS FEELING?**

**CAN YOU SEE THAT IT IS YOUR THOUGHT NOT
THE PERSON OR CIRCUMSTANCE THAT IS
CREATING YOUR FEELING?**

**HOW MIGHT YOU TAKE RESPONSIBILITY FOR
THIS FEELING MOVING FORWARD?**
