

Emotional Responsibility

Expectations, Responsibility, Maturity

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Emotional Adulthood

Emotional childhood occurs when grown adults have not matured past childhood in terms of managing their emotions. This means they react to their emotions, act out, or avoid emotions rather than taking full responsibility and choosing thoughts that will create more desirable and appropriate emotions. In short, emotional childhood is not taking responsibility for how you feel.

The only way to achieve emotional maturity is through self responsibility. This is what can be described as Emotional Adulthood. Taking full responsibility for every single thing we feel, no matter what someone else does or doesn't do, is no small feat. For most people, it's a huge challenge, but it's worthwhile when we are able to do so.

When we're operating in Emotional Adulthood we're taking responsibility for our happiness and our pain. We don't expect others to make us happy and we don't put expectations on ourselves to make others happy. We understand that we hurt our own feelings by our thoughts; we choose to believe hurtful comments or choose to believe loving words.

When we do this, we end up so much more empowered and get to be the people we truly want to be instead of existing in this default emotional childhood space. Rather than feeling like our life is out of our control, we can allow ourselves to feel our feelings without acting out to avoid, distract, or blame others. From a clean place, we take the kind of action that produces the results we really want.

Taking Action

Even when successfully functioning in emotional adulthood, you might take actions you regret at times. But you will then choose to apologise. Knowing you are responsible for the way you feel means you understand you are responsible for the way you behave too. This is important because you'll need to decide who you want to be and how you want to act in the world. Because of this, people functioning from emotional adulthood can own up to their mistakes rather than blaming their actions on how someone else made them feel.

When learning this concept, avoid harsh criticism and judgment for any thoughts, feelings, or actions you don't like in yourself. When we go from blaming other people for the way we feel to learning this concept, the tendency may be to turn the blame on ourselves in the form of "Oh, my gosh! So this whole time, I've been the one causing the problem! I'm such a horrible person!"

That is not the intention of this process. The intention is to help you notice "Oh, so if I feel this way or act this way, it's because of the way I'm thinking." Be curious about it and treat yourself with kindness because now you know that you can change if you choose to.

Explore your world with curiosity and kindness.

Emotional Childhood

When functioning from emotional childhood, we usually take action that we end up regretting, and then we feel so bad that we abdicate responsibility for it. When we take responsibility as emotional adults, the incidences of showing up in a way we don't intend is greatly reduced. But if we do act in a way we later regret, we own our actions completely and apologise, "Hey, I just want to let you know that was on me. I wasn't taking responsibility for myself, but I am now."

This is a powerful place to reside. It's a place where you have complete control over your life. Sometimes it sounds as if emotional adulthood won't be fun and exciting—being a child sounds so much better—but the opposite is true. Being dependent on someone else as an adult, when you don't need to be, is the most disempowering thing you can do.

Being an adult requires more effort than lingering in emotional childhood. It requires significantly more responsibility. But anyone who is an adult knows it's worth it. Taking that step toward managing yourself and your mind so you aren't dependent on other people for how you think, feel, or act is amazing.

Try it out. Explore how you can take more responsibility. How can you stop blaming? If you could do this, how would that change the results you're getting?

Once you see the difference, you'll be so glad that you took the first step

The Goal Is Not Perfection

Your brain is going to continue thinking whether you manage it or not. Your thoughts are going to create emotional states that will drive your actions, whether you're in work, at home, with friends or with family, your thoughts are everything. But that doesn't mean you need to think happy, positive thoughts all the time.

We all need a safe place where we can be ugly.

Whether it's in private coaching or self-coaching, allow yourself to be human. When negative emotion surfaces from the negative thoughts you're thinking, the aim is not to dismiss them and try to be perfect.

The aim is to be The Watcher. To witness yourself with compassion and no judgement and evaluate yourself from an observing place. Remember, life is 50/50. The aim of coaching and understanding your mind is not to create a 100% happy life. It's to create an intentional life.

Do not use this knowledge to punch yourself in the face!

When you see that your current thinking is causing you pain, do not beat yourself up even more. The awareness you now have is a gift that allows you to choose whether you want to continue thinking this way or not. Sometimes you might choose negative thoughts, and that's okay, and sometimes you're ready to change

You will also want to be responsible for all the amazingness you've created. So start now by completing the Emotional Responsibility workbook.