Emotional Maturity Worksheet

These questions, answered honestly, can help you understand your level of emotional maturity. Thoughtfully, honestly, and prayerfully examine your life and relationships in light of the self-assessment questions that follow. Answer according to how you actually respond, not how you wish you would respond. You can jot down your thoughts about these questions on this worksheet.

How much does the anxiety (“vibrating”) of another person upset me?

How free do I feel to express my own thinking, even when others disagree with me?

How much do I depend on another person’s calmness or happiness to make me calm or happy?

How often do I feel that I have to do things that others want me to do, as though I have no choice?

How likely am I to take other people’s reactions personally?

How well am I able to express my own beliefs to others without demanding that others see things the way I do?

How well am I able to stay connected with other people who see things different from the way I see them?

Moving Toward Emotional Maturity

Think of a difficult situation or relationship you are facing. Prayerfully reflect about it using the following questions:

Without placing blame, what is the problem as I see it?

How do I typically feel when I think about this problem?

How have I contributed to this problem in the past?

Where do I find myself most tempted to:

- Create conflict? (Remember, this may be by fighting or by persuading or explaining)
- Create distance? (By “checking out,” avoiding, withdrawing, staying quiet, etc.)
- Overfunction? (Taking more responsibility than reasonably belongs to you)
- Underfunction? (Taking less responsibility than belongs to you)
- Place blame?
- Attempt to change others? (Even if you’re nice about it!)
- Create triangles? (Draw in another person other than the one you have a difficult relationship with)

Emotional maturity means being able to think my own thoughts, feel my own feelings, make my own choices and allow others to do the same. As I reflect on this difficult relationship or situation, I wonder:

- What do I think about this situation?
- What do I feel about this situation?
- What do I want in this situation?
- What choices and decisions am I making in this situation?

It sometimes helps to get perspective by asking the same questions about the other person. Ask yourself: As far as I can tell (a little humility goes a long way!), what might the other person be thinking? Feeling? Wanting? Doing?

Am I maintaining my own healthy boundaries and respecting the boundaries of others? In other words,

- Am I doing for others what they can and should do for themselves?
- Am I demanding that others conform to my way of thinking?
- Am I trying to argue others out of their opinions and feelings?
- Am I saying “no” and setting limits when appropriate?
- Am I clearly communicating my own position and allowing others to do the same?
- Am I open to “agreeing to disagree?”

Have I consistently and prayerfully asked God for His best for this situation, this person and for the relationship? Take a moment to do this now.