

Ino sama

# Healing Generational Wounds

*A Guide to Recovering from Emotionally Immature Paren*

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## **Introduction**

Growing up in a loving and nurturing environment is essential for healthy emotional development. However, not all parents possess the emotional maturity and skills necessary to provide their children with the support they need. For those who have experienced the challenges of having emotionally immature parents, the effects can be far-reaching and long-lasting.

Adult Children of Emotionally Immature Parents (ACEIP) is a term used to