

# EMOTIONAL stages of DEVELOPMENT

adult

Capacity for mutual concern; able to listen with empathy; confides needs in a caring, positive manner. Desire for relationship to win.

TEEN

"Don't tell me what to do!"

child

Doesn't say what's wrong... acts out in behavior and keeps you guessing

INFANT

"I want it when I want it"

**BECOMING AN EMOTIONAL ADULT** is not easy and it's not necessary to be one all of the time. However, you do need to behave like an emotional adult in order to handle conflict constructively.

You become an emotional adult whenever your desire to protect is greater than your desire to be protected, and your desire to love is greater than your desire to be loved.