

# EMOTIONAL INFANTS

- Look for others to take care of them
- Have great difficulty entering into the world of others
- Are driven by 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 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 free to discuss them with others
- Are deeply in tune with their own emotional world and are 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