

Emotional Maturity

In an ideal world, everyone would possess emotional sobriety, maturity. As children, we often looked up to adults and assumed that they were emotionally mature simply because they were grown-ups. Unfortunately, this is not always the case. Many adults in our lives lack emotional sobriety, maturity and exhibit behaviors similar to those of latency aged children. This is because emotional maturity does not automatically develop as we age. It requires growing up in a safe and secure environment where our core needs for power, love, purpose, and belonging are met. However, many individuals do not have access to such an environment, which hinders their emotional growth.

Numerous studies have shown that our culture has become emotionally stagnant due to trauma and oppression experienced during childhood or adolescence. This lack of fulfillment in our core needs accumulates over time like a thousand paper cuts, preventing us from reaching emotional maturity.

So what does it mean to be emotionally sober, mature?

Essentially, it entails being self-aware and able to observe our thoughts and behaviors objectively. An emotionally mature person takes the time to reflect on their actions and asks themselves if their behavior aligns with their true authentic self. They set aside their "pesky ego" in order to foster personal growth.

Furthermore, an emotionally loving, mature individual possesses the ability to handle difficult situations without resorting to silence or aggression and confronts the conflict head-on with resilience. Emotional maturity stems from inner work - understanding oneself on a deep level and the skills of empathy, compassion and acceptance.

There are seven core qualities that define an emotionally mature person:

1. Taking 100% responsibility. A question in every conflict is: What did I do to contribute to this conflict?

An immature individual tends to blame others for everything while avoiding personal accountability.

An emotionally mature person acknowledges when they have been toxic or contributed negatively in relationships.

2. Genuine heartfelt apologies.

An apology should be sincere and kind-hearted rather than half-hearted or filled with excuses like "I'm sorry you feel that way." Emotionally sober individuals take full responsibility for their words and actions and how their speech and behavior landed on the other ~ "the receiver is always correct" by hurting the other, they offer a genuine apology promptly focused on the other person's injury.

3. Deep listening.

Emotional sobriety involves being an attentive listener who refrains from interrupting others. This person shows respect and undivided attention to the speaker, discerning when empathy and compassion is needed.

4. Not taking everything personally.

An emotionally mature individual understands that not everything is a personal attack against them. "People are loving you fully or showing you where they have been hurt." They are less affected by criticism, internal or external, recognizing that it often stems from the other person's insecurities and unresolved traumas.

5. Avoiding defensiveness in arguments.

Emotional sobriety, maturity allows individuals to engage in discussions without becoming defensive or explosive. Those lacking emotional maturity struggle with emotional regulation and accountability, hindering relationship growth and development.

6. Open-mindedness and flexibility.

Emotionally mature individuals possess a flexible mindset that embraces different perspectives and allows various aspects of their own personality to shine through. They are open to change and new experiences, making relationships easier.

7. Facing challenges instead of running away.

Emotional maturity involves staying committed during tough times rather than fleeing from difficulties. While no relationship is perfect, emotionally mature individuals understand the importance of calmly addressing conflicts in a disciplined way for resolution. The pursuit of a win win.

These traits contribute to emotional sobriety and overall well-being and require effort and humility to develop fully.