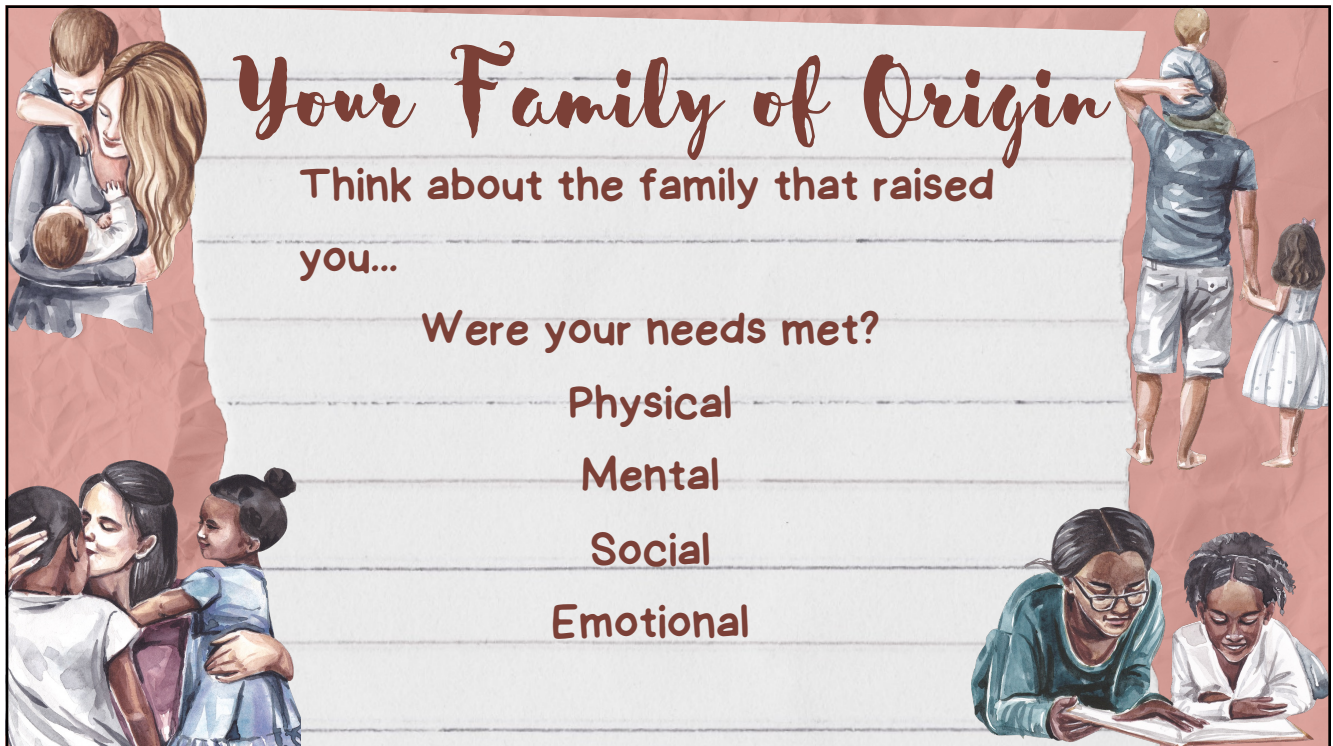


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5

 An illustration on a crumpled red paper background. On the left, a white sign with brown tape corners reads "Sarah's Story" in a bold, brown, sans-serif font. Below the title is a list of bullet points:
 

- 43 - married - 2 adult children - 1 teen son at home
- Mom died - 5 years old - dad worked - raised by sister.
- Dad emotionally unavailable - labeled her a "strong girl".
- Complaint: Husband neglects her and acts like a "child" emotionally.

 To the right of the list is a brown speech bubble containing the text "But, I had a great childhood...". Further right, another white sign with brown tape corners reads "TOXIC PARENTING?" in a bold, brown, sans-serif font. At the bottom right, a young girl with long brown hair, wearing a yellow jacket, a blue backpack, and a plaid skirt, is walking towards the left.

6

## What is Toxic Parenting?

Parents with patterns of behaviors and emotions that negatively shape their child's life.

- NOT ALWAYS ABUSIVE
- NOT ALWAYS CONTROLLING
- NOT ALWAYS CRITICAL

7

## Behavior Examples

- **SELF-CENTERED**  
Neglectful, emotionally unavailable, focused on own needs, narcissistic traits.
- **LACK OF BOUNDARIES**  
Overbearing, pushing their thoughts on others, "no" is not allowed.

- **MANIPULATIVE**

Plays with emotions - especially guilt and shame, holding back basic needs as ransom to get what they want.

- **ABUSIVE**

Can be physical, but usually mental or emotional. Name-calling, blame-shifting, gas-lighting, or stonewalling.

- **CONTROLLING**

Overly critical, invading privacy, taking over responsibilities, making decisions for you.

8



## Personality Traits

- RIGID & CLOSED MINDED
- LOW STRESS TOLERANCE
- ACT ON FEELINGS
- OPINIONATED
- LACK RESPECT FOR DIFFERENCES
- EGOCENTRIC
- SELF-PREOCCUPIED
- REFERRAL TO SELF OFTEN
- ENJOY CENTER OF ATTENTION
- LOW EMPATHY
- CONTRADICTORY
- VERY DEFENSIVE
- FEAR FEELINGS OR OVERLY EMOTIONAL



9

## Dysfunctional Family

Mired in conflict, chaos, a lack of structure, or indifference so that the child's physical and emotional needs cannot be met. Factors that can impair a family's functioning include poor parenting, distressed or abusive environments, substance abuse, mental illness, chronic physical illness, and poor communication.



10





## 2. Michael's Story

- 28 - single - several part-time jobs
- Mom - drug addict - dependent on others
- Takes care of all of mom's needs and copes with alcohol.
- Complaint: Recent arrest for DWI and blames the pressure from mom for problems.

I'VE BEEN SO RESPONSIBLE!



13

## Trauma Responses

These occur as a result of trauma and show up differently in each individual.

Short-term Responses

Delayed Responses

### • SHORT-TERM

- Hypervigilance
- Hyper-reactivity
- Lack of focus
- Extreme emotions
- Dissociation
- Flashbacks
- Intrusive memories
- Nightmares
- Compulsive behaviors

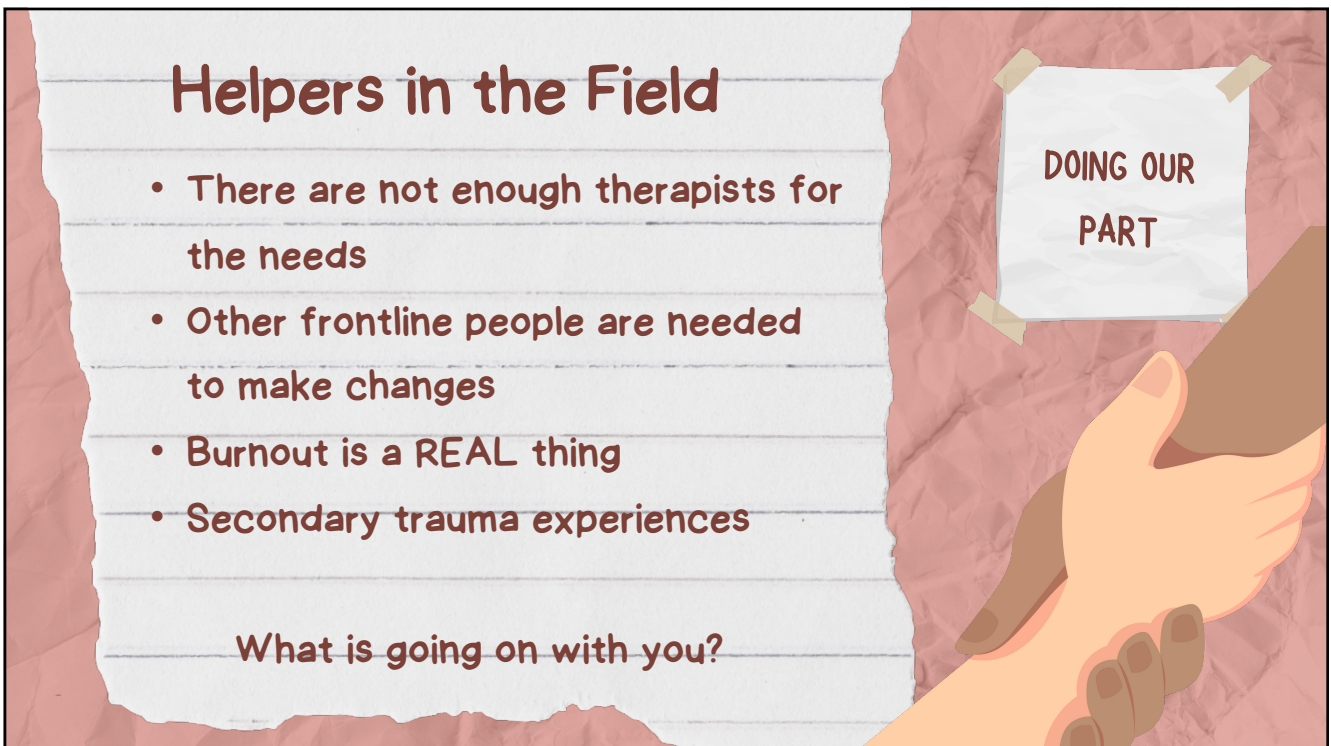
### • DELAYED

- Rigidity
- Fear of dying
- Numbness
- Learned helplessness
- Secrecy
- Draw to high risks
- Distorted anger
- Chronic pain
- Chronic illness
- Mental illness

14



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