

Adult Consequences of Childhood Parenting Styles - Chart I

PARENTAL STYLE	ADULT ATTITUDE TOWARD LIFE	ADULT ATTITUDE TOWARD OTHERS	ADULT ATTITUDE TOWARD WORK	ADULT ATTITUDE TOWARD SEX & MARRIAGE
Democratic	Feels connected, part of life. Positive attitude. Willing to improve life.	Willing to help, share with, contribute to, and cooperate with others.	Work useful to others. Does his best to offer value. Can lead or cooperate on a team.	Sex as expression of mature love, caring, and giving. Feels equal to partner.
Over-Indulgent	Self-indulgent, bored, apathetic, restless, no initiative.	Passive expectation of getting from others. Expects them to anticipate his wishes.	Hates to work. Can't find a job. No career decisions, no preparation, or persistence.	Attaches to partners who indulge him. May use attractiveness or pretend weakness.
Over-Submissive	Very impulsive, hard to set limits, extravagant, has tantrums.	Used to getting own way, thoughtless of others' rights.	Impulsive, distractible, impatient, tyrannical. Expects admiration for modest effort.	Wants to be waited on, chooses a servant. Selfish, inconsiderate. Feels hurt if not catered to.
Over-Coercive	Divides life into "top dog" -- "bottom dog" categories.	<i>Imitation:</i> becomes bossy. <i>Compliance:</i> a follower. <i>Internalization:</i> compulsive. <i>Rebellion:</i> refusal to comply. <i>Resistance:</i> procrastinator.	May be resistant to schedules and expectations, or may push self and others unmercifully.	Sex and marriage may be seen as duties and be carried out resentfully without satisfaction.
Perfectionistic	Life is a tedious chore, without color or sparkle. No pleasure in effort or result. Frequently depressed.	Unable to accept compliments. Feels superior to others who have lower standards. Can be critical and impossible to please.	May drive self to exhaustion. Must outdo himself, again and again. Overly concerned with detail. Never satisfied with work of self or others.	Usually unaffectionate, and unexpressive. Relationship may be too time-consuming. May search for "perfect" mate. Makes rules for performance.
Excessively Responsible	Super-responsible. Hard time letting-go and playing. Anxiety about relaxation. No mental refreshment.	Takes on excessive obligations, often depriving others of their share of responsibility or opportunity.	Always feels hard-pressed and driven. Fears everything would "go to hell" if he lets down. Can get stale with all work no play.	Never gets around to carefree times. Inability to relax and play with spouse or children.

Adult Consequences of Childhood Parenting Styles - Chart II

PARENTAL STYLE	ADULT ATTITUDE TOWARD LIFE	ADULT ATTITUDE TOWARD OTHERS	ADULT ATTITUDE TOWARD WORK	ADULT ATTITUDE TOWARD SEX & MARRIAGE
Neglecting	Tends to be impulsive, filling life with compensation for a feeling of emptiness. Lonely.	Does not make close and meaningful contact. Superficial, exploitative relationships. Hides behind aloofness.	May strive compulsively after wealth, success, or fame to relieve feeling of emptiness. Stage performing may offer fantasy identities.	May yearn for partner to play a parent role, offering unlimited attention, acceptance, or affection. May be promiscuous, getting what he can from many.
Rejecting	Bitter, hostile, suspicious, and distant. May suffer from intense fears or anxiety. Feels worthless. May resort to substance abuse to relieve pain.	May see self as an outlaw, unacceptable to self and others. Very sensitive to rebuff. Suspicious, tests others with hostility and aggression.	Prefers working alone. May feel more comfortable with animals.	Starved for love, but expects rejection and provokes it. Has urge to hurt and reject others. Often attracted to unkind partners.
Punitive	Keenly feels injustice and longs for retaliation. Views world with envy and jealousy. Harbors a burning inner hatred. May feel "bad" and seek punishment.	May punish others who are smaller and weaker. May continue to act out whatever parents forbade. Can be excessively critical and self-righteous.	Can be attracted to harsh, aggressive occupations: police, army, boxing, football. May become ruthless businessman who "crushes competition." May punish self with excessive work.	May physically abuse partner. May engage in extravagant spending, drinking, speeding, fighting, and infidelity to punish partner. Often insanely jealous.
Hypo-chondrical	Constantly doctors self, doesn't feel well, and cannot participate in activities. Preoccupied with aches, pains, and disease.	Social life is restricted to those people who offer sympathy, service and indulgence. Likes others to call or visit and listen to his misery.	Frequently absent from work. Does barely enough to hold job. Work is felt as a burden to be endured, hardships are exaggerated.	Often prevents marriage. Mate is seen as a sympathetic doctor or nurse. Sex is often painful or curtailed. Unable to do housework, cooking, and shopping.
Sexually Stimulating	Tendency to over-sexualize many aspects of life or reject it entirely.	Preoccupied with sexual attraction and experience. May devalue friendship and non-sexual feelings for other sex.	Sexual attractiveness may be used for profit or influence.	Preoccupation with physical aspect of sex. Emotional intimacy and love is avoided. Partner is used to trigger fantasy. May act out rage against partner.

Parenting Styles - Chart I

PARENTAL STYLE	IMAGE OR METAPHOR	PARENTAL ATTITUDE	CHILD'S RESPONSE
Democratic and Encouraging	Child is seen as equal, integrated part of family, cooperative, and doing his share. He is loved and accepted. Child is offered reasonable progressive challenges and permitted to develop at his own pace.	Accepts child's uniqueness. Provides love, respect, and feeling of equality. Encourages child to correct mistakes and develop capacities. Guides child to find significance in contribution.	Feels security of love and acceptance. Experiences own strength by conquering difficulties. Finds satisfaction in achievement and contribution. Not afraid to try and fail. Sees world as safe and friendly.
Over-Indulgent	Child at a receiving end of a cornucopia with goods and services endlessly pouring out. Child is passive, bored and discontented in the midst of this indulgence.	Showers the child with presents, privileges, and services, with little regard for the child's actual needs.	Child is bored, and indifferent. He loses initiative and spontaneity. Expects everything to come to him. Sees adults as providers of pleasure and comfort.
Over-Submissive	Child sitting imperiously on a throne, placed there by parents who bow low. Child is active, impulsive, and demanding.	Submits to child's whims, demands, temper, and impulsiveness. Makes child the boss, and becomes a slave or servant. Cannot say no.	Child insists on having his demands fulfilled. Has tantrums, ignores the rights of others, lacks any sense of limits.
Over-Coercive	Child is like a trained dog or stubborn donkey. Pushing--resistance cycle.	Constant direction and supervision. Endless instructions and constant reminders. Overly strict, tends to drill.	a) Submission: submits to direction. Results in docile obedience. b) Active rebellion: overt defiance. Results in verbal refusal. c) Passive resistance: dawdling, daydreaming, forgetting. Results in covert, devious rebellion.
Perfectionistic	Child is a perpetual runner, trying to go faster, but never finishing the race. The finish line keeps moving up. He is constantly trying to do better.	Accepts child only when performance is exceptional. Very high standards, impossible to please.	Excessive striving and preoccupation with performance. Cannot meet standards, feels unworthy, may give up (or develop physical symptoms such as ulcers).
Excessively Responsible	A giant child shouldering excessive responsibility, blind to anything but work and responsibility.	Parents may heap excessive household, childcare, or companionship responsibilities on child because of economic circumstances, personal problems, death or illness of a parent.	Child may carry out burden resentfully, missing normal childhood carefree play.

Parenting Styles - Chart II

PARENTAL STYLE	IMAGE OR METAPHOR	PARENTAL ATTITUDE	CHILD'S RESPONSE
Neglecting	Child outdoors on a cold night, shivering, with his nose pressed against the window of a house where there is warmth inside. He has been banished.	Parents are frequently absent or busily pre-occupied. Parent may be prominent or preoccupied with work, poverty, wealth, alcoholism, divorce, or illness. No one sets limits. Neglect is usually emotional.	Child lacks ability to form close relationships. Never has the feeling that someone cares about him, is on his side. Absent parent may be idealized into a superhuman saintly image.
Rejecting	Human cactus plant projecting spines everywhere, yet having a soft, dependent, hidden center. He is painfully self-isolating.	(Not very common). He is denied any acceptance, treated as a nuisance or a burden. Parents may have also been rejected as children. Could result from forced marriage or deformed child.	May look upon himself as isolated and helpless. Feels deeply hurt. May develop bitter, hostile, anxious feelings, and suffer from self-devaluation.
Punitive	Galley slave being mercilessly tormented by galley master. Feels injustice, helplessness, and burns for revenge.	Often combined with over-coercion and perfectionism. Physical punishment often considered necessary for discipline or training. Parent may vent personal hostility and aggression on child.	He longs for retaliation. May feel guilt and think of himself as bad. Hates punishing parent. May lie to avoid punishment. May fear own impulses for revenge.
Hypochondriacal	The eternal patient, worrying constantly about health. Attention focused on body functions and organs.	Anxious, fearful, sick-room atmosphere. Child may be kept home a lot from school for minor problems. Child is excused from chores and schoolwork.	Gains sympathy and indulgence from parents. Exaggerates symptoms for benefits. May be excused from normal tasks.
Sexually Stimulating	Child treated like a miniature sex-object, provoking a premature preoccupation with sex.	Parent may fondle the child when bathing, or bring child into bed with him. One parent may be glad to be relieved of sexual obligation when partner molests a child. Parent may be seductive.	Child is forced into secrecy and made to feel guilty. Child is puzzled but frequently compliant, and may stay dependent. Often results in confusion and hostility.