

Am I able to say "no"?

Do I take life's disappointments in stride?

Do I bounce back from upsetting situations?

Do I try to understand why other people act as they do?

Can I derive satisfaction out of doing my best?

Do I avoid finding fault with all my accomplishments?

Can I rejoice in the good fortune of others?

Do I try to avoid doubt, once having made a decision?

Do I accept responsibility for my behavior and actions?

Can I express my feelings in constructive and healthy ways?

Do I have a sense of discretion, reacting appropriately to different situations?

Can I accept disagreement and criticism good-naturedly, with an open mind, recognizing in it a potential for growth?

Am I patient and flexible enough to accept reasonable delay or change in plan, adjusting myself at times to the convenience of others?

Can I allow others to have their way without always being dominated by them?

Am I relaxed and calm in my social interactions with others?

Do I try to avoid constantly being the center of attention?

Am I somewhat independent, not always looking for approval and direction from someone else?

Am I willing to admit I don't have all the answers?

Do I recognize the role I have played in the unpleasant things that have happened to me?

Can I accept help and compliments from others without trying to discover a hidden motive and without feeling I have to "even the score"?

Am I willing to investigate the concept of a Higher Power, One greater than my intellect, who can help me to discover a deeper sense of maturity in my life?

It has been said that gratitude is the hallmark of the mature person. Sometimes we must start by being grateful for the awareness that we have a need to change. This will open the door to willingness to grow from our present state of immaturity toward a deeper, more mature appreciation of ourselves.

Ask yourself about your maturity:

Do I realize that life is not black and white or good and bad, but rather somewhere in between?

Have I let go of the people and situations I cannot change?

Can I look honestly at myself?

Do I let other people know the real me?

Have I developed a tolerant, easy-going attitude toward myself?

Am I tolerant of others?

Do I treat others with respect?

Do I avoid using others to get what I want?

Do I expect others to make special allowances for my behavior?

Do I listen carefully to the opinions of others?

Am I careful not to take myself too seriously?

Do I have a sense of humor?

Do I have reasonable expectations of myself?

Can I make mistakes without getting angry at myself, realizing that I am human?

MATURITY

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

Maturity is simply being grown up. It is the quality in people which helps them to balance their intellects and their emotions so that their behavior is appropriate. The ability to do the right thing at the right time requires a clear-eyed view of situations and people and an understanding of human limitations.

Mature people resist extremes, have realistic self-images and reasonable goals, and have learned to accept responsibility for their own actions. The only expectations they have are for themselves. The only inventories they take are their own.