

# What it means to be "adult"? 8 criteria

There are strict criteria: adults work, earn, pay my bills. And I think they have adult life, inscribed in the birth certificate (we usually are not talking about the teenager that he is an adult). But it's not a perfect criteria. Age is also sometimes not consistent with the fact that the person is [write my essay for me](#) an adult.

It is best to refer to the criteria. So what does this mean that we're adults? Psychologist Robert Taibbi says that adults who have mastered the following skills, behave:

1. Adults control their emotions. It's not just about anger, what first comes to mind. In addition to anger, adults cope with fears, you know, when they are threatened by overload, when they are on the verge of exhaustion (and the madness that happens in life). They anticipate impending crises. Note: they are experiencing different emotions, but can control them and (usually) to react in time. It is also about the ability to restore the relative balance of life and harmony.
2. Adults can face each other. And with their strong feelings. First of all, it is about taking emotions, experiencing loved ones. And figuratively speaking: when someone in our presence upset (or upset at us), we do not catch we do not reciprocate, we don't make everyone happy, we can't take on the mood of others, but we are faced with them. A mark of maturity is to accept the blows, not avoiding confrontations. To summarize, we can say that the adults are able to mute your emotions, realizing that others are also experiencing them. In the end, other people's emotions are not our emotions..
3. Adults are recognized errors. And because they make mistakes, they also give themselves the right to commit; why they are not more serious than the situation requires. To err is human, says psychologist Robert Taibbi. Admitting your own mistakes and sins is a sign of humility. In addition, it helps to understand the wrongs of the people. Consequently, a grown man looking at errors; which happen to all and for whom should be take responsibility. Only this attitude will allow us to make conclusions and draw lessons from them. It's not a character defect.
4. Adults honest. No matter how it may sound, we have problems with integrity. This honesty is to admit to something; to arouse feelings, to doubt, not to hide them from myself, not to deceive and run away from problems.
5. Adults can overcome fear (or at least try to do), trying new things and solutions. The struggle with fear is different. Some people run on, pretend the problem does not exist. Adults, meanwhile, is meant to overcome; going beyond our own sphere of comfort, facing difficulties, hardships, etc.
6. Adults asking for help and support. Suspicion and a General distrust, by contrast, are not signs of maturity. Maturity is not that we live in a life of destiny or of ourselves, always defeat the strong, independent. "You can count on yourself" is a phrase from the vocabulary of young rebels, not adults. Because adults not only receive support, but not ashamed to ask for it.
7. Adults active. In psychology, proactivity and reactivity are the features that appear in opposition. Reactivity, as the name implies; this attitude is characterized by the fact that we adapt to ongoing situations. We react to what others do, the circumstances of the event. Proactivity; a different attitude, it depends on what we take things into their own hands, without becoming dependent on people and situations. We make decisions and bear responsibility for them. We make choices and are responsible for the consequences. Adults; says psychologist; you can take a step back, to reflect on their behavior and decide what to do next.
8. Adults set priorities and values; and stick with them. In his youth, parents and teachers suggest what to do. Over time we determine what is important to us and what principles to follow in our lives. Adult life; a loyalty to each other; in the end, the idea is to be able to see (and not feel guilty about it) in the mirror.