

Ino soma

**Adult Children of Emotionally Immature
Parents**

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Introduction

Deep within our being, we all carry the invisible scars of our childhood. For some, these wounds are like vestiges of a distant past, healed with time and love. For others, these wounds are open sores that continue to bleed long after we have left the parental home. We are the children of emotionally immature adults, and our history is often marked by the struggle to find our way in a world where our parents were incapable of guiding us emotionally.

“emotionally immature parent”, This term is not meant to blame our parents, but rather to recognize that they may have been unable to adequately meet our emotional needs due to their own unresolved hurts, lack of skills in

terms of emotional regulation or a whole series of other factors.

With the birth of a child, people physically and legally become parents, but psychological preparation often does not appear. Parental emotional immaturity is quite common: parents do a good job of meeting their children's physical and material needs, but are completely oblivious to their children's emotional needs.

As you know, parents bear full responsibility for their children: physical, legal, financial, daily, psychological, and awareness of this determines their emotional maturity. For a child's development, it is necessary not only to create the conditions, but also to hear, understand and accept him. In a healthy family, children grow up happy and harmonious. In a family where

parents are emotionally immature, children grow up with a bunch of complexes from childhood.

Mothers and fathers are the people who provide everything to children: security, comfort, including emotional comfort, support, understanding and love.

If parents give all this fully, then they were truly ready psychologically and physically for the role of father and mother, and their children grow up in a healthy atmosphere. If parents do not fulfill their role, then children will be forced to reap the rewards of unhealthy relationships and be regulars in the psychologist's office.

Chapter I: Understanding Parental Emotional Immaturity

1.1 characteristics of an emotionally immature parent

Understanding our parents and their past or current attitudes can greatly improve the mental health of children, even as adults. This will strengthen the parent-child relationship in the long term.

1. the parent has low stress tolerance;
2. he has great difficulty apologizing or even does not apologize at all;
3. he is rigid and defensive when you express an opinion different from his;
4. he often uses blame as a mode of communication to make you feel guilty;
5. he feels little empathy towards others;

6. he is emotionally insensitive;
7. he is unable to allow his children to express his negative emotions: “a little boy should not cry”;
8. it responds to the child's physiological needs, not their emotional needs;
9. he is condescending, even contemptuous.

1.2 types of emotionally immature parents.

ΔThe first typology refers to parents with erratic and unequal behavior. They are very emotionally unstable parents, who make promises today and don't keep them tomorrow. Parents who are very present one day and who make their children feel like they are nuisances the next.