

IDENTIFYING EMOTIONAL MATURITY

If one of your parents or someone you have been in a romantic relationship with is emotionally immature, then you probably have experienced relationship trauma. Use this tool to identify the ways this person is/was emotionally immature.

Emotional Immaturity	Moderate	Emotional Maturity
Uncomfortable with differing points of view. Reactive if someone disagrees with them.	Occasionally Both	Can see others as having different talents, needs and emotions than they have.
Angry or shuts down instead of admitting feelings of rejection, neglect or hurt.	Occasionally Both	Able to be vulnerable and speak about their emotions of rejection, neglect or hurt.
Their emotional explosiveness or mood affects everyone around them.	Occasionally Both	More rational than angry and able to give others grace.
Unaware or unsympathetic to others' emotions.	Occasionally Both	Pause their own agenda for a moment to fully acknowledge your pain or discomfort.
Takes action without considering others' feelings.	Occasionally Both	Reflects on their own actions.
Unable to apologize for things they have done that had a negative impact.	Occasionally Both	Able to admit that they did something that had a negative impact on you.
Are not curious about your life. Do not try to understand you.	Occasionally Both	Can identify the ways you are different from them and appreciate those qualities about you.
Cannot Follow boundaries someone else sets.	Occasionally Both	Respects your boundaries by adjusting their behaviors.
Agitated if you diverge from playing the role they see you filling in their life.	Occasionally Both	Do not see you as playing a certain role and instead see you as an individual.
Require you to read their minds, getting frustrated when you do not already know what they are thinking or needing.	Occasionally Both	Know they need to express their needs and feelings to you if they want you to provide something.
Often stuck in the past, do not learn from the past, or do not plan for the future.	Occasionally Both	Able to move beyond what has happened in the past if you are able to change or make amends.
Do not understand why people don't get over things quickly.	Occasionally Both	Understands that rebuilding trust takes time.
Unable to accept the reality of some situations. Or hide important things from you.	Occasionally Both	Accepts reality and is truthful to themselves and others.