

Signs of EMOTIONAL IMMATURITY



- 1) Their behavior and thinking resemble that of a child.**
- 2) They are impulsive and have strong emotional reactions.**
- 3) They become easily defensive.**
- 4) They are self-centered and relationships are one-sided.**
- 5) They show unhealthy responses in real/perceived conflict, eg. denial, lying, blaming, bullying, avoidance, attacking, mistrust, name-calling, hostility, tantrums**
- 6) They don't take responsibility.**
- 7) They may use unhealthy coping mechanisms. eg. risk taking, substance abuse, excessive eating.**
- 8) They don't respect other's boundaries**
- 9) They relate everything to themselves**
- 10) They lack the ability to understand other's situation and perception.**

Steps To Immaturity

Katrin Zwirglmaier



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