The problem of the current research is summarized in the following questions: What is the level of developmental changes in adolescents? Keywords: developmental changes, the physical aspect, the cognitive aspect, the psychological aspect, the adolescent stage, emotional sensitivity. In order to achieve these goals, a sample of middle school students affiliated to the Ministry of Education in the capital, Baghdad, was selected, numbering (264) male and female students, their ages ranged between (14–17) years, distributed over four schools. Is there a relationship between developmental changes in its various dimensions (physical, psychological, cognitive) and emotional sensitivity among a sample of adolescents? As well as identifying the level of emotional sensitivity in adolescents, identifying the relationship between developmental changes and emotional sensitivity, and identifying the nature of the differences between developmental changes and emotional sensitivity according to some demographic variables (sex – age). The researchers relied on the Rehacom system for diagnosis and computerized cognitive training as a measure of research to extract data for the research.