

Emotional maturity essay



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Emotional Maturity Emotions are the foundation of each relationship in our lives, and the power of those emotions cannot be overlooked. Emotions often override our thoughts and profoundly influence our behavior - often without our awareness, and whether we like it or not. Most people seek relationship advice to find answers to problems they believe are responsible for their conflicts—without realizing there are more fundamental issues at the root of those problems.

They are attempting to heal the surface symptoms of their dysfunctional relationships, without examining the real emotional issues that are simmering. Our behavior and thought processes as adults are directly influenced by the experiences and environment of our early developmental years. There are always adults around children that give positive and/or negative influence. A child is like a sponge and will unconsciously absorb behaviors, attitudes, and emotions.

If that influence is negative and consistent, the child will most certainly evolve into an adult with emotional and relationship issues. It is imperative that one reflect and review their earliest memories. There are reasons and until those reasons surface, one will continue to struggle. Our society “ expects” that at some point, you grow up and get over it. Whatever bad parenting one may have been exposed to, should be shed like that of a snake every spring. People are very complicated and especially when it comes to emotional maturity, sometimes we have a need for damage to be undone.

The only way that is possible for a person to overcome on their own and without medication, is through self-help books, therapy, faith in religion or a God. Otherwise, they will continue to have difficulty with relationships on a personal basis, work environment, etc. It's natural that we all crave human contact. But if one's behavior is self-destructive, it will only push others away and leave the emotionally scared person, alone. A healthy relationship requires certain elements.

We have to be capable of expressing what our needs are to our partner without being aggressive and defensive. We cannot confuse sex with love. There has to be emotional maturity, balance and knowledge to understand the difference. There has to be mutual respect. We are individuals with individual needs and thoughts. We cannot expect everyone to think and act the same as we do ourselves. Be willing to listen and learn. If you don't understand something your partner says or does, ask questions in a calm manner. Talk and explore, learn, and most important, listen.