



How to deal with toxic parents?

Parents and toxic? These two words together are unbelievable. But it is the hard truth. Yes, Parents can be toxic. Most of the times parents themselves are not aware of it. It's a concept that people don't want to be true, but sadly it is. Next thing comes, how to deal with such parents.

- For protecting your emotional and mental well-being, set firm and defined boundaries.
- Seek help, from friends, relatives or professionals. This will help to build a support system one can rely on.
- To preserve your wellbeing, give self-care top priority.
- Make an effort to distance your value from your parents' ideas and work on becoming emotionally independent.
- Educate Yourself to get an understanding of your circumstances, toxic behaviour and dysfunctional family dynamics. This will help in assisting one in separating oneself emotionally and reaching more skillfully.

Its not always easy to accept that parents can be toxic. But at the same time it is important to know what is toxic behaviour, so that one can save themselves from lifelong harm.