



TESS Newsletter

Accordance to Article 7
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Episode 104

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 36)



"Working Hard at Working Smart" (part XLVII)

2014 : Raising the Bar: The Gift of Maturity



United Nations, New York, 27 April 1993

“A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all knowing and therefore all of us need both love and charity.”

Anna Eleanor Roosevelt [October 11, 1884 – November 7, 1962]
American Politician. Longest-serving First Lady of the United States.

The future we want: The Promise: The Force Beyond

Maturity of Mind and Adult Behavior

By Jayaram V

Immaturity is not confined to individuals alone.

Sometimes, groups or even nations act quite immaturely, resulting in great misery and suffering to millions of people. It happened several times in the past and is still happening today, in many parts of the world, causing much misery and bloodshed to millions of people. Frankly many of our leaders and celebrity figures, the icons and role models of our society, are immature. They hide it behind a façade of pomp and power, but betray themselves often through their actions and decisions.

We see people exhibiting immature behavior in sports and competitions, public, media, many major national and international forums and institutions, legislative and government bodies and even the UN Security Council and General Assembly. It is expressed in the way we react to things and situations, the movies we watch, the words we use, the lifestyle choices we make, the emotions we express and the way we manage our relationships and finances. **Truly speaking, on a cosmic scale, ours is still an immature civilization and we may require a few more centuries to be able to look at ourselves and our actions with complete objectivity and maturity.**

Each of us has a child inside us, formed out of our childhood experiences.

It remains active, even after we become adults. Temperamentally, it is unstable, immature, emotional and also highly creative. Although it is a relic of our past, it is an essential and important component of our personalities. Even after we become adults, it continues to play a significant role in shaping our lives and behavior. Since it is filled with emotions, it requires some caring and nurturing on our part, so that we will not feel dull and depressed. It also needs to be kept under control so that we will not act irrationally or emotionally in critical situations. It is ok to let it out sometimes and experience freedom and joy, but it should not be allowed to take control of our lives and replace the adult in us.



What is Maturity?

Maturity does not necessarily increase with age, but with awareness and understanding, borne out of individual perceptions and personal experiences.

It develops to the extent we organize our consciousness, according to our experiences and the factual information we gather, and to the extent we cleanse it of irrational thoughts, beliefs, prejudices, notions and emotions, which we accumulate due to the lazy habits of our minds.

There is no consistent correlation between physical growth and mental maturity. Sometimes a young adult may show more maturity than a grown up person. Two persons in the same age group may also have different levels of maturity. Maturity is a product of many factors such as age, awareness, intelligence, education and upbringing. Since these vary from individual to individual, people differ in their levels of maturity.

The Oxford Dictionary defines - maturity' in the following words: "deliberateness of action, mature consideration, due deliberation, fullness or perfection of natural development, ripeness, due promptness, the state of being complete, perfect, ready," and so on. This is the literary definition. In a general sense, maturity means complete physical and mental growth, or the state of adulthood. It is the ability to act rationally and realistically, rather than emotionally.

From a behavioral perspective, to be mature means:

- ☑ To be realistic, to be in touch with reality and guided by facts.
- ☑ To accept responsibility for self and one's own life.
- ☑ To be willing to examine one's beliefs, prejudices and assumptions in the light of facts and one's own experiences and change one's thinking, awareness, behavior and understanding accordingly.

- ☑ To be guided by reason rather than emotions, to be able to distinguish the difference between the two and also at the same time accommodate one's feelings and emotions appropriately and intelligently in one's life.
- ☑ To be assertive, without being aggressive; to be friendly without being self-centered; to disagree, without being insensitive; to ask, without the fear of rejection; and to act, without fear or anxiety.
- ☑ To be flexible and open-minded, instead of being rigid and judgmental; to be receptive to new experiences and new people; and to be willing to learn new skills and acquire new knowledge.
- ☑ To be inquisitive and exploratory, seeking answers, gathering information before arriving at conclusions, stretching one's mind to explore hidden possibilities and one's potentialities.
- ☑ To be free from mental conditioning and act spontaneously, according to the reality of the situation, without prejudice and preconceived notions, without the compulsion to be perfect or correct and without indulging in habitual actions and responses.
- ☑ To be in touch with the present and enjoy the passing moment.
- ☑ To know what is possible and achievable and to acknowledge that which is not.

Who is a Mature Person?

Here is a brief description of what a mature person is.
A mature person:-

- ★ Is concerned with facts.
- ★ Goes by personal experience rather than beliefs.
- ★ Relies upon reason rather than emotions.
- ★ Thinks before acting.
- ★ Uses resources wisely, according to the realistic needs and demands of the situation.
- ★ Weighs a situation carefully, before drawing conclusions.
- ★ Lives in the present.
- ★ Is open-minded, willing to learn and explore other possibilities, view points and alternatives.
- ★ Knows the limitations.
- ★ Is flexible.
- ★ Is spontaneous.
- ★ Has a healthy self image and sense of self.
- ★ Takes practical decisions, according to the situation.
- ★ Knows how to deal with anxiety, fear and worries.
- ★ Believes in human dignity. Respects self and respects others.
- ★ Listens, pays attention and learns from experience.

Making a difference...

Some Suggestions to Practice Adult Thinking

★
Maturity is accepting what is, willing to change what can be and letting go of what cannot be.

★
It is to make peace with oneself, by agreeing to follow reason, acknowledge emotions and rely upon one's own experience.

★
It is to free oneself from the compulsions of the past and the anxieties of future, by staying in the present and acting spontaneously.

★
It is to cultivate a balanced view of life by detaching oneself from things and expectations and enjoy life as it happens.

Source: Reproduced partially from the article, "Maturity of Mind and Adult Behavior" from the book Think Success by Jayaram V.

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The journey continues...