

A Checklist For Evaluating Our Maturity

Those who study the problems of the alcoholic/addict are agreed that he is usually a person who "never grew up." The difficulties of coping with alcoholism/addiction in another are much more effectively met when we ourselves have mature attitudes.

These are some of the more important characteristics of the mature adult:

1. He does not automatically resent criticism because he realizes that it may contain a suggestion for improving himself.
2. He knows that self-pity is futile and childish-a way of placing the blame for his disappointments on others.
3. He does not lose his temper readily, or allow himself to "fly off the handle" about trifles.
4. He keeps his head in emergencies and deals with them in a logical, reasonable fashion.
5. He accepts responsibility for his acts and decisions and does not blame someone else when things go wrong.
6. He accepts reasonable delays without impatience, realizing that he must adjust himself to the convenience of others.
7. He is a good loser, accepting defeat and disappointment without complaint or ill temper.
8. He does not worry unduly about things he can't do anything about.
9. He doesn't boast or "show off," but when he is praised or complimented he accepts with grace and appreciation, and without false modesty.
10. He applauds others' achievements with sincere good will.
11. He rejoices in the good fortune and success of others because he has outgrown petty jealousy and envy.
12. He listens courteously to the opinions of others and even when they hold opposing views, does not enter into hostile argument.
13. He doesn't find fault with "every little thing" or criticize people who do things he might not approve of.
14. He makes reasonable plans for his activities and tries to carry them out in orderly fashion; he does not do things on the spur of the moment without due consideration.
15. He shows spiritual maturity by-
 - accepting the fact that a Power greater than himself has an important place in his life.
 - realizing he is part of mankind as a whole; that his fellow-man has much to give him and that he has an obligation to share with others the gifts that have been bestowed upon him.
 - obeying the spirit of the Golden Rule: "Do unto others as you would have them do unto you."

-adapted from Moral and Spiritual Values used by the Los Angeles, California city schools in their educational program.