

Twitter Thread by Dr. Nicole LePera



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By understanding a persons level of emotional maturity, we can choose how we engage with them.

HERE'S 5 CORE SIGNS OF EMOTIONAL IMMATURITY ■:

1. Highly Defensive: unable to listen to another persons thoughts or feelings without becoming defensive.

Ex: "oh I guess I'm just a terrible person!"

2. Dismissive of Feelings: invalidates, denies, or tries to change the ways person feels in attempt to make themselves more comfortable

Ex: "you're so sensitive." "guess you can't take a joke" "why did you take it that way?"

3. Everything centers around their emotions: everything is brought back to themselves and how they feel rather than validating or being curious about the other persons inner world.

Ex: You share how you feel & the response is: "oh well imagine how I FEEL!"

4. Black and White Thinking: attempts to find safety by having inflexible ideas, opinions, and belief. Has little/no tolerance of other people's opinions.

Ex: "that's the stupidest thing I've ever heard"

5. Take Everything Personally: feels personally attacked easily. Unable to put their ego aside to have a vulnerable emotional connection because of a fragile sense of self.

Ex: "maybe life would be easier for you if I wasn't around!"