

Ino sama

Adult Children of
Emotionally
Immature Parents

*guide to understand why they are
dangerous for the child*

This ebook has been
posted on
www.bookelis.com

© ino sama,2023

All reproduction,
adaptation and translation
rights reserved in whole or
in part for all countries.

The author is the sole
owner of the rights and
responsible for the content
of this ebook.

Introduction

We become parents when
we have children. But
symbolically
psychologically, to become
parents, it is important for
us not only to be able to

make decisions, to be
responsible for a new life,
but also to be a support for
their children: physical,
legal, financial, domestic,
psychologically, and
awareness of this fact

determines their emotional maturity.

Emotional immaturity in parents is quite common: parents respond well to the physical and material needs of their children, but at the same time they

completely ignore their
emotional needs.

children don't know how to
deal with stress and build
close relationships not only
with their own children,
but also with the people
around them. Growing up

in a family atmosphere that limited their intellectual and emotional development, they continue to embody their parents' model of behavior in life and apply it to their own children. Many

people in childhood had to deal with the age-old problem of painful and difficult relationships with parents. As adults, these people experience emotional loneliness, confusion, and resentment,

all because mom and dad
couldn't give them those
warm, close relationships
that are so necessary for
young children and
teenagers.

What's this
emotionally mature
parent:

is the one who understands
that for a child to grow
qualitatively, he needs

above all... to ensure a
normal childhood.

- to be responsible for a
new life;
- make sometimes
difficult but necessary
decisions;

- set priorities and properly assess risks;
- understand what a normal childhood is;
- cut stereotypes and complexes;
- trust and listen to the child;

- express your love
correctly;
- do not allow
overprotection;
- give enough freedom
and promote the
independence of the
child.

What is emotional

immaturity

is an echo of our dear past

and unresolved conflicts

with our own parents. It is

our projections that form

immaturity in all its
manifestations.

Signs of emotional

immaturity:

- egocentrism- inability to
empathize/understand the
emotional state of
children- superficial but