

# SUNDAY SESSIONS

## Principles of Counseling

WEEK 2 - A CONTEXT FOR EMOTIONAL RELATIONSHIPS

### 69 Characteristics of Successful Adulthood

It might help people identify with being a successful adult if they knew what would describe the successful adult. What do adults look like? How do they behave? Are they special, superhuman people, even superstars? Can you hope to become an adult if they are “all that?” If you are diligent, dedicated and can be persistent when it gets tough and it will, you can achieve a successful adulthood.

1. Adults are capable of sharing their authentic and important feelings with others. Adults do so all the time.
2. Adults seek out an understanding of their internal struggles.
3. They learn to mind their own business. They do this very well indeed.
4. They are authentic.
5. They are self-responsible.
6. They have great character and integrity. They can be counted on.
7. They don't try to push their responsibilities off on others.
8. They are not afraid of confrontation but generally do not seek it out either.
9. Adults are greatly loved. Others in their lives are just crazy about them.
10. They make very capable leaders and great followers.
11. They are not afraid either to lead or follow.
12. They are loyal to those that follow them and are extremely loyal to those that led them.
13. They feel great passion for things that are important to them.
14. Adults do not engage in addictions. They seek a “clean life.” It is not that they are “Goody-Two-Shoes” or “Polly-Anna;” they are respectful of themselves.
15. They have a good bead on who they are and what they must do.
16. They're good forecasters so they often have figured out at least some of what's ahead of them.
17. They generally know how and what to plan for.
18. They seek to continue to establish who they are.
19. They don't often forget who they are. They remain themselves on their “inside” regardless of what's going in their “outside.”
20. They want to grow personally even more than they already have. They strive to do this.
21. If others confront them, they will usually listen carefully to what is being said to them.
22. They tend to take what is valuable for them and leave the rest.
23. They are not vindictive, nor do they seek to punish others.
24. They are usually kind and forgiving of other's ill will and negative actions.
25. Adults can certainly make mistakes and even speak to others inappropriately. When they do, they seek to restore the relationship.

26. They do apologize as quickly as possible and seek to fit the apology to the inappropriate action that they did.
27. When they don't know what to do or when they do make a mistake, they don't have a "superior" attitude about it as way to hide from the consequences. They *do not* follow this phrase; "Sometimes wrong, but never in doubt."
28. Adults are joyful, often happy and fruitful.
29. They take things seriously but are not overly serious.
30. They quite often have a wonderful sense of humor.
31. They mostly take on projects that are meaningful to them and strive to complete them.
32. They invite people along on their projects.
33. People around them are often intrigued by what they're doing.
34. They value their relationships with people because they have become *relational*.
35. If they are leaders their first priority is about maintaining great relationships with those with whom they work but they are generally quite skillful at achieving whatever tasks are put to them.
36. Adults know and accept that their life tasks are vitally important to complete.
37. They also know that being relational, in the long run, is what makes organizations and precious relationships flourish.
38. They know that building relationships creates loyalty, trust and perseverance.
39. When those traits are in practice, things do get done in a timely manner.
40. Adults don't get "hooked" by those that would try to punish them or turn them away from what is important to them.
41. They are considerate of other's feelings, thoughts and actions, but are clear about how others fit in with what they are doing.
42. When they are not clear about what lies ahead for them next, or what their roles in their lives should be next, or how to deal with others, or even what they should do next; they reach out to others for support and advice.
43. Adults are very aware of what they value most
44. They are neither running far ahead of others with whom they work, not lagging far behind. They are thoughtfully current with others even when they have already figured out the best course of action for themselves and their group.
45. They admit it when they are wrong gracefully and with emotional intelligence.
46. They seek to make things right first with the people they may have injured.
47. Only after the relationship is healed do they approach the problem-solving part of the equation and seek to fix what has been broken.
48. They are not easily shamed or "guilted" by others and rarely judge or condemn themselves.
49. Adults may be deeply spiritual or even religious. They often have a "higher power," which is a God or higher being that they rely upon. They are not ashamed of this and usually very willing to share their understanding of their god in their lives.
50. Adults are "wide-eyed" at other peoples' propensity to commit sin and create injustice.
51. They have a strong sense of what is "fair" and what is "just."
52. Adults have a powerful sense of right and wrong, which they will almost always be ready to share if asked. Many adults are involved in significant social justice projects, some contained in a church setting and others in freestanding projects.
53. Adults know the difference between "private" and "secret." Their privacy is important to them, meaning they have superb boundaries.
54. They also know that having lots of secrets will have very negative consequences for them. They know that if they have secrets, they will also harbor ill will toward others. They are most uncomfortable when they feel the need to be "secret."

55. While they can be very private individuals, they appreciate others and often have a strong support community around them that they have carefully nurtured over the years.
56. Adults are mostly very good parents.
57. They are almost always gracious, loving, nurturing and forgiving to their children.
58. They use criticism cautiously and demonstrate great temperance and forbearance in general with most people, but they do this especially with their own kids.
59. They work hard to create and enforce appropriate boundaries with their kids, but they are not arbitrary or cavalier in their judgments and actions with them.
60. When their kids have misbehaved, Adults are edifying and supportive even when they are very angry with them.
61. Adults lovingly point out better responses when they must discipline their kids and others. They do so in a nurturing manner. They are certainly not perfect at this.
62. They are very interested in “correcting” their children to prepare them for adulthood. They want their children to grow into thriving adults and not just become “grown up.”
63. They behave these same ways with other people’s children too.
64. They behave this way with everybody in their lives.
65. Adults are interested in things, in people, in places and ideas.
66. Adults want to get more good information inside themselves, so they figure out the best methods to do so. Whatever method they most favor they keep learning.
67. Adults are usually life-long learners. They have studied how to turn “good” *information* into “good” *knowledge* and then that knowledge into “*wisdom*.”
68. They are unusually wise but are not *vain* or *prideful* about what they know or how they do things. They are *proud* of their accomplishments and proud of others too, but seldom *prideful*.
69. Adults are more interested in living from the *inside, out*. They aren’t much interested in living from the *outside, in*.

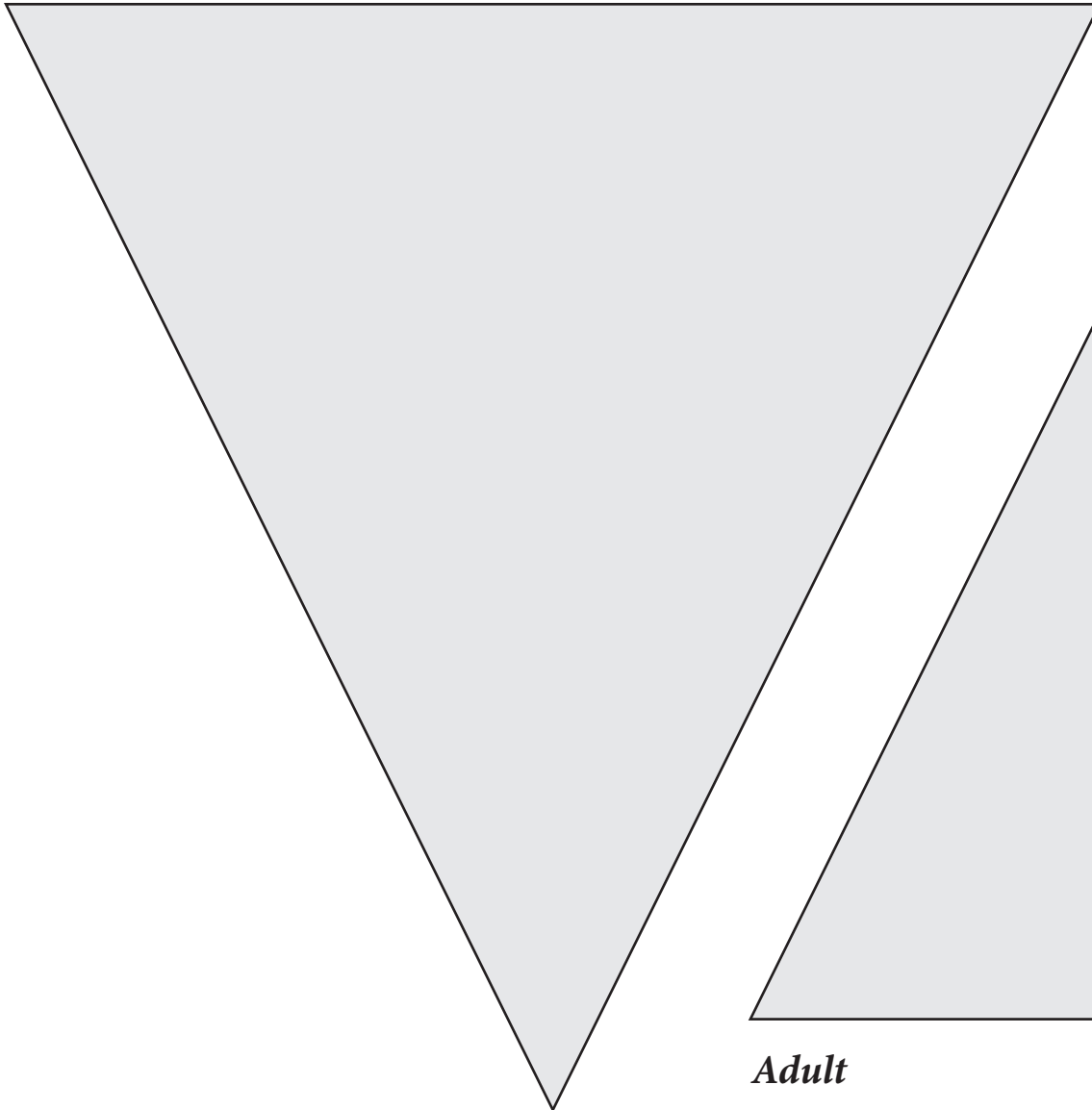
Used by permission:

The Broadbent Group, Inc.  
21851 Center Ridge Rd. Suite #411  
Rocky River, Oh 44116  
440-333-8866  
Walter J. Broadbent Ph.D. LCDC III  
drwaltbroadbent@gmail.com

***Drama Triangle  
(Ungodly)***

***Persecutor***

***Rescuer***



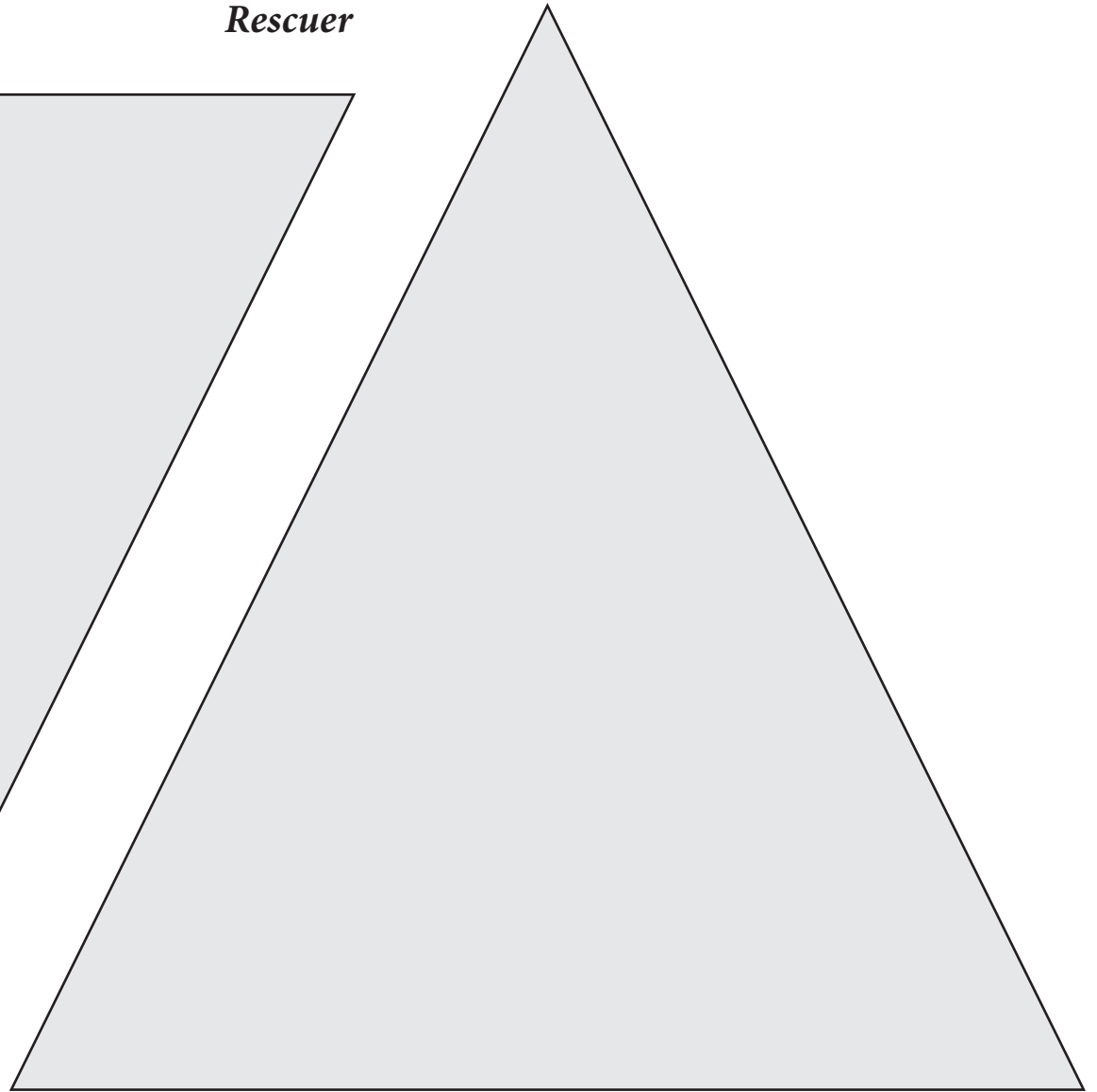
***Victim***

***Parent***

***Adult***

***Child***

***Authentic Triangle  
(Godly)***



## Being Responsible *For* others

How I **act** with others. I...

Fix  
Protect  
Rescue  
Save  
Take care of  
Do *for* others  
Take over  
Rush in  
Correct and Criticize  
Judge  
*I* do it instead of waiting  
React  
Dictate  
Sometimes persecute  
I “Shame” and “Guilt” others  
Hide  
Deny  
Justify  
Debate  
Explain  
Rationalize  
Make excuses myself  
Won’t accept excuses from others  
Blame  
Problem-solve  
Doubt others and self

### What I **Feel/Experience**

Overwhelmed  
Boxed in  
Trapped  
Inadequate  
Hostile  
Self-Pity  
Ignored  
Persecuted  
Victimized  
“Little”  
Prideful  
Criticized  
Sulky  
Empty

## Being Responsible *To* others

How I **act** with others. I...

Pray  
Listen  
Am Aware  
Identify  
Experience my feelings  
Communicate and share even my strong feelings and:  
Seek to understand  
Learn to express my feelings  
Share  
Detach  
Collaborate  
Act  
Learn “Love Languages” of Others  
Pray  
Learn to express my feelings  
Learn to problem-solve  
Learn to apologize when appropriate  
Create good boundaries  
Take responsibility when wrong  
Forgive when appropriate  
Accept my own and others “brokenness”

### What I **Feel**

Peaceful  
Concerned  
Free  
Open  
Detached  
Mad  
Sad  
Shame  
Guilt  
Happy  
Joy  
Scared  
Hurt  
Proud

“Responsible To and For Others” written by  
Walter J. Broadbent Ph.D.-LCDC III  
© 2017