

10 Signs You Have/Had A Little Bit Too Strict Parents

There are different types of parents. The general major reason is usually to help the child grow up properly, to be a productive adult. Strict parents are usually part of this mix, too. Though, sometimes, it gets a little too extreme as it begins to seem that the focus is not really on what the child wants, but on what they- the parents, think is better, despite signs which might show that what a child has interest in, is better. As you have correctly guessed, this leads to some issues in the children when they grow up. If you possess any of these, chances are your parents fall into that category. Some of them are:

1. A Loner

Throughout your childhood, you were made to stay on your own, by your parents, because they believed that allowing you to socialize with other kids would make you become corrupt and ill-mannered. Overtime, whatever social skills you were beginning to develop got blown into the wind, and you now find it hard to associate with other people. Whenever you find yourself in the midst of people, you become anxious and recoil.

2. Hard time voicing opinions

As a child, it was always a constant thing for your opinions to be ignored, and that of your parents, followed. And if you insisted or rebelled, you were punished. Now all grown up, at work and in gatherings, you find it almost impossible to voice your opinions out because you're afraid of similar reactions you got from your parents, even when a part of you knows that the possibility of that happening is very low.

3. Self-Blame

Maintaining a good image and doing everything right, were the important things to your parents, with regards to you being a child. Mistakes were not tolerated, and when they became tolerated, it was still treated as a big issue. It has now led to you taking the blame for everything in the world that has gone wrong, even though any of them was hardly your fault.

4. People-pleasing

You tried to avoid trouble as much as possible, by doing everything right, in order to avoid getting a scolding. Also, you tried to make your parents happy enough to avoid that. Now, an adult, you still do the same. Ignoring your own wants and needs, you put others first before you, even if it makes you sad, making it easy for people to trample on you.

5. Lack of confidence

Being used to constant supervision and lack of trust from your parents, all grown up, you still seek validation from people you feel are better than you, or even strangers, to be comfortable about an activity you have carried out, or a job you did. In some cases, you might even be better than those people, but your confidence issues don't allow you to acknowledge that.

6. Praise Seeking

Over-strict parents usually have this sense of superiority over all other persons, so they always try to mold their children into that perceived version of themselves. This leads the child to always wanting to fulfill the parents' wishes, in order to be praised and maybe, just maybe, get gifts. You begin to base your happiness on that, and you still are, as an adult. But it is never enough for you, because every attention you get is usually just for a short while, and only because of what you helped with.

7. You can't say 'No'

Affirming boundaries is a big issue for you because it wasn't impressed on you as a kid. It is easy for people to get you to do favors for them because you find it hard to say you don't want to, or are too busy to. Also, hearing 'no' has a way of affecting you very badly.

8. Bad Habits

People develop bad habits as a coping mechanism for terrible situations. Sometimes, they don't even realize that is what they are doing. For some people, it could be smoking, under-eating, over-eating, and other habits.

9. Low Self-esteem

Oftentimes than not, having over strict parents has a bad influence on children, leaving them with the feeling of insignificance and worthlessness.

10.Highly Insensitive

As an adult, you have developed anxiety towards receiving corrections from people. You don't take it well, and when criticized, it always takes all the joy you might have felt before, even though it might be an honest criticism.

There are more, but this sums up the majority of the issues. No matter how much damage might have been done as a kid, you're now an adult, and a bit more in control. Accept help, or seek it, and be relentless in wanting to be a better version of yourself, and surely, you will get there.