

# Project 319

## Parent Types

### 1. Performance Oriented Parent- Your achievements.

1. A child's image/behavior to other people.
2. They have a very high standard.
3. Demand obedience.

#### What a Child Learns

- A child has to perform for a parent to approve.
- A child has to do well for a parent to love them.
- Failures are not excepted.
- A child is not allowed to mess up, no team can loose, no bad report card.
- A failure would mean rejection - Most likely they will distance themselves.
- We learn that love is conditional, love is dependent on how well we do.
- I better not mess up, I better not fail.
- I'm only loved and accepted when I perform well.

### 2. Passive Parent- Not emotionally present

1. This parent is not interested in good/ or bad performance.
2. They don't know how to express emotion.
3. Sometimes just keeping you alive is enough.
4. Self absorbed/ uninvolved.

#### What a Child Learns

- I'm not important, I'm invisible, no body knows me, no body cares about me, no body wants to listen to me.
- I'm a burden, I'm just in the way.
- Children can become hopeless, who cares, why should I make an effort.
- Children can also become needy for approval.
- Children are wanting to be seen. (Acting out)

### 3. Absent Parent-

They are actually not there. (Military, Work/Divorce, Death, Abandoned)

#### What a Child Learns

- Identity issues. Who am I, why didn't they want me?
- Loneliness- We can feel alone, no one wants to help me, no one to cares.
- Anger- abandoned, feel afraid that you will be abandoned in all of your relationships. so then we control everything around us.
- Being Independent- I don't need help.

#### **4. Authoritarian Parent-**

1. Child has to obey at all cost, no affection.
2. He/ She is the dictator. They're the Boss. Their word is the law.
3. What ever their opinion was, is what rules the house.
4. No room for failure.
5. VERY STRONG DISCIPLINARIAN.
6. No Gray Areas/ No Grace.
7. Fear is the main weapon. To rule with them Fear

##### **What a Child Learns**

- Growing up in fear is normal.
- You don't trust anyone. You are not sure what personality you will get.
- Your opinion doesn't matter.
- Fear punishment/ Fear Judgement.
- We can become self righteous- Judge other people, we don't have grace for others.
- We have fear of people in authority like: a boss, a neighbor, a pastor.

#### **5. Abusive Parent**

1. Physical, Emotional, Sexual, Verbal abuse.
2. Silent Treatment-I'll have no relationship with you until I'm over it.
3. Manipulation- **The 4 stages of manipulation**
  - Flattery. The first stage is when the person who manipulates puts on a facade of being kind, caring, and helpful.
  - Isolation. This is when the person who manipulates may start to isolate you from your friends and family.
  - Devaluing and gaslighting.
  - Fear or violence.

##### **What a Child Learns:**

- You are no good, we don't want you, we can't afford you.
- Low Self-esteem.
- Damaging Identity.
- Manipulating other people.
- No boundaries.

#### **6. Good Parent- Characteristics and What you Learn**

1. Teaches character traits like independence, self direction, honesty, self-control, kindness, and cooperation.
2. Showing Love and Respect.
3. Healthy, positive development.
4. Giving Support.
5. Setting Good Boundaries and Limits.
6. Providing a Range of Experiences.
7. Good role models.