Emotional Dependence in Dysfunctional Families

By Giselle Flores, Taliana Ramos, Evan Canney, Nahomi Caballero
Table of contents

01 Prevalence

02 Definition

03 Prevention

04 Recommendation
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.
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

**Toxic parenting**
- Increased risk of having their own dysfunctional family

**Abuse and neglect**
- Difficulty dating and forming healthy relationships

**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

<table>
<thead>
<tr>
<th>Role</th>
<th>Behaviour</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neglected child</td>
<td>shy/quiet, fantasy life, solitary, mediocre, attaches to things not people</td>
<td>● Fear of rejection</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Hurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Anxiety</td>
</tr>
<tr>
<td>Problem child</td>
<td>Hostile, defiant, rule-breaker, always in trouble</td>
<td>● Rejection</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Hurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Guilty</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Jealousy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Anger</td>
</tr>
<tr>
<td>Parental figure</td>
<td>Self-righteous, super-responsible, sarcastic, passive, martyr</td>
<td>● Anger</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Hurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Guilt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Low self-esteem</td>
</tr>
<tr>
<td>Mascot</td>
<td>Immature, cute, hyperactive, distracting, fragile</td>
<td>● Fear</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Anxiety</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Insecurity</td>
</tr>
<tr>
<td>Family hero</td>
<td>Good kid, high achiever, follows rules, seeks approval, very responsible</td>
<td>● Guilt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Hurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● inadeguence</td>
</tr>
</tbody>
</table>
03
Prevention
How to prevent

- Respect each other
  - Communicate/ listen
  - Negotiate differences without personal abuse
- 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.

<table>
<thead>
<tr>
<th>Love</th>
<th>Dependence</th>
</tr>
</thead>
<tbody>
<tr>
<td>If they leave, you will lose someone important but <strong>not yourself</strong></td>
<td>If they leave you’ll be <strong>lost</strong></td>
</tr>
<tr>
<td><strong>You leave</strong> if treated poorly</td>
<td>You accepted being treated <strong>poorly</strong> because you can’t risk losing them</td>
</tr>
<tr>
<td>You expect emotional <strong>support</strong></td>
<td>You expect them to <strong>regulate</strong> your emotions</td>
</tr>
</tbody>
</table>
Recommendations

- Family Therapy
- CBT Therapy

A therapist will help you understand how to move forward
How to deal with dependency

1. Learning to be yourself: becoming emotionally stronger
2. Understand triggers to emotional dependency
3. Decide for yourself: Don’t seek permission
Thanks!

Do you have any questions?

CREDITS: This presentation template was created by Slideshow, and includes icons by Flaticon, and infographics & images by Freepik
Works cited


Did you like the resources on this template? Get them for free at our other websites:

**Photos**
- Crying woman hugging partner medium shot
- Mother spending time at the beach with her two daughters
- Family therapy in psychologist office
- Mid shot woman therapist with clipboard

**Vectors**
- Psychologist help facebook template
- Hand drawn psychologist help brochure
- Flat national hugging day twitch banner template