

if you had controlling parents

If You Had Controlling Parents: Understanding, Healing, and Growing Beyond

if you had controlling parents, you might recognize the unique challenges and emotional complexities that come with growing up under their influence. Parenting styles vary widely, but controlling parents often impose strict rules, demand obedience, and closely monitor every aspect of their child's life. This upbringing can shape your personality, relationships, and self-esteem in profound ways. Whether you are reflecting on your own childhood or trying to support someone with controlling parents, understanding the impact and learning how to navigate these dynamics is essential for personal growth and emotional well-being.

What Does It Mean to Have Controlling Parents?

Having controlling parents typically means your caregivers exercised excessive authority over your decisions, feelings, and actions. These parents might have set rigid expectations, discouraged independence, or used guilt and manipulation to maintain control. While their intentions may stem from a desire to protect or provide, the effect often results in children feeling suffocated, powerless, or lacking autonomy.

Signs You Had Controlling Parents

Recognizing this dynamic is the first step toward understanding its influence. Some common signs include:

- Limited freedom to make personal choices, such as clothing, hobbies, or friendships.
- Parents frequently checking on your whereabouts or social interactions.
- High expectations paired with criticism or punishment for mistakes.
- Feeling guilty or anxious when asserting your opinions or desires.
- Little opportunity to express emotions openly without fear of judgment.

If these resonate, you may have experienced a controlling parenting style that shaped how you interact with the world today.

The Emotional Impact of Controlling Parenting

Living under the constant supervision and demands of controlling parents can leave a lasting emotional imprint. Many children grow up feeling uncertain about their own judgment or struggle with self-confidence.

Effects on Self-Esteem and Independence

When parents consistently override a child's choices or dismiss their feelings, children may internalize the belief that their opinions don't matter. This can lead to low self-esteem and difficulty trusting oneself. Moreover, independence—the natural process of exploring one's identity and learning from mistakes—can be stifled. As adults, individuals might find it challenging to make decisions without seeking approval or become overly dependent on others.

Trust and Relationship Challenges

The experience of having controlling parents can also affect how you relate to others. You may find yourself either avoiding close relationships due to fear of control or, conversely, seeking out overly controlling partners because it feels familiar. Building trust can become complicated when your early relationships were defined by power imbalances and conditional love.

Why Do Parents Become Controlling?

Understanding the reasons behind controlling behavior can foster empathy and help break the cycle.

Fear and Anxiety

Many controlling parents act out of fear—fear for their child's safety, future, or well-being. This anxiety can lead them to micromanage every aspect of their child's life, believing it's the best way to prevent harm or failure.

Unrealistic Expectations and Perfectionism

Some parents hold rigid ideals about success or conduct, pushing children to meet these standards at any cost. This can stem from their own upbringing, societal pressures, or personal insecurities.

Lack of Awareness or Emotional Tools

Not all controlling behavior is intentional. Some parents simply don't know how to foster independence or regulate their emotions healthily, leading them to use control as a misguided form of care.

Healing and Moving Forward

If you had controlling parents, healing from that experience is possible, though it often requires conscious effort and self-compassion.

Recognizing Your Own Needs

The first step is to acknowledge your feelings and needs. You might have spent years suppressing your desires to avoid conflict or guilt. Begin by identifying what makes you feel safe, happy, and fulfilled.

Setting Boundaries

Learning to set healthy boundaries with your parents—or anyone who exhibits controlling behavior—is crucial. This could mean limiting the topics you discuss, reducing contact, or clearly communicating your limits in a calm but firm manner.

Seeking Support

Therapy can be a valuable resource for unpacking the complex emotions tied to controlling parents. Support groups or trusted friends can also provide encouragement and validation as you work through these challenges.

Building Independence and Confidence

Engaging in activities that promote autonomy, such as pursuing hobbies, making decisions, and practicing self-care, helps rebuild confidence. Celebrate small victories and remind yourself that mistakes are part of growth, not failures.

How to Support Someone With Controlling Parents

If you know someone struggling with controlling parents, your support can make a difference.

- **Listen without judgment.** Allow them to share their experiences openly.
- **Validate their feelings.** Acknowledge that their emotions are real and understandable.
- **Encourage autonomy.** Help them explore interests and decisions outside their parents' influence.

- **Respect their boundaries.** Understand that they may not be ready to confront or change their family dynamics immediately.
- **Suggest professional help.** Gently recommend therapy or counseling if they seem open to it.

Reflections on Personal Growth After Controlling Parenting

Many adults who had controlling parents find that their journey toward self-discovery is ongoing. It's a process of unlearning old patterns and redefining what freedom and love mean to them.

Recognizing that your parents' controlling behavior was often a reflection of their limitations—not your worth—can be liberating. Over time, you can cultivate a sense of self that is independent, resilient, and authentic.

Experiencing controlling parenting doesn't have to define you. With patience, understanding, and the right support, it's possible to build a fulfilling life rooted in your own choices and values.

Frequently Asked Questions

How can you maintain your independence if you have controlling parents?

To maintain your independence, set clear boundaries, communicate openly about your needs, and gradually make decisions on your own to build trust and show responsibility.

What are some signs that your parents are being too controlling?

Signs include constant monitoring, making decisions for you without your input, restricting your social life, and not allowing you to make mistakes or learn from them.

How can you cope emotionally with controlling parents?

Coping strategies include seeking support from friends or counselors, practicing self-care, journaling your feelings, and finding healthy ways to assert yourself.

Is it possible to have a healthy relationship with controlling parents?

Yes, by establishing boundaries, improving communication, and seeking mutual understanding, it's possible to foster a healthier relationship despite controlling tendencies.

When should you seek professional help if your parents are controlling?

Seek professional help if controlling behavior causes significant stress, anxiety, depression, or interferes with your daily life and well-being.

Additional Resources

****Navigating Life and Identity if You Had Controlling Parents****

if you had controlling parents, your personal development and sense of autonomy may have been profoundly influenced by their parenting style. Controlling parenting, characterized by excessive regulation, strict rules, and limited child freedom, can leave lasting impressions on an individual's emotional well-being, decision-making, and relationships. This article explores the multifaceted consequences of growing up under controlling parents, analyzing psychological impacts, coping mechanisms, and pathways toward self-discovery and healing.

Understanding Controlling Parenting: Defining the Dynamics

Controlling parents often impose rigid expectations and closely monitor their children's behaviors, choices, and social interactions. Unlike authoritative parenting—which balances guidance with respect for a child's independence—controlling parenting tends to prioritize obedience and conformity, sometimes at the expense of a child's emotional health. If you had controlling parents, you might recall scenarios where your preferences were dismissed or where you felt a persistent lack of freedom.

Research in developmental psychology highlights that controlling parenting is associated with increased anxiety, lower self-esteem, and impaired social skills in children. A study published in the **Journal of Child and Family Studies** found that children of controlling parents often struggle with self-regulation and experience heightened internal conflicts when making decisions independently.

Characteristics of Controlling Parents

- ****Micromanagement of daily activities:**** From choosing friends to dictating hobbies and academic pursuits.
- ****High expectations with little room for negotiation:**** Emphasis on achievement and obedience.
- ****Limited emotional expression:**** Parents may discourage questioning or emotional outbursts.
- ****Punitive responses to mistakes:**** Fear of punishment often leads to secretive behavior or rebellion.

If you had controlling parents, these traits might have shaped your worldview significantly, influencing how you approach authority figures and personal boundaries.

The Psychological Impact of Growing Up with Controlling Parents

The long-term psychological impact of controlling parenting varies widely but often includes challenges in autonomy, self-worth, and interpersonal relationships.

Effects on Autonomy and Decision-Making

One of the most profound effects if you had controlling parents is difficulty in developing autonomy. The persistent oversight and limited freedom during formative years can hinder the ability to make independent choices confidently. Many adults raised in such environments report feelings of indecisiveness or second-guessing themselves, stemming from a childhood where decisions were rarely their own.

Emotional and Social Consequences

Children of controlling parents may internalize messages of inadequacy or fear of failure. This can lead to:

- **Increased anxiety and stress:** Constant pressure to meet parental expectations.
- **Low self-esteem:** Due to criticism or lack of validation.
- **Difficulty trusting others:** Resulting from a lack of emotional openness in the family.
- **Challenges in forming healthy relationships:** Fear of control or conflict avoidance.

If you had controlling parents, these emotional patterns might still affect your adult relationships, both personally and professionally.

Rewiring the Narrative: Coping and Overcoming Challenges

Recognizing the impact of controlling parenting is a critical step toward reclaiming agency. Individuals who grew up with controlling parents often embark on a journey of self-awareness and healing.

Strategies for Building Autonomy

- **Setting personal boundaries:** Learning to say no and assert personal needs.
- **Practicing decision-making:** Starting with small choices to build confidence.
- **Seeking external support:** Therapy or support groups can provide tools for autonomy.
- **Developing self-compassion:** Challenging internalized critical voices inherited from parents.

Therapeutic Interventions and Support

Professional help can be instrumental when the effects of controlling parenting manifest as anxiety, depression, or relationship difficulties. Cognitive-behavioral therapy (CBT) and family counseling are evidence-based approaches that help individuals reframe negative beliefs and develop healthier coping mechanisms.

Some therapists specialize in attachment and family dynamics, addressing the root causes stemming from parental control. If you had controlling parents, exploring these therapeutic options may offer pathways toward emotional liberation and self-acceptance.

Balancing the Pros and Cons of Controlling Parenting

While controlling parenting is often viewed negatively, it is important to acknowledge that some aspects may have contributed positively to a child's development.

- **Structured environment:** Providing clear rules can create a sense of safety and predictability.
- **High achievement standards:** Encouragement to excel academically or socially can foster discipline.
- **Strong family loyalty:** Close monitoring sometimes strengthens familial bonds.

However, these benefits often come with trade-offs, especially when control overrides emotional support and autonomy. For individuals reflecting on their upbringing, assessing these nuances is crucial to developing a balanced understanding of their childhood.

Comparing Controlling Parenting to Other Styles

Parenting styles exist on a spectrum, and contrasting controlling parenting with styles such as permissive, authoritative, or neglectful provides deeper insight:

- **Authoritative parenting:** Combines warmth with firm boundaries; linked to positive developmental outcomes.
- **Permissive parenting:** Characterized by warmth but lack of discipline; may lead to impulsivity.
- **Neglectful parenting:** Low responsiveness and low demand; often results in emotional and behavioral issues.

If you had controlling parents, understanding these distinctions can help contextualize your experiences and guide your parenting choices if you have children.

The Role of Culture and Societal Expectations

Controlling parenting is sometimes influenced by cultural norms and societal pressures. In certain communities, strict parental control is perceived as a form of care and protection, with a focus on academic success and respect for authority.

This cultural dimension complicates the discourse around controlling parents. For example, immigrant families might adopt controlling behaviors as a strategy to navigate unfamiliar environments or to ensure their children's success in competitive societies. Recognizing this can foster empathy and a more nuanced analysis of family dynamics.

Intergenerational Patterns

If you had controlling parents, there might be a pattern of control passed down through generations. Breaking these cycles requires conscious effort and awareness. Many individuals become more mindful parents themselves, striving to balance guidance with emotional support and autonomy.

Living Beyond Control: Towards Self-Discovery and Freedom

The journey after growing up with controlling parents is often about reclaiming identity and learning to trust oneself. It involves dismantling limiting beliefs, exploring new experiences, and cultivating healthy relationships.

Whether through therapy, self-help resources, or supportive communities, individuals can move beyond the shadows of control. Personal stories frequently highlight a transformative process where initial feelings of resentment or confusion evolve into understanding and empowerment.

If you had controlling parents, your story is part of a broader narrative of resilience and growth. Recognizing the impact of your upbringing is not about assigning blame but about fostering healing and creating a future defined by choice rather than constraint.

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if you had controlling parents: [If You Had Controlling Parents](#) Dan Neuharth, 2009-10-13 Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways

we may not even realize. If You Had Controlling Parents helps spark understanding and acceptance across generations. — John Gray, Ph.D., author of Men Are from Mars, Women Are from Venus Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your inner critics, and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

if you had controlling parents: THE HEART-CONNECTED LIFE...for Parents Susan Cottrell, 2009 From a sea of parenting advice emerges The Heart-Connected Life... for Parents, a breakthrough, intelligent look at parents and teens. Intimate and relatable, Susan Cottrell shows parents how to decrease their teens' dependence on them and increase their dependence on Christ. You will be relieved and encouraged as you walk this entertaining and heart-rending journey with Susan. Susan Cottrell is a writer, speaker and teacher. Married for more than twenty years with five children in their teens and twenties, she is a veteran discipler, homeschooler, and sage friend. Susan is thrilled to release The Heart-Connected Life... for Parents, the first book in her Heart-Connected Life series, which focuses on the indwelling life of Christ. Her heart's desire is that people know Christ and the life He offers them. She also helps her husband in his ministry (hopekids.org) and sings with him when he leads worship. Contact her at HeartConnectedLife.org.

if you had controlling parents: Secrets You Keep from Yourself Dan Neuharth, 2025-08-22 This insightful guide is an exploration of how and why people undermine their happiness and lose touch with their best selves. Counterproductive self-deception, a universal behavior, is a habit that can be broken. People keep themselves from having what they want, a phenomenon known as self-handicapping. Offering poignant examples, innovative tools, and a compassionate perspective, Dan Neuharth reveals how to vanquish self-imposed roadblocks and avoid unnecessary losses in order to embrace and share the best in oneself.

if you had controlling parents: Wenn Mütter nicht lieben Susan Forward, Donna Frazier Glynn, 2015-03-16 Frauen befreien sich von den Fesseln der Kindheit. Obwohl lieblose Mütter einen verheerenden Einfluss auf ihre Töchter haben können, lässt sich dieses schmerzliche Erbe dennoch überwinden. Die bekannte Therapeutin Susan Forward zeigt Wege auf, wie Betroffene die negative Dynamik in der Beziehung zur Mutter verstehen und bewältigen können, um sich von den Fesseln der Kindheit zu befreien, emotionale Unterstützung zu erfahren sowie Selbstvertrauen und Selbstachtung zurückzugewinnen.

if you had controlling parents: The Toxic Parents Survival Guide Bryn Collins, 2018-10-09 If you or someone you love grew up with an emotionally unavailable, narcissistic, or selfish parent, you probably struggle with residual feelings of anger, abandonment, loneliness, or shame. For anyone who endured a nightmare or a wasteland instead of a nurturing childhood, The Toxic Parents Survival Guide will offer you the clinical insights and the day-to-day tools so you can break the chains of toxicity that bind you in a mess you didn't create. Psychologist Bryn Collins pulls back the layers to explore the very complicated relationship with an emotionally unavailable parent. Whether they were unavailable because of addiction, mental illness, or being overly controlling or an iceberg, this imminently practical book will help validate your frustration and emotional struggles, help you set clear boundaries, and learn how to un-mesh yourself and move forward to a place of strength and peace without any guilt. Using case studies, quizzes, and jargon-free concepts, Collins profiles the

most common types of toxic parents and offers the tactics and tools you need to change and break free of these painful associations. Your wounds can be healed and you can move forward. The Toxic Parents Survival Guide will help you find different ways of dealing with your parents' painful legacy so that you don't suffer and don't pass along emotional unavailability to the next generation or your current relationships.

if you had controlling parents: Reprogram Your Subconscious Gale Glassner Twersky, A.C.H., 2018-10-09 GET WHAT YOU WANT IN EVERY FACET OF YOUR LIFE! Open the door to your subconscious mind, your Silent, Invisible Partner that is responsible for how you think, feel and behave. You'll discover how to reprogram your subconscious mindsets, beliefs and behaviors so you can get what you really want in every facet of your life. Learn about Gale's specialty Reprogramming Hypnosis and Self-Hypnosis to keep your subconscious supporting your desires. Enjoy unique perspectives, dozens of instructive case studies, a wealth of information, easy to use applications, abundant original scripts plus a 50 page Journal with Affirmations. Beginners, as well as the experienced and/or professionally trained in hypnosis, will realize life-altering benefits from this book. You will learn to: • Connect to your Suggestible Subconscious for reprogramming purposes • Speak the words that your subconscious understands and will enact for you • Delete Faulty Subconscious Programs replacing them with beneficial ones • Fortify strong High Self-esteem so you consistently believe in yourself and in your success • Release negative emotions that could be hazardous to your well-being and then download positive emotions for happiness • Maintain your consistent peace of mind with feelings of harmony and balance • Forgive yourself and others subconsciously so your forgiveness is complete • Access your intuitive wisdom for well-being • Identify and articulate your spiritual views that will help anchor and guide you • Sustain a positive, optimistic attitude that daily brings you happiness.....Plus much, much more! Gale Glassner Twersky, A.C.H., is a Hypnotherapist since 1999, Best Selling Audiobook and book Author, certified Hypnosis Instructor, Creator and leading authority of the Reprogramming Hypnosis System and RHS certification. Gale is passionate about her work and has already helped many thousands to improve their lives with her Reprogramming Hypnosis specialty. Reprogram Your Subconscious was rated #1 of Best Hypnosis Books of All Time by BookAuthority. As featured on CNN, Forbes and Inc - BookAuthority identifies and rates the best books in the world, based on public mentions, recommendations, ratings and sentiment.

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if you had controlling parents: *Mental Health: A Journey from illness to wellness* S Makvana, A Patel, A Dhingra, V Parmar, 2016-10-31 The controls used on emotional arousal and cognitive processes are difficult in several societies, because of the presence of beliefs in several more issues and forces, which influence the bidirectional to and fro journey of effects between mental health and mental illness. Human beings in general accept only experiential methods of verifications and approval of reality, when they come in contact with their own mental and physical conditions. However, many may still be influenced by suggestions and produce experiences as per suggestions, which may not respond to scientific methods of verifications and corrections. Mental health and diseases, mainly in the domain of emotional health may therefore be affected by beliefs and psychological effects produced from cognitive processes and cognitive molding of emotions. Interventions in the cognitive and emotional domains do often work and changes may be brought out at the psychological and biological levels

if you had controlling parents: *How to Stop Being a Narcissist, Stop Being a Compulsive Liar, and Stop Yelling at Your Kids (3 Books in 1)* Jamie Williams, This book includes 3 books that will teach you how to create better relationships with the people in your life that matter to you. Narcissism, screaming, and compulsive lying are the primary topics we will learn about how to completely fix your personality to bring you more joy into your life. Book 1: How to Stop Being a Narcissist □The different types of narcissism along the narcissistic spectrum □Learning to fully engage in experiences with mindfulness techniques □Daily practice exercises of gratitude that will let you have an attractive personality □Healing relationships through self-compassion by focusing outwards instead of inwards □Managing narcissism through cognitive behavioral therapy □Discovery of trauma and healing childhood wounds Book 2: How to Stop Yelling at Your Kids □What narcissistic parenting looks like □A child's dependence on parents for building character □Adopting the right mindset regardless of their shortcomings □Calibrating your listening and communication to parent a child in the best possible way □Understanding the sacrifices necessary for positive parenting □Strategies for keeping your cool in stressful situations □Taking accountability for your actions to create a fair outcome □Minimizing absolute control over your child's life to raise confident kids Book 3: How to Stop Being a Compulsive Liar □A deep dive into the concept of lying □Identifying a compulsive liar □Step-by-step strategies on how to immediately stop lying so much □The development of pathological lying □The consequences of creating toxic habits □Psychotherapy treatment □The positive ripple effects on your life after improvement Kickstart your self improvement journey today

if you had controlling parents: *A Wounded Daughter's Survival* Deborah Leigh Alexander, 2011-08-04 For many years, author Deborah Leigh Alexander lived in denial. It was hard for her to understand how the emotional abuse she suffered during her childhood affected her adult life. In this memoir, Alexander takes a step back and relives her childhood in order to break free of the emotional bondage and to forgive, heal, and grow. *A Wounded Daughter's Survival* recounts her

personal and family history and comes to terms with the dysfunction that permeated her relationship with her parents. Alexander narrates how she lived through many damaging and sometimes violent encounters in her formative years, including overwhelming feelings of rejection by her parents. Using personal anecdotes to illustrate how God has worked in her life, she shares her experiences with her faith and how she found comfort and guidance in the Bible and through prayer. This true and personal account sheds light on how emotional abuse truly damages lives. By sharing her experiences of survival, discovery, and healing, Alexander provides hope that a functional future is indeed possible.

if you had controlling parents: The Psychology of Parental Control Wendy S. Grolnick, 2002-12-18 What is parental control? Is it positive or negative for children? What makes parents controlling with their children, even when they value supporting children's autonomy? Are there alternatives to control and how might we apply them in important domains of children's lives, such as school and sports? This book addresses these and other questions about the meaning and predictors of parental control, as well as its consequences for children's adjustment and well-being. While the topic of parental control is not new, there has been controversy about the concept, with some researchers and clinicians weighing in on the side of control and others against it. This book argues that part of the controversy stems from different uses of the term, with some investigators focusing more on parents being in control and others on controlling children. Using a definition of control as pressure for children to think, feel, or behave in specific ways, the author explores research on parental control, arguing that there is more consensus than previously thought. Using this research base, the author provides evidence that parental control can be subtle and can lurk within many positive parenting approaches; parental control undermines the very behaviors we wish to inculcate in our children; providing autonomy support--the opposite of control--is a challenge, even when parents are committed to doing so. With controversy in the literature about parental control and attention in the media on the ways in which parents step over the control line (e.g., screaming on the soccer sidelines, pressuring children in academics), this book is especially timely. It provides an empathic view of how easily parents can become trapped in controlling styles by emphasizing performance and hooking their own self-esteem on children's performance. Examples of how this can happen in academic, sporting, and peer situations with their emphasis on competition and hierarchy are provided, as well as strategies for parenting in highly involved but autonomy supportive ways. A highly readable yet research-based treatment of the topic of parental control, this book: *explores the controversial topic of parental control; addresses controversy about the positive and negative effects of parental control; and disentangles various parenting concepts, such as involvement, structure, and control; *illustrates how control can be overt, such as in the use of corporal punishment or covert, as in the use of controlling praise; *provides evidence that control may produce compliance in children preventing them from initiating and taking responsibility for their own behavior; *explores why parents are controlling with their children, including environmental and economic stresses and strains, characteristics of children that pull for control, and factors in parents' own psychologies that lead them to be hooked on children's performance; and *provides examples of control in the areas of academics and sports--the hierarchical and competitive nature of these domains is seen as contributing to parents' tendencies to become controlling in these areas.

if you had controlling parents: Stop Caretaking the Borderline or Narcissist Margalis Fjelstad, 2013-02-07 People with Borderline or Narcissistic Personality Disorders have a serious mental illness that primarily affects their intimate, personal, and family relationships. Often they appear to be normally functioning at work and in public interactions, and Narcissists may even be highly effective, in the short term, in some work or social situations. However, in intimate relationships, they can be emotional, aggressive, demeaning, illogical, paranoid, accusing, and controlling—in the extreme. Their ability to function normally or pleasantly can suddenly change in an instant, like flipping a switch. These negative behaviors don't happen once in a while, they happen almost continuously in their intimate relationships and most often, and especially with their

Caretaker family member. Here, Margalis Fjelstad describes how people get into a Caretaker role with a Borderline or Narcissist, and how they can get out. Caretakers give up their sense of self to become who and what the Borderline or Narcissist needs them to be. This compromises the Caretaker's self-esteem, distorts their thinking processes, and locks them into a Victim-Persecutor-Rescuer pattern with the Borderline or Narcissist. The book looks at the underlying rules and expectations in these relationships and shows Caretaker's how to move themselves out of these rigid interactions and into a healthier, more productive, and positive lifestyle—with or without the Borderline/Narcissistic partner or family member. It describes how to get out of destructive interactions with the Borderline or Narcissist and how to take new, more effective actions to focus on personal wants, needs, and life goals while allowing the Borderline or Narcissist to take care of themselves. It presents a realistic, yet compassionate, attitude toward the self-destructive nature of these relationships, and gives real life examples of how individuals have let go of their Caretaker behaviors with creative and effective solutions.

if you had controlling parents: How to Live with a Control Freak Barbara Baker, 2011-01-01 Do you live with a controlling partner? Someone who always wants to make the decisions, about where you go on holiday or what you spend on clothes? Someone who needs to know where you are or what you are doing? Or maybe you work with a control freak? Even though you've got the talent, this person takes all the limelight and can't let go enough to let you get on with your job. Control freaks come in all shapes and sizes. Often they happen to be the people we love. Your friends and family may say 'Why don't you just leave them?', but it's not always that simple, especially if you still love the person and have good times together. This book looks at how and why controlling patterns develop in relationships, and what you can do about it if you're in the middle of one. Topics include: why people become control freaks; what it's really like to live or work with one; understanding how a control freak ticks; how to live with a control freak - without losing yourself in the process; living with a controlling partner, boss, colleague or child; and, what to do if you're the control freak - a comprehensive self-help section.

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if you had controlling parents: Letting Go of Self-Destructive Behaviors Lisa Ferentz, 2014-08-27 Letting Go of Self-Destructive Behaviors offers inspiring, hopeful, creative resources for the millions of male and female adolescents and adults who struggle with eating disorders, addictions, any form of self-mutilation. It is also a workbook for the clinicians who treat them. Using journaling exercises, drawing and collaging prompts, guided imagery, visualizations, and other behavioral techniques, readers will learn how to understand, compassionately work with, and heal from their behaviors rather than distracting from or fighting against them, which can dramatically reduce internal conflict and instill genuine hope. Techniques are provided in easy-to-follow exercises that focus on calming the body, containing overwhelming emotions, managing negative and distorted thoughts, re-grounding from flashbacks, addressing tension and anxiety, decreasing a sense of vulnerability, strengthening assertiveness and communication skills, and accessing inner wisdom. This workbook can be used in conjunction with Treating Self-Destructive Behaviors in Trauma Survivors, 2nd ed, also by Lisa Ferentz, to allow therapists and their clients to approach the behaviors from the same strengths-based perspective. Workbook exercises can be completed as homework assignments or as part of a therapy session. In either case, the client is given the opportunity to process their work and share their insights with a compassionate witness and trained professional, making the healing journey even safer and more rewarding.

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