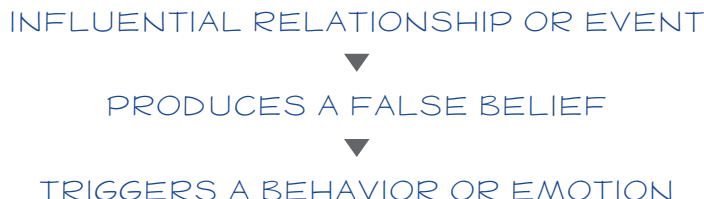


# INFLUENCES: COMMON BY-PRODUCTS

Influences that occur in our lives often bring with them a set of beliefs, behaviors, and emotions. Often, this occurs in the following way:



Below is a list (by no means complete) of common, influential relationships and events, followed by common beliefs and behaviors that are often by-products of the listed influences.

Influential Relationships	Possible False Beliefs That Resulted	Possible Behaviors or Emotions That Resulted
Parent who was over-controlling	<ul style="list-style-type: none"> <li>- I must be in control to feel secure.</li> <li>- I must be the best to validate my worth.</li> <li>- I must show others I am strong and independent.</li> </ul>	<ul style="list-style-type: none"> <li>- Tries to defeat those in authority</li> <li>- Stays emotionally guarded</li> <li>- Likely to be controlling</li> </ul>
Parent who was over-indulgent	<ul style="list-style-type: none"> <li>- Others must do what I want for me to feel loved.</li> <li>- The world must revolve around me for me to be content.</li> <li>- I must be treated special to know I am loved.</li> </ul>	<ul style="list-style-type: none"> <li>- Feels entitled to get what he/she wants</li> <li>- Feels rejected if he/she is not indulged or thought of</li> <li>- Possibly spoiled</li> </ul>
Parent who was over-protective	<ul style="list-style-type: none"> <li>- I must rely on a person to feel secure.</li> <li>- I do not measure up.</li> <li>- I am not able to do things on my own.</li> </ul>	<ul style="list-style-type: none"> <li>- Passive</li> <li>- Dependent</li> <li>- Feels inadequate</li> </ul>
Parent who was dependent	<ul style="list-style-type: none"> <li>- I am responsible for the happiness of others and they are responsible for mine.</li> <li>- I must please other people to know I am accepted.</li> <li>- I must be in a relationship to feel secure.</li> </ul>	<ul style="list-style-type: none"> <li>- Has to be in a relationship</li> <li>- Cannot be alone</li> <li>- Only okay if other people are okay</li> </ul>
Parent with excessive standards	<ul style="list-style-type: none"> <li>- I must be perfect to be loved and accepted.</li> <li>- I must please others to avoid rejection.</li> <li>- I must be in control and guarded to feel secure.</li> </ul>	<ul style="list-style-type: none"> <li>- Scared of making mistakes</li> <li>- Follows rules</li> <li>- Pleases and performs for peace and acceptance</li> <li>- May lie to hide imperfections</li> </ul>
Parent who gave excessive praise	<ul style="list-style-type: none"> <li>- I am superior to others.</li> <li>- Words do not mean anything.</li> <li>- If you love me, you will show me.</li> </ul>	<ul style="list-style-type: none"> <li>- Self-absorbed</li> <li>- Self-confident</li> <li>- Self-reliant</li> </ul>



# INFLUENCES: COMMON BY-PRODUCTS

Influential Relationships	Possible False Beliefs That Resulted	Possible Behaviors or Emotions That Resulted
Parent who disciplined inconsistently	<ul style="list-style-type: none"> <li>- I should avoid the consequences of my actions to be content.</li> <li>- Life must be fair for me to be secure or for me to have peace.</li> </ul>	<ul style="list-style-type: none"> <li>- Lacks trust</li> <li>- Not consistent or reliable</li> <li>- Believes life is random and things happen by chance</li> <li>- Feels insecure or unsure</li> </ul>
Parent who shamed child	<ul style="list-style-type: none"> <li>- I do not measure up.</li> <li>- I can't do anything right.</li> <li>- I am inadequate.</li> <li>- Good things will never happen for me.</li> </ul>	<ul style="list-style-type: none"> <li>- Self-condemnation</li> <li>- Believes something is wrong with him/her</li> <li>- Believes he/she cannot do anything right</li> </ul>
Parent who denied feelings	<ul style="list-style-type: none"> <li>- I must be guarded to be safe.</li> <li>- I must not be emotionally weak to know I am secure.</li> <li>- I must be strong to know I am safe.</li> <li>- I must be in control to be secure.</li> </ul>	<ul style="list-style-type: none"> <li>- Learns to hide feelings or to not even allow them to exist</li> <li>- Doesn't allow vulnerability</li> <li>- Believes emotions are bad</li> </ul>
Parent who expected child to act like a parent	<ul style="list-style-type: none"> <li>- I am responsible for the well-being of other people.</li> <li>- I must be strong to survive.</li> </ul>	<ul style="list-style-type: none"> <li>- Takes responsibility for other people's well-being</li> <li>- Controlling</li> </ul>
Parent who focused on appearance	<ul style="list-style-type: none"> <li>- My appearance determines my value.</li> <li>- I am only loved and accepted if I look a certain way.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops an eating disorder</li> <li>- Preoccupation with one's weight and food intake</li> </ul>
Parent who minimized problems	<ul style="list-style-type: none"> <li>- I must avoid conflict to know I am safe.</li> <li>- My problems are not important.</li> </ul>	<ul style="list-style-type: none"> <li>- Becomes someone who takes legitimate problems and says they are not important or things to worry about</li> </ul>
Peer rejection	<ul style="list-style-type: none"> <li>- People are going to reject me. I should just expect it.</li> </ul>	<ul style="list-style-type: none"> <li>- Discouraged about ability or value</li> <li>- Expects others to reject him/her</li> </ul>
Peers who shamed	<ul style="list-style-type: none"> <li>- I am inadequate or unworthy.</li> <li>- I am defective.</li> <li>- Something is wrong with me.</li> </ul>	<ul style="list-style-type: none"> <li>- Self-condemnation or shaming</li> <li>- May avoid situations that could be embarrassing</li> </ul>
Peers who were competitive	<ul style="list-style-type: none"> <li>- I must be the best to know I am of value.</li> <li>- I must be perfect to know I am of value.</li> </ul>	<ul style="list-style-type: none"> <li>- Strives to be the best or the worst</li> <li>- Very competitive</li> </ul>
Moved often	<ul style="list-style-type: none"> <li>- If I get close to others, I am going to get hurt.</li> <li>- I must not risk intimacy to be safe.</li> <li>- I must be guarded emotionally to be secure.</li> </ul>	<ul style="list-style-type: none"> <li>- Closed-off from feelings</li> <li>- Independent or fearful</li> <li>- Adaptable or self-reliant</li> </ul>



# INFLUENCES: COMMON BY-PRODUCTS

Influential Relationships	Possible False Beliefs That Resulted	Possible Behaviors or Emotions That Resulted
Abuse (verbal, emotional, physical)	<ul style="list-style-type: none"> <li>- I am inadequate.</li> <li>- I am unworthy of other people's love.</li> <li>- Something is wrong with me.</li> <li>- Bad things that happen to me are my fault.</li> </ul>	<ul style="list-style-type: none"> <li>- Self-pities or lacks self-worth</li> <li>- Emotionally guarded</li> <li>- Abusive</li> <li>- Angry</li> </ul>
Abandonment	<ul style="list-style-type: none"> <li>- If I get close to others, they will eventually leave me.</li> <li>- People always leave.</li> <li>- I cannot trust others.</li> </ul>	<ul style="list-style-type: none"> <li>- May live in constant fear of abandonment</li> <li>- May not trust other people</li> <li>- May be emotionally guarded</li> </ul>
Neglect	<ul style="list-style-type: none"> <li>- I am forgotten.</li> <li>- I am not important.</li> </ul>	<ul style="list-style-type: none"> <li>- May be uncertain about other people's love</li> <li>- Controlled by doubts</li> </ul>