

Parents With Family History Or Trauma

Parents with a family history of trauma and/or addiction may tend to:

- Have trouble tolerating their children being rejected by anyone.
- Tend to violate their children's boundaries by being unnecessarily intrusive and overly curious about their child's affairs or push them away and withdraw or both.
- Have a difficult time negotiating the vicissitudes of intimacy with their children and establishing an overall evenness in relating.
- Overprotect their children even when it is not in their children's best interest or push away the child's needy/dependent sides or both.
- Not know what normal is and consequently have trouble understanding what behavior to accept or foster as normal in their children and what behavior to discourage.
- Have trouble having relaxed and easy fun with their children.
- Have impulsive features that they act out in their parenting.
- Feel somewhat different from other families.
- Attempt to over control family life and the lives of their children.
- Have trouble establishing healthy boundaries with their children, positioning themselves either too close or too far.
- Withdraw when hurt or become attacking, may have trouble modulating their responses.
- Have trouble generating healthy family rituals and allowing for the natural ebb and flow that accompanies them. They may become too important or minimized as to importance or both.
- Layer their unresolved historical emotions onto their relationships with their children.(Dayton 1997)

Source

Tian Dayton MA, PhD, TEP *The Setup: Living With Addiction*