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I have evolved the following list over the years of working with singles & couples. It describes the essential “sign posts” of emotional maturity.

The list is born from my core philosophy I come from in helping people learn to create extraordinary relationships. In a nutshell, that philosophy is this:

A healthy thriving EXTRAORDINARY partnership takes two whole people coming primarily from their adult aware selves!

What our “adult aware selves” actually are - and how to access this greatest part of ourselves is a BIG subject! ***Emotional maturity*** is one of the key ingredients to being able to step into this powerful wise resilient loving joyful TRUE part of yourself – and be able to help your beloved do the same – so that the two of you can create a deep & fulfilling passionate partnership.

Core Components of Emotional Maturity

- 1) I know myself well, which includes my values and beliefs
- 2) I take full responsibility for my own well-being
- 3) I recognize and understand my feelings as they come up – and can be present & attune to the feelings of others *without* taking them on
- 4) I do not hold any one else responsible for what I am feeling or experiencing – and refrain from any blame or shame of myself or others. Thus, I can see and own my own part in things - *with love*

5) I learn to contain any form of “acting out” when strong emotions arise – and can step into an empowered place within to manage my responses

6) I have a loving relationship with myself – and can engage in an inquiry within to discover if any uncomfortable feelings are being created from negative beliefs that may actually not be true

7) I set boundaries with skill – coming from love and respect for myself and the other