

Please do yourself a favor!

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QQ-H3L-NVSO](https://www.youtube.com/watch?v=QQ-H3L-NVSO)
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SUMMARY

Understanding someone's emotional development is crucial for managing relationships effectively. Instead of expecting others to change, we must adjust our own behaviors and set appropriate boundaries based on their emotional capabilities.

- *Recognize emotional limitations in others to better navigate interactions.*
- *Adjust your behavior in response to the emotional development of others.*
- *Set boundaries based on observed behaviors rather than expectations.*
- *Avoid living in a fantasy about someone's potential for change.*
- *Understand that people may not evolve as you wish, requiring personal adaptation.*
- *Engage in a relational "dance" where both parties influence each other's actions.*
- *Acknowledge emotional pain and handicaps to foster healthier connections.*

once you recognize somebody's level of emotional development once you can truly see that they have emotional limitations emotional handicaps emotional arrests emotional pain and emotional crap then you can adjust your behavior our problem is that we don't adjust our Behavior we keep expecting them to reach the levels we think they should be at no no no once

you notice someone's behaviors you have to adjust your behaviors you have to create boundaries or open the gate or shut it depending on what they show you it's a dance they show you something you have to adapt and react otherwise you will live in your fantasy and yours will go by and then one day you will realize that they have stayed exactly the same