



Steven S. Minter, Th.M., Psy.D.

Clinical Psychology

Licensed Psychologist/PY 8553

Working Therapeutically Between Sessions: Journaling Exercise

Adulthood

The **Oxford Languages** dictionary defines “adulthood” as “the practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.” “Being/Acting like an adult” or “growing up to be an adult” or “adulthood” are topics that come up frequently in therapy, regardless of a person’s chronological age.

Answer the following questions with a sentence or a paragraph or two paragraphs or however much you would like.

-What does/did the term “adult” mean to your parents? What does it mean to you? Do you notice any differences in those definitions?

-How do you know if someone is an adult?

-How do you feel about your own progress *toward* or *through* adulthood? Are there any areas in which you want to improve?