

JOHN HENDEE

ADULT BABIES



WHAT KIND OF TANTRUMS ARE YOU

THROWING?

ADULT BABIES

What Kind of Tantrums Do You Throw?

Dedication

Tim Coop

He is one of the most mature people I've had the privilege of knowing and working with in my life.

He is one of the best models in my life of someone who is mature and without an glaring list of TEMPER TANTRUM behaviors.

Actually, as one who has worked full time with him as my boss in the past, his list is so small that I would be hard pressed to think of even a few.

I'm guessing his family (as would be true of all of us) might come up with a few more than I can, but one of the reasons he has been so loved and respected where ever he has gone and worked is due to his honest, loving, kind and straightforward way of dealing with people; not manipulative, controlling for self interest, demeaning others, etc.

Thanks Tim for being such a great model of maturity for so many of us.

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CHAPTER ONE

I was surfing channels on our TV one day. I was stopped in my surfing when I saw a grown man standing in front of a kitchen sink watching a woman blend some food in a blender.

I FELL OFF MY 'SURF' BOARD.

The man was dressed in a one piece baby pajama outfit. He was a large man. It looked pretty weird. I had to watch against my better judgment. The woman finished blending the food. The man then went to a giant, white, adult size baby chair. He crawled up into it. The woman lifted the table part from the back and it came up and over his head and settled in front of him. She placed the bowl of food on it. She put a bib on him. And she began to feed him.

I was mesmerized. My mouth was hanging open and my stomach was a little nauseous. I was waiting for the 'punch line' as if it was a comedy or something. It didn't come. This was serious business. On the one hand I was already starting to feel disgust and wanted to quickly get back on my 'board' and proceed with my surfing, but I had to watch more. It only lasted about 5 minutes in length. That was long enough.

It got worse. The next scene showed him sitting in a normal size play pen. He filled it. He was playing with his toys. Then it went to showing him crawling into a huge, white adult size crib. The lady pulled the side up, hooked the latch and gave the man a blankie and a large baby bottle which he began to suck on. She talked gently and quietly to him.

I was about ready to puke at that point. But I had to see it through. I swallowed hard and kept watching.

The man was about 35. He spoke a few times during the 5 minute video. He sounded normal and rational on the one hand. He explained that he was part of a group of Adult Babies. He and his 'mother' had a web site with 1600 members.

It was explained they live on Welfare.

"I'm paying for this" I thought?

He made the comment that "some people drink alcohol and others take drugs to deal with the stresses of life, but this is my way of dealing with the stresses of life."

And I thought “Start taking drugs! Please! It would be better than this!”

It ended and put me out of my misery. I went back to my ‘surfing’ but the images were burnt into my brain.

I thought, “Wow, there can’t be any proud parents in this situation.”

“Yes, look at what my son has achieved in life. I’m so proud of him.”
No, not in this scenario.

It was pretty sad and I have to say disgusting.

But it got me thinking about the behavior of many youth and adults.

It took me down an interesting path.

While most of us don’t:

EAT OUR MEALS IN A HIGH CHAIR,

PLAY IN A PLAY PEN,

SLEEP IN A GIANT CRIB,

PLAY WITH BABY TOYS,

SUCK ON A BABY BOTTLE,

HAVE A ‘BLANKIE’,

OR WEAR DIAPERS WHEN WE DON’T HAVE TOO,

THE QUESTION BECOMES

“CAN WE AS A YOUNG PERSON OR AN ADULT DEMONSTRATE VERY IMMATURE BEHAVIOIR THAT CAN BE REVOLTING AND DISCUSTING, SOMETHING A PARENT CERTAINLY WOULDN’T BE PROUD OF SEEING IN AN OFFSPRING OF THEIRS”? HUMMMMM?

I started thinking more about this. This is the line of thinking I ended up pursuing.

What is the most important thing in the life of a baby?

Think about that for a second.

I've asked a lot of people this question and I have found that the most common response is "It's mother."

And my response to that is ERRRRRR. You are wrong.

What is the most important thing in the life of a baby?

Itself!

Now the next question is

WHAT DOES A BABY DO WHEN IT IS:

HUNGRY

WET

TIRED

THIRSTY

HURT

Or it

WANTS TO BE PUT DOWN

WANTS TO BE PICKED UP

WANTS ITS' TOY

WANTS IT BLANKIE

Oh, you got that one right. It cries.

And as it ages it adds other actions to its list beyond crying. The child can become creative in a blend of:

THROWING

KICKING

SCREAMING

HITTING

BITING

POOPING

SPITTING

HOLDING ITS' BREATHE

AND CRYING.

It starts **THROWING TANTRUMS.....**

And then it hits the well known **TERRIBLE TWOS.**

This beautiful little blessed package becomes a bundle of agony and pain for many parents who then start having second thoughts about ever having given life to this little monster.

But what is happening during the terrible twos, when a litany of **TANTRUMS** seems to become a normal part of daily life with this little one?

The child starts discovering that they are losing their place as the center of their parents' world. They are finding out that there are other things that take their mother and father away from them.

There are other kids in the family.

There are jobs the parents go off to.

There is a house to maintain.

There are often pets who get a lot of attention.

There are bills, and taxes and homework and all kinds of other stresses in life.

There is shopping to do and doctor appointments.

And the child doesn't like the loss of attention, so they start doing things that most definitely 'get them attention'. But getting attention doesn't win them back what is inevitably slipping from their little fingers. In fact, the way they are acting actually speeds up the process. They are less attractive and the cuteness is lost.

At times one could pity an only child who continues to be treated as THE most important thing in the life of their parents. These unsuspecting parents are helping create a potential monster for their child's future mate if they marry.

CHAPTER TWO

WHAT IS THE DIFFERENCE BETWEEN A BABY AND AN ADULT?

Other than body size.

A BABY IS:

Selfish

Self centered

Wants and needs driven.

And it cries when it doesn't get what it wants or it is feeling bad. That is its' main way of communicating. It can't talk!!!!

And all of that is o.k. for a baby. It is normal!

AN ADULT IS one who is (or we would like to think so):

Giving

Unselfish

Helpful

Forgiving

Generous

Kind

Polite

Caring

Protective

Self controlled

Disciplined

Has integrity

Respectful

Empathetic

Courteous

Thoughtful

Responsible

Wise

LOVING

Or at least we would want to see a strong combination of these things.

NOW.

When a **when a baby grows into an adult, he can't keep throwing tantrums the way he did as a baby! If she did she would face a hard, hard life.**

**Here is a tough, revealing question:
Do youth and adults throw tantrums?**

Think about it. We are going to pursue this for a while.

I'm afraid the answer is YES.

We don't always see our tantrums as tantrums or as infantile, butI'm afraid they are.

So while we might not continue to dress in baby pajamas, eat at a high chair, play in a play pen, and sleep in a crib, it is possible that when our body grows we can continue with and develop new forms of immature and infantile behavior or

YOUTH AND ADULT TANTRUMS.

First let's ask the question, why do YOUTH OR ADULTS THROW TANTRUMS?

It will often will happen when :

THEY DON'T GET WHAT THEY WANT, or

THEY DON'T GET THEIR WAY, or

THEY DON'T GET WHAT THEY THINK THEY DESERVE or

THEY DO GET WHAT THEY 'DESERVE', BUT THEY DON'T LIKE IT.

Make your list; what would some of these youth or adult tantrums be?

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Now take a look at this list: How many from your list are on the following list?

Have you found some new ones?

POUT

CRITICIZE

ACT NOTTY

BECOME SHARP IN RESPONSES

CRY

BLAME

BEING REBELLIOUS OR DISOBEDIENT

SCREAM

ACCUSE

BECOME SARCASTIC

CALL NAMES

THROW THINGS

HIT OTHERS

PLAY THE VICTIM

BECOME MEAN

STOP TALKING

MANIPULATE

USE OTHERS

WALK OUT

HIT-HURT-BEAT UP

RETALIATE

QUIT

DEMEAN OTHERS

ACT COLD

SEEK REVENGE

GOSSIP ABOUT OTHERS

JUDGE OTHERS

THREATEN

ACT IRRESPONSABLY

IGNORE OTHERS

FAIL INTENTIONALLY IN SOMETHING THAT WILL HURT THE OTHER

BE UNCOOPERATIVE

DON'T HELP

MOCK OTHERS

BE UNFAITHFUL TO OTHERS

SLEEP ON THE COUCH

MAKE THEM SLEEP ON THE COUCH

CAUSE DAMAGE

INTENTIONALLY GET IN TROUBLE

LIE

ROB-STEAL

DRINK-USE DRUGS NEGLECT

DEPRIVE OTHERS OF THEIR RIGHTS

SWEAR

SWEAR AT OTHERS

BLACK MAIL

MAKE FACES AT OTHERS

WHINE

COMPLAIN

BECOME ABUSIVE

SEND NASTY EMAILS

POST NASTY THING ON FACE BOOK ABOUT OTHERS

INTENTIONALLY BE 'FORGETFUL'

SCARE OTHERS

ABANDON OTHERS

KILL

ACT OR RECALL AN ILLNESS (OH MY HEART!!!! NOW LOOK WHAT YOU DID.)

IGNORE, REJECT GOOD ADVICE OR COUNSEL FROM OTHERS

And the list goes ON and ON.

NOW AIN'T THAT REALLY MATURE?

And the results?

Does acting in the ways LISTED ABOVE get a youth or adult what THEY really want?

WHAT DO OUR TAMTRUMS USUALLY GET US IN RETURN?

A positive response or a negative response?

HOW ABOUT GOING DOWN THE LONG LIST ABOVE AND CHECKING THE ONES YOU ARE GUILTY OF USING AT TIMES.

Are there other items you have come up with?

Who do you use them with/on?

How often?

Do you see how it damages your relationships?

Do you really like the results it gets you?

What would being or acting in the opposite way be for each characteristic?

What do you need to change in your life as part of your growing up?

When are you going to change?

CHAPTER THREE

WHAT IS THE MOST IMPORTANT THING IN THE LIFE OF AN ADULT BABY?

Control and power!

And they will use that control and power to get:

What they want,

The way they want it,

When they want it.

And when they don't get what they want, how they want it or when they want it, watch out. You have just pulled the plug on their

TANTRUM GRENADE.

It is about to go off.

DO YOU SEE THE COMMON THREAD?

An Adult Baby never grew beyond the need to be the center of attention, to have everyone running around to meet their needs. They didn't learn how to give, to be concerned about the needs of others.

While it is not bad to be concerned about ones' legitimate needs, it is sad when one never learns that the world does not revolve around them, and they don't learn effective ways to seek to have those needs met.

Growing into a deep cycle of more powerful and controlling Tantrums is not the answer to a good life.

"It is more blessed and mature to give than to receive, " seems like a pretty absurd statement to a Youth or Adult Baby.

ADULT AND YOUTH BABIES:

USE PEOPLE.

MANIPULATE PEOPLE.

CONTROL PEOPLE THROUGH NEGATIVITY, BLAME, SELF JUSTIFICATION, SCKOLDING, PLAYING THE VICTIM, HURT, FEAR AND THREATS: Tantrums.

In their thinking others exist to meet their needs.

They don't exist to meet others needs.

It is 'their way' or 'no way.'

LITTLE BABIES DON'T SEE ANY PROBLEM WITH THE WAY THE ARE ACTING.

It is normal for them.

It is the same with adult babies too.

They don't' see it.

They don't get it.

Everyone else has a problem, not them.

Their behavior seems pretty normal to them and it is in one sense.

They have probably been doing it most of their life!!!!

But that doesn't make them a mature adult.

And youth and adult babies most often don't see any problem with the way they are acting or living. But what is normal for a one year old baby should not be the norm for a youth or adult.

The 'other people' are the problem in their mind.

"There is nothing wrong with me! It's them!"

**In Alcoholics Anonymous they talk about
“THE ELEPHANT IN THE ROOM.”**

Do you know what that means?

It refers to a situation where there is an alcoholic (or addict of some kind) in the house. Everyone else sees it. The addict is in denial or choosing to continue with their life style in spite of the fact that it is damaging them and all the people they live with. So everyone just sort of learns to live with the alcoholic, trying to make the best of it, quietly or maybe not so quietly suffering. The alcoholic controls what is going on. They don't see the damage, or they don't care. Others have tried bringing it up but end up paying a huge price for even mentioning it. It is like having an elephant in the living room but we can't talk about it. It is really awkward, weird and uncomfortable but what can you do?

And STUFF keeps piling up and getting deeper all the time. And it stinks!

COULD THERE BE A BABY IN THE ROOM THAT ALL SEE BUT YOU????

Think about this statement of John Powel:

EVERY OBNOXIOUS QUALITY

(which includes throwing a tantrum.)

IN ANOTHER HUMAN BEING IS A CRY OF PAIN AND PLEA FOR LOVE.

And aren't we all obnoxious at times!

If a child/person doesn't get the genuine love they need and deserve they will often settle for getting attention. Attention is a poor substitute for love. ATTENTION can easily be gotten through throwing a tantrum.

**How does it affect us when others in our life use
TANTRUMS with or against us? How does it make us
feel or react?**

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- *
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- *
- *
- *
- *

**When someone uses adult tantrums to get what they want, or to get their way,
their actions will often be:**

DEMORALIZING

DEFEATING

DEBILITATING

DIVIDING

DISTANCING

DISTRESSING

DEMEANING

DISCOURAGING

DESTROYING

DETACHING or

DAMAGING others and their relationships with them.

DO PEOPLE LIKE BEING AROUND ADULT BABIES????

OOOOHHH, NO!

“Something smells! They need to be ‘changed.’”

SOMETIMES OTHERS WILL TOLERATE THE ADULT BABIES BEHAVIOR BECAUSE...

It might seem to be the price you have to pay to keep the family together or keep your job, or not be abandoned or made to suffer even worst things.

It might be the price to pay for being included or accepted into some social, economic, political, or religious group.

Often the alternative choices in standing up to and address the tantrums seem too costly.

The victims don’t know how to deal with it.

They feel trapped by fear.

It may even seem o.k. or ‘admirable’ to them.

I suppose at times any of us can either be the ‘tantrum thrower’ or the victim of others tantrums.

But it is good for all of us to do some self examination.

Now is a good time to start:

Once more,

HOW ABOUT GOING DOWN THE LIST AND CHECKING THE ONES YOU ARE GUILTY OF USING or throwing.

Who do you use them with/on?

How often?

Are others afraid to talk to you about your tantrums for fear of even more excessive tantrums on your part?

Do you see how your tantrums damage your relationships?

What is the opposite of each negative tantrum you throw? What would that look like? How would acting in the opposite way improve your relationships?

Do you need to say something to others?

Can you see how your behavior 'smells' to others?

Are you willing to change?

Are you going to change?

When and how?

HERE ARE SOME BIBLE VERSES THAT POINT OUT THE NEED FOR EXAMINATION:

- [Psalm 11:4](#) The Lord is in his holy temple; the Lord is on his heavenly throne. He observes everyone on earth; his eyes examine them.

- [Psalm 26:2](#) Test me, Lord, and try me, examine my heart and my mind;
- [Proverbs 5:21](#) For your ways are in full view of the Lord, and he examines all your paths.

Are you able to identify any ways you act like an adult baby?

What kind of tantrums do you 'throw'?

At home?

At work?

At school?

At church?

At club?

At team?

What are your methods of trying to control others and get your way?

IF YOU ASKED YOUR FAMILY IF YOU EVER ACTED LIKE AN ADULT BABY WHAT WOULD THEY SAY?

Or people at work?

Or people at church?

Or people in your club?

Or people in your political party?

Or people on your team, club

Or those in opposing groups?

If you gave the people in each of those places the list of Youth and Adult Tantrums and asked them to check the ones you are guilty of using, which one's would they check?

LETS' THINK ABOUT ADULT 'SPIRITUAL' BABIES?

IS THERE SUCH A THING?

1 Corinthians 3:2 **"I had to feed you with milk**, not with solid food, because you weren't ready for anything stronger. And you still aren't ready."

Hebrews 5:12 **"You have been believers so long now that you ought to be teaching others. Instead you need someone to teach you again the basic things about God's word. You are like babies** who need milk and cannot eat solid food."

Hebrews 5:13 **"For someone who lives on milk is still an infant** and doesn't know how to do what is right."

1 Corinthians 14:20 **"Dear brothers and sisters, don't be childish** in your understanding of these things. Be innocent as babies when it comes to evil, but be mature in understanding matters of this kind."

Oh yes, there are spiritual babies

Which are you?

Are you at a nursing level or are you mature?

Some people have been Christians for many years but are still spiritual babies.

What does God long to see in the life of one of his children?

Maturity.

Christ likeness.

Someone who is

full of mercy,

full of grace,

and treats others the same way God does.

Someone ruled by love.

Someone who is growing up....

2 Corinthians 13:9

“We are glad to seem weak if it helps show that you are actually strong. **We pray that you will become mature.**”

Ephesians 4:13

“This will continue until we all come to such unity in our faith and knowledge of God’s Son that we will **be mature in the Lord**, measuring up to the full and complete standard of Christ.”

Philippians 3:15

“Let all who are **spiritually mature** agree on these things. If you disagree on some point, I believe God will make it plain to you.”

Hebrews 5:14

“**Solid food is for those who are mature**, who through training have the skill to recognize the difference between right and wrong.”

Hebrews 6:1 “So let us stop going over the basic teachings about Christ again and again. Let us go on instead and **become mature** in our understanding. Surely we don’t need to start again with the fundamental importance of repenting from evil deeds and placing our faith in God.”

1 John 2:13

“I am writing to you **who are mature in the faith** because you know Christ, who existed from the beginning. I am writing to you who are young in the faith because you have won your battle with the evil one.”

WHAT DOES AN ADULT SPIRITUAL BABY WANT?

Control, power, influence, and recognition.

HOW DOES AN ADULT BABY TALK AND ACT AT CHURCH?

“I’m not getting fed.”

“No one is friendly to me.”

“No one appreciates me and all I do.”

“I’m leaving.”

“I’m not helping any more.”

“I quit.”

“I’m taking over!”

“YOU need to leave!”

“If they don’t’ do it my way, I’ll take my toys and go.”

“Don’t they know how much money (or time) I give?”

“I don’t like the music, schedule, building, bulletin, youth pastors, etc. If they don’t change it, I’m going elsewhere.”

WHEN might some of these be legitimate?

When might these show an immature attitude?

- [Hebrews 5:14](#) “But solid food **is** for the mature, who by constant use have trained themselves to distinguish **good** from **evil**.”

An adult baby

- Can appear successful in the world and/or the church.
- They can be leaders in business, politics, sports, clubs, families, churches, etc.
- They try and control everything through tantrums.
- And when YOU don't do things their way, watch out.
- Anger, rage, threats, blackmail, gossip, harsh criticism, complaining, negativity, causing divisions, seeking followers, etc. Now they might specialize in one or two tantrums instead of having a long list of 10 or 20 tantrum techniques.

And then in the church....

HAVE THEM ADD GOD TO THEIR SIDE OF THE ARGUMENT, (ESPECIALLY WITH BIBLE VERSES) AND BROTHER, YOU BETTER WATCH OUT (AND RUN).

BE CAREFUL;

AN ADULT BABY HAS TEETH.....

Galatians 5:15 NIV "If you bite and devour each other, watch out or you will be destroyed by each other."

An adult 'spiritual baby' can be

Dangerous

Fearful

Frightening

Powerful

An abuser

Damaging

Controlling

Threatening

Criticizing

Manipulation

Black mailing

Coercing

Name calling

Running down

Not forgiving

Gossiping

Lying

Slandering

Judging

(They are obviously arrogant and insecure!)

Although they seem strong, maybe even very spiritual, the truth is they are nothing more than immature babies, out of control.

It is most likely YOU will never be able to change them. Just don't live like them. Give yourself completely to God and He will see you through it. Be like Jesus.

Ephesians 6:29-32 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it

may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Romans 14:19 Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14:18-20 Make every effort to keep the unity of the Spirit through the bond of peace.

Hebrews 4:10-12 Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Romans 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

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ONCE more:

HOW ABOUT GOING DOWN THE LIST AND CHECKING THE TANTRUMS YOU ARE GUILTY OF USING.

Who do you use them with/on?

How often?

Do you see how it damages your relationships?

Do you need to say something to others?

When are you going to change? Now is a good time to start:

JESUS SAID OF THE PHARISEES...."They are experts at justifying their every inconsistency."

So are adult babies

Years ago I read about a counselor and a technique he used with many clients.

He often gave those who came in for their first session about a bad marriage the following homework and then told them they had to do it and return it to the office in order to be able to have a second appointment. If they didn't do this part he wasn't willing to see them again.

He explained that without doing this he probably couldn't help them much. Now this wasn't to say that the clients mate didn't have some real issues to deal with but he had learned that if this wasn't done and understood in many cases, especially when he wasn't seeing the couple together, he couldn't get very far with these new clients.

He explained that their first assignment was to fill in the top row of a similar chart to the one below, listing the six most serious things that irritated, upset, disturbed or angered them about their mates attitudes or actions. He had them do this during the first session.

At this point the client is thrilled and pleased with their decision to have come to this counselor. It doesn't last long. 😊

Most of the time they had a hard time cutting their list down to just six. "This is fun" they told themselves. They liked this guy. That was about to change.

Then the counselor explained that after they had accomplished this part of the assignment, they had to list eight poor or bad responses of theirs to each of the six items at the top.

At this point they were sure they misunderstood what the counselor said. "Would you repeat that please? I don't' think I got that right."

iritations nnoying adding	1	2	3	4	5

“No” the counselor would say. “You understood me.” And he repeated the assignment. Then he explained the simple truth that the client would never be able to change their mate. Period. So for starters all they can focus on is themselves and their poor attitudes and actions. They are the only one they can change. Doing that, might lead to their mate being more open to see their behavior and think about changing themselves. Maybe.

But all that was NOT what the client came to the counselor. They came for support and sympathy. After all, what are they paying for? “It is my mate who needs changing. They are the problem.”

Well, there is no doubt that the other needs to change some things but for now all the counselor can do with this person is help them identify their poor behavior and help them change....if they are willing to. “So, do the homework or don’t bother coming for another session.”

At some point in the first session the counselor read **Matthew 7:3,4 with them.** “Why do you look at the **speck** of sawdust **in** your brother’s **eye** and pay no attention to the plank **in** your own **eye**? How can you say to your brother, ‘Let me take the **speck** out of your **eye**,’ when all the time there is a plank **in** your own **eye**?”

With that the stunned client walks out not sure they want to do the homework. This thing seemed to have just turned south and went sour for them.

The client then has a tough decision to make. It all depends on whether they are mature and wise enough to realize they need to work on themselves for now.

The counselor based this approach on the story in Luke about one trying pick a speck out of someone else’s eye when they had a plank sticking out of theirs. That is a common human problem. We see everyone else’s faults but are slow to see ours or we are quick to try and explain away, excuse or deny our shortcomings. “After all, my issues are nothing compared to my mates!!!”

Well, that approach doesn’t help us in life very much and it is a common strategy of adult babies. So we can all learn from this exercise. Give it a try. Put in the name of your mate, parent, child, boss, employee or other person. You might want to do with a number of different people you live or work with.

Again, this is not to say others don’t have problems to deal with, but the place to start in life is with our selves.

The child caught in some inappropriate action is quick to yell out “Bobby did it.” or “Bobby made me do it.” But, but, but.....

So let's do a practice run. Let's use this example. Let's say your mate, friend, parent, or child is always late for things and getting ready for things and it drives you crazy. So we will list that at the top of a column. ALWAYS LATE.

Now what could be eight bad responses of ours to that? This is not to say they don't have a problem being punctual. They may be having problems with the same thing at work or school too but we aren't going to focus on their 'speck' for now.

8 possible poor responses/tantrums or responses of ours to someone who is always late; these are our possible tantrum's responding to their issue.

(It was easy coming up with 12.)

- 1. Yell at them for being late. (Tantrum)**
- 2. Call them names. (Tantrum) "Irresponsible. Selfish. Inconsiderate."**
- 3. Don't speak to them for a long time. (Tantrum) Silent punishment.**
- 4. Scold them. (Tantrum) When are you ever going to learn? Exasperation! Play the victim. I'm suffering because of you. Poor me.**

Horribilize their 'crime'.

- 5. Make mean faces at them. (Tantrum) Nasty looks. Roll your eyes. Huff and puff.**
- 6. Talk to others about them. (Tantrum) Gossip with your mom or with people at your work.**
- 7. Make a big scene in front of the children. (Tantrum) This is the try and 'embarrass them' into changing method; or it is the 'victim' scenario and trying to win others to your side.**
- 8. Show up late or drag your heels for something important for them. (Tantrum) Teach them a lesson. Let them see how it feels. Revenge!**

9. Don't go to the event. (Tantrum). After all you aren't about to walk in late!! And be sure and blame them.

10. If you do go, when you show up be sure and say, "Well it isn't my fault we are late." (Tantrum). Make sure the blame is properly placed.

11. Make sarcastic remarks. (Tantrum) "You'll be the last to show up at your own funeral." Make sure they know and everyone else knows you are suffering horribly living with such a person.

12. Withhold affection. (Tantrum) Don't touch, or be touched. No kiss or give a dead fish kiss.

Hey, here are 12. These are tantrums.

Here is the challenge. The RESPONDER is responsible for these and can't blame the other.

Those are ADULT TANTRUMS. I'm sure we could find more.

Now maybe the other personal truly has a problem with not being punctual in life. They need to deal with that.

But my tantrums are NOT going to help fix the problem. In fact they might be making matters worse and driving the other into being later all the more as a way to rattle my cage and punish me for my behavior or tantrums.

Huummmmm

One can be so focused on the others SPECK (One item) that they totally miss their 8 or 10 or 12 bad responses, THEIR LOG, or ADULT BABY BEHAVIOR.

This exercise is not saying tardiness or any number of other things are not important issues, but it is saying we need to start with ourselves and make sure we are taking care of us.

Our doing that might even be an encouragement to the other to improve and change when they see our willingness to take responsibility for our poor attitudes and actions. We take the pressure off by putting the pressure on us to change our behaviors. Then we can begin the task is finding other mature ways to deal with the others issue or issues.

SO, out of the high chair, out of the crib, put down the bottle blankie and let's move on to maturity!!!!

I Corinthians 13:11

When I was a **child**, I talked **like** a **child**, I thought **like** a **child**, I reasoned **like** a **child**. When I became a man, I put the **ways** of **childhood** behind me.