

EMOTIONAL DEVELOPMENT

Emotional development refers to a person's improving ability to recognize, regulate, and express their feelings.

THEORIES

- **Attachment Theory:** Explores how students overcome their attachment to their parents and replace it with self-efficacy, self-confidence, and ability to self-regulate emotions.
- **Psychosocial Theory:** people emotionally develop through a series of stages in life. In each stage, we have a fundamental crisis to overcome.

EXAMPLES

- **Emerging ability to name feelings (7 to 24 months):** Toddlers develop the ability to name feelings like happy, sad, and scared.
- **Declining egocentrism (5 years and up):** Children will slowly move out of egocentric thinking from about age 5 and start to develop perspective-taking and empathy for others' viewpoints.

Becoming And Being A Woman Development Theory And Therapeutic Considerations

RC Schank



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