

Emotional Dependence in **Dysfunctional Families**

By Giselle Flores,
Taliana Ramos, Evan
Canney, Nahomi
Caballero



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Prevalence

How do family dynamics affect a child's mental health?





Introduction

- When divorce rates and single-parent households increased in the 1960s and 1970s, there was a surge in interest in family structure and its impact on children's mental health.
- The primary focus was on separation and divorce and their effects on children's well-being.
- The proportion of children living in a single-parent home has climbed from 12% in 1960 to 28% in 2003, reflecting a shift in family structure through time.
- These studies were also able to establish some of the long-term impacts of stress on children as a result of separation. The Centers for Disease Control (CDC) predicts that around half of children live with their biological parents between 2001 and 2007.



Different childhoods





Single parent-child hood

Single parenthood adds additional financial hurdles to the mix, potentially producing greater issues in parent-child interactions.

Childhood Adversity

Childhood adversity including divorce and impaired parenting seems to cause both short- and long-term problems, various childhood disorders, and subsequently depression in adulthood.






02

Definition


What is emotional dependence? What is a dysfunctional family?

Emotional dependence


Definition





Emotional dependency is usually triggered by low self-esteem, lack of a sense of self and a history of unstable attachment from prior relationships. While people may experience these challenges in various ways, it is critical to recognize these issues for what they are.



Example



Whenever an individual is dependent, it typically indicates that they rely on somebody else to be happy and are unable to accept full accountability for the way they feel. One may feel helpless when promoting feelings such as:

- Sadness
 - Worry
 - Anxiety
 - Melancholy
 - despair
- 
- 



What is a dysfunctional family?

Emotional incest



Struggling to set and hold boundaries

Abuse and neglect

Difficulty dating and forming healthy relationships



Toxic parenting

Increased risk of having their own dysfunctional family

Emotional manipulation

A lost sense of trust- in yourself or in others and in the world

High- conflict home environment



A increased risk of psychiatric disorders such as anxiety, panic, and depression



Dysfunctional family effects on child

Role	Behaviour	Effect
Neglected child	shy/quiet, fantasy life, solitary, mediocre, attaches to things not people	<ul style="list-style-type: none">• Fear of rejection• Hurt• Anxiety
Problem child	Hostile, defiant, rule-breaker, always in trouble	<ul style="list-style-type: none">• Rejection• Hurt• Guilty• Jealousy• Anger
Parental figure	Self-righteous, super-responsible, sarcastic, passive, martyr	<ul style="list-style-type: none">• Anger• Hurt• guilt• Low self-esteem
Mascot	Immature, cute, hyperactive, distracting, fragile	<ul style="list-style-type: none">• Fear• Anxiety• Insecurity
Family hero	Good kid, high achiever, follows rules, seeks approval, very responsible	<ul style="list-style-type: none">• Guilt• Hurt• inadequacy

03

Prevention



How to prevent

**Respect
each other**

**Negotiate differences
without personal abuse**

Communicate/ listen


**Create a safe
space to talk**





Love vs emotional dependence

Love is sometimes confused with emotional dependency since it is characterized by powerful sentiments for another person. However, there is a distinction; emotionally dependent people may believe they are in love while actually be in need of its important to learn the difference yourself .



Love	Dependence
If they leave, you will lose someone important but not yourself	If they leave you'll be lost
You leave if treated poorly	You accepted being treated poorly because you can't risk losing them
You expect emotional support	You expect them to regulate your emotions



04

Recommendations

- Family Therapy
 - CBT Therapy
- A therapist will help you understand how to move forward



How to deal with dependency



Learning to be yourself

Decide for yourself



becoming emotionally stronger

Understand triggers to emotional dependency

Don't seek permission



Thanks!

Do you have any questions?

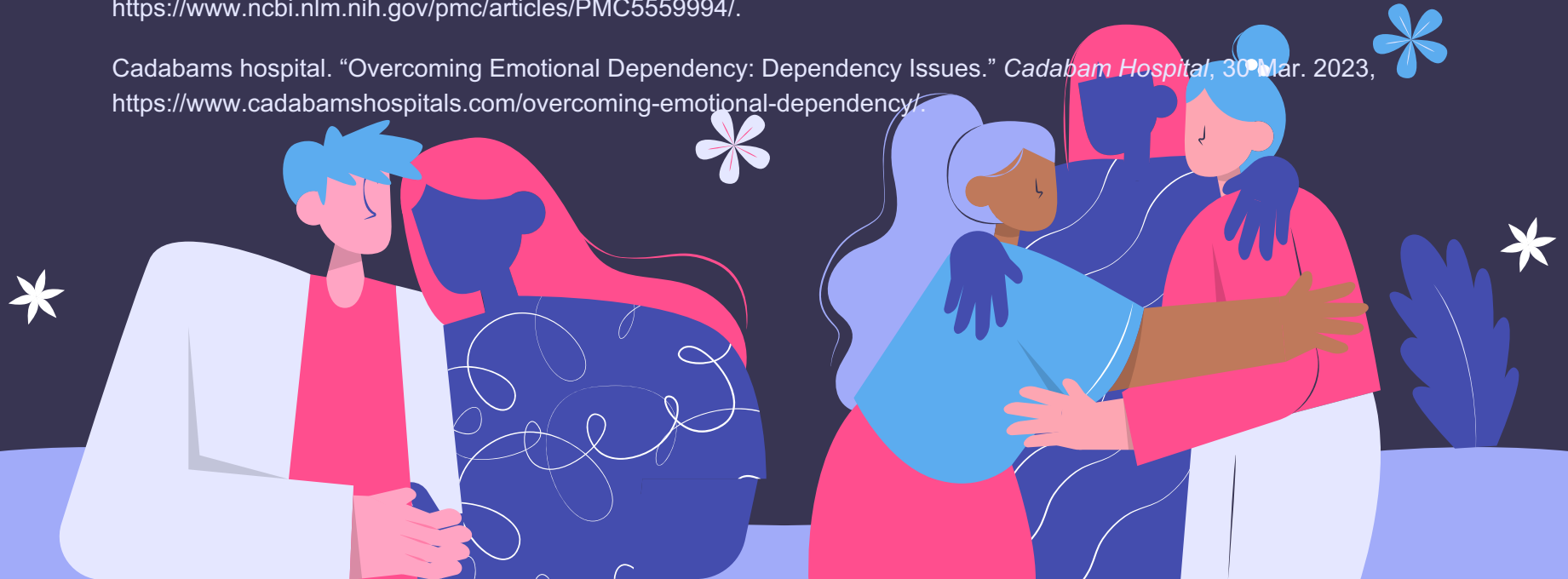
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Works cited

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