

Teens by definition haven't fully matured yet, so some immaturity is expected. However, certain types of emotionally immature behavior can be especially harmful to a relationship.

## Signs of Emotional Immaturity in Relationships

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Lack of emotional maturity can spark problems within any relationship. To maintain a healthy relationship, both partners must be able to communicate effectively and be emotionally fine spending time with or without the other person. Signs of emotional immaturity are largely evident in behavior. Watch for tell-tale signs within your relationships.

### TEMPER TANTRUMS

Temper tantrums are an indicator of emotional immaturity. Mature individuals are able to control emotions without creating a scene or being overly dramatic. Temper tantrums are childlike ways of showing your distaste for something that has occurred in the relationship. Temper tantrums are characterized by yelling, crying and even violent behavior. These are especially detrimental to a relationship as they create additional strain and negativity between the couple. Fight the urge to become overly angered or emotional during disagreements because temper tantrums only increase your problems since they are likely to offend your partner.

### DEPENDENCY

Sometimes partners become overly dependent on each other. This could be due to a lack of other relationships or it could be a sign of irrational fears, such as the fear of being alone. Dependency is a sign of emotional immaturity as well as a sign that the dependent partner lacks confidence in his ability to complete even the smallest tasks without the other person's presence. Dependency can cause a lot of strain on a relationship, and the person on the receiving end may feel very suffocated or smothered. If your partner exudes dependency, sit down and talk calmly with him about your concerns.

### SELF-INVOLVMENT

People may be self-involved whether they are in a relationship or not. Emotionally immature people are often largely concerned with doing things only for themselves. This type of person completes tasks because of what she will get out of it. This could be a connection with another person or something tangible such as clothing. Self-involvement creates negative feelings within a relationship as often one member feels used or taken advantage of. People may be self-involved and fail to realize that their actions are offensive to others.

### IMPULSIVE BEHAVIOR

Impulsive behavior is usually spurred by the need for instant gratification. People are likely to do this in a relationship when they are struggling to hold the relationship together. Impulsive behavior, such as excessive spending on a whim, is an indicator of emotional immaturity. This behavior shows that one partner may be more concerned with immediate pleasure than the overall well-being of a relationship. People with overly impulsive tendencies put additional pressure on a relationship and the effects can be viewed from a monetary or emotional angle.