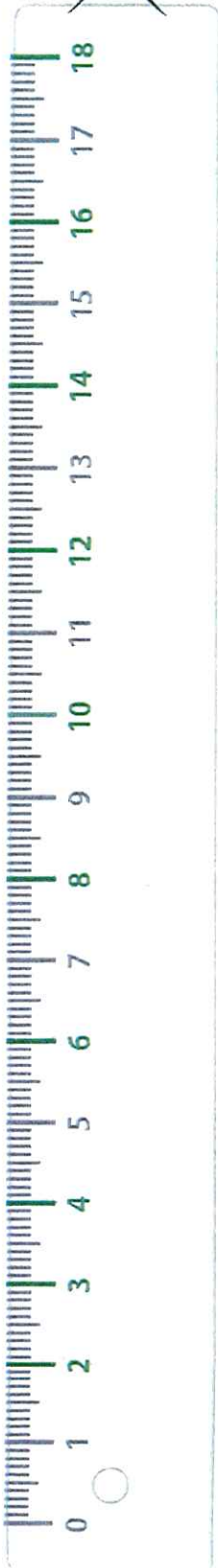




EMOTIONAL DEVELOPMENT SCALE



Age 18: Development of personal identity and move towards independence by setting goals. Planning for future (i.e. move away from home, going to college). Being able to tolerate disappointment and increased demonstration of critical thinking skills.

Age 16: More regular use of emotional self-regulation and distress tolerance skills. Ability to think of different possible outcomes and work towards goals when approaching a problem. Identify and understand core-beliefs. Quest to start moving towards independence away from parents (i.e. driving). Experimenting with different behaviors and ideas.

Age 14: Increase in use of critical thinking skills and development of abstract thinking. Heavily influenced by peers' opinions and judgments. Self-esteem will be influenced by peers' opinions. Will advocate for needs and start/practice setting boundaries with peers. Engaging in serious aggression, is rare. Aggressive behaviors are more verbal. Recognizes that outbursts have consequences.

Age 12: Starts to develop critical thinking skills and recognition of more than the obvious answer. Increase in empathy skills and understanding that others may have mixed feelings. Concerned with peer opinions and fitting in but should be able to handle limits and calm self when upset. May become frustrated with limits, due to wanting more immediate gratification.

Age 10: Reasoning becomes logical but if unable to solve problem may ignore or redefine the situation (may appear to lack responsibility). Empathy increases as emotional understanding improves. Start to see interest/concern about peer approval and social support. Develop internal skills for managing emotion.

Age 8: An increase in development of skills to manage peer interactions and social situations. Sensitivity to criticism and struggles with failure, tendency to be competitive and bossy. Peer influence emerges, concerned about being liked by their friends. Aggression is markedly decreased or nonexistent, may see physical reaction to communicate emotions (i.e. pouting when upset). Awareness of others and consideration for other's feelings and needs, especially if other is disadvantaged (understanding of benevolence). Decrease in black and white thinking pattern, able to understand "shades of gray". Fears are less based in imaginary objects.

Age 6: Ambition and responsibility are developed, greater understanding of causes and consequences, strategies for self-control expand. Able to utilize language to manage anger and significant decrease in aggressive behaviors. Temper tantrums, yelling, blaming, arguing behaviors should decrease or abate as the emotions become more regulated and language is more utilized to express emotions.

Age 4: Empathy and problem-solving emerges. May see decline in physical aggression (hitting, fighting, throwing things, etc) although may still see irritability, blaming. During frustration may exhibit infant behaviors. Can express basic emotions (happy, sad, proud and excited)

Ages 2-3: Temper tantrums, self-centered, and immediate satisfaction is hallmark. Often says "no" and shows lots of emotions (laughs, squeals, throws things, cries,). Use of external behaviors to express emotions (i.e. throwing and destroying property). Can play alone and does not need other involvement. Resists change.