

AFFECTIVE DEVELOPMENT

BIRTH TO YOUNG ADULthood

Identifying oneself, managing one's emotions, and developing psychological strengths, virtues, values, and ethical competence

- 1.0 Personal Identity

- 2.0 Emotional Competence
 - 2.1 Identification of Feelings
 - 2.2 Appropriate Expression of Feelings
 - 2.3 Acceptance of Feelings

- 3.0 Psychological Strengths and Virtues
 - 3.1 Trust and Hope
 - 3.1 a Contentment
 - 3.1 b Frustration Tolerance
 - 3.1 c Perseverance
 - 3.2 Autonomy and Will
 - 3.2 a Decision-Making
 - 3.2 b Self-Control
 - 3.2 c Self-Care
 - 3.3 Initiative and Purpose
 - 3.3 a Self-Initiated Activity
 - 3.3 b Active Involvement
 - 3.4 Industry and Competence
 - 3.4 a Goal Setting
 - 3.4 b Improvement through Practice
 - 3.4 c Goal Achievement

- 4.0 Values and Ethical Competence
 - 4.1 Obedience
 - 4.2 Trustworthiness
 - 4.3 Altruism
 - 4.4 Respect
 - 4.5 Responsibility
 - 4.6 Thankfulness

CATHOLIC HANDBOOK OF CHILD GROWTH, DEVELOPMENT, AND LEARNING
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3.0 PSYCHOLOGICAL STRENGTHS AND VIRTUES

3.1 Trust and Hope

3.1b Frustration Tolerance

Frustration tolerance is:

- * developing patience for getting wants and needs met.
- * dealing appropriately with disappointment.
- * learning to wait for something or someone.
- * trusting that someone will meet one's needs and waiting upon that someone to do so.
- * trusting in others to honor their word, act with consistency, and respect one's needs.

Christ expresses it when He leaves His home town because He cannot work miracles there and tells the Disciples to leave if a blessing is not returned to them (Mt 10:14), deals with the possessed boy after the Disciples say they cannot cure him (Mt 17:14-18), questions the Disciples about their lack of faith (Mk 6:6), sighs from the depths of His Spirit (Mk 8:12), refuses to respond to the Pharisees who question Him about His authority (Mk 11:33), asks where the other nine lepers are to thank Him (Lk 17:11-17).

It is important because:

- * it is not healthy for individuals to go through life thinking that their needs, wants, and expectations will always be met upon demand.
- * frustration tolerance serves us well throughout our life by helping us persevere in life and in achieving our goals.
- * relationships are healthier and more successful when persons are able to let go of a demand, postpone an activity, or wait upon another or an event.
- * it is fundamental to developing ability to give and take in relationships.
- * it is essential to be able to wait on God because only He knows the perfect timing for requests to be met (Ps 37:9).
- * we grow stronger when we wait on the Lord (Ps 27:14, Is 40:31).
- * Good is the Lord to one who waits for Him (Lam 3:25).

One would exhibit it by:

- * waiting for someone or something.
- * waiting one's turn.
- * letting go of a demand or expectation, which cannot or will not be met.
- * accepting the postponement of an activity until another time.
- * asking to be considered next.
- * waiting patiently for help.

AUTHOR'S NOTES:

Infants and very young children have real and pressing needs such as hunger, thirst, discomfort, pains, fears, and even anxieties. It is important for adults to respond to their needs quickly and compassionately whenever possible especially responding to those needs that would otherwise be left unfulfilled without adult assistance. It is natural for young children to express their needs as immediate needs. Their egocentric way of thinking leads them to truly believe that they are at the center of the world in terms of importance and life.

