

Maturity

Maturity is the ability to control anger and settle differences without violence or destruction.

Maturity is patience; it is the willingness to pass immediate pleasure in favor of the long term gain.

Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition or discouraging setbacks.

Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse.

Maturity is humility. It is being big enough to say, "I was wrong," and when right, the mature person needs not experience the satisfaction of saying, "I told you so."

Maturity is the ability to make a decision and stand by it. The immature spend their lives exploring endless possibilities, then they do nothing.

Maturity means dependability, keeping one's word, coming through in the crisis. The immature are masters of the alibi. They are the confused and disorganized. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that somehow never seem to materialize.

Maturity is the art of living in peace with that which we cannot change.

Maturity

1. Define “maturity.” (Use a dictionary and then in your own words.)
2. Read the handout on maturity.
3. Which is your favorite of the eight statements on maturity? (Write it out.)

Why?

4. Which do you think you have the most trouble with? (Write it out.)
5. Do you expect maturity from other people? What behavior do you expect them to exhibit?
6. Does thinking about it that way (i.e. treat others how you would like to be treated) help you consider controlling your own emotions and impulses?