



Emotional Maturity

In a Society That Supports Relationship Addiction and Dysfunction, What Does a Functional Relationship *Really* Take?

Emotional Maturity is Required to Experience a Functional Relationship

- Capacity for emotional intimacy is directly related to the emotional maturity of each partner. This pamphlet outlines the characteristics and attributes of dysfunctional and functional adults.

	Dysfunctional Adult (Self-Centered/Childish)	Functional Adult (Emotionally Mature)
Characteristics	Fear Based False Self Self-Serving Blaming Self-Righteous Competitive Critical Perfectionistic Possessive Shaming Codependent	Trust based Real Self Oriented to Service for all Accountable Humble Complementing Validating/Nurturing Humanistic Free Honoring Interdependent
Attributes	Threatened Inconsiderate Manipulates	Secure Considerate Volunteers

**Dysfunctional Adult
(Self-Centered/Childish)**

**Functional Adult
(Emotionally
Mature)**

Condemns

Admits Mistakes

Seeks a Winner or Loser

Values Strengths/Weakness

Builds by Tearing Others
Down

Supports Growth Through
Taking Risks

Judges

Allows for Error

Controls with Emotion

Accepts Delays and Limits

Denigrates

Encourages

Neediness/Demanding

Responsible for the self

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