

## adult children of emotionally immature parents how to heal from distant rejecting or self involved parents

[#emotionally immature parents](#) [#heal from distant parents](#) [#rejecting parents recovery](#) [#self involved parents effects](#) [#childhood emotional neglect](#)

This insightful guide empowers adult children to heal from the profound impact of emotionally immature parents. Explore effective strategies for overcoming the pain caused by distant, rejecting, or self-involved caregivers, and learn how to navigate complex family dynamics to foster emotional recovery and build healthier relationships.

Each file is designed to support effective teaching and structured learning.

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adult children of emotionally immature parents how to heal from distant rejecting or self involved parents

My Summary and Takeaways from "Adult Children of Emotionally Immature Parents" by Lindsay Gibson - My Summary and Takeaways from "Adult Children of Emotionally Immature Parents" by Lindsay Gibson by Marble Jar Channel 60,140 views 2 years ago 11 minutes, 51 seconds - In this video, I'll share a summary and my takeaways from the book by Dr. Lindsay C. Gibson -- **Adult Children, of Emotionally, ...**  
Evidence-Based S1E1: Adult Children of Emotionally Immature Parents with Lindsay C. Gibson, PhD - Evidence-Based S1E1: Adult Children of Emotionally Immature Parents with Lindsay C. Gibson, PhD by New Harbinger 75,249 views 1 year ago 1 hour, 7 minutes - Lindsay C. Gibson, PhD, author of **Self-Care for Adult Children, of Emotionally Immature Parents**,, joins us to discuss **adult children, ...**  
Dr Lindsey C Gibson  
The Rejecting Parent  
The Passive Personality  
Babies Who Are More Perceptive and More Sensitive to Stimuli than Other Babies  
Mature Internalizer  
Temptation for the Therapist  
Parenting  
Successful Interactions  
What Does the **Healing**, Process Look like for an **Adult**, ...  
Final Thoughts  
Emotionally Immature Parents (EIP) - Emotionally Immature Parents (EIP) by The Holistic Psychologist 82,050 views 1 year ago 1 minute, 9 seconds  
Adult Children of Emotionally Immature Parents by Lindsay C Gibson audiobook summary - Adult Children of Emotionally Immature Parents by Lindsay C Gibson audiobook summary by Book Summaries IQ 3,002 views 1 year ago 16 minutes - Summary of Nonsense by Jamie Holmes | Free Audiobook Summary of **Adult Children, of Emotionally Immature Parents**, by ...  
EMOTIONALLY IMMATURE PARENTS: BREAKING DOWN THE "YES" ASSESSMENT QUESTIONS - EMOTIONALLY IMMATURE PARENTS: BREAKING DOWN THE "YES" ASSESSMENT QUESTIONS by Dr. Kim Sage, Licensed Psychologist 7,240 views 2 years ago 16 minutes - LINK FREE CHECKLIST: DO MY **PARENTS**, HAVE BORDERLINE OR NARCISSISTIC TRAITS? AND FREE COURSE: ...  
Adult Children Of Emotionally Immature Parents - Lindsay C. Gibson Interview - Adult Children Of Emotionally Immature Parents - Lindsay C. Gibson Interview by Academy Of Self Help 26,718 views 11 months ago 51 minutes - Receive Dr. Gibson's free 12-part video series on **Emotionally Immature**

**Parents**, here: ...

Intro

What led you to write this book

How would you define emotional immaturity

Is emotional immaturity a Hallmark

How to connect with your child

Atomic Habits

Resentment

I need help

Can we change it

The Four Agreements

The Breakthrough

The Phoenix Rising

Disentangling

Adult Children Of Emotionally Immature Parents - With Dr Lindsay C. Gibson - Adult Children Of Emotionally Immature Parents - With Dr Lindsay C. Gibson by THE Healing Trauma Podcast 44,428 views 9 months ago 51 minutes - Today I am sharing a video episode to watch or listen to. Dr. Lindsay Gibson joins us on the podcast to discuss "**Emotionally**, ...

Introduction

What is an emotionally immature parent

Is this something that they dont have

Is this something they can change

Tension

Relationship

Parentified Child

Gas in the Tank

Internalizer and Externalizer

Managing Relationships

Preparing For The Conversation

Final Thoughts

Evidence-Based S4E1: Disentangling from Emotionally Immature People with Lindsay C. Gibson, PsyD - Evidence-Based S4E1: Disentangling from Emotionally Immature People with Lindsay C. Gibson, PsyD by New Harbinger 15,217 views 6 months ago 56 minutes - Welcome to Season 4 of Evidence-Based! Lindsay C. Gibson, PsyD, author of Disentangling from **Emotionally Immature**, People, ...

Adult Children of Immature Parents - Adult Children of Immature Parents by What Is PTSD 10,832 views 1 year ago 1 hour, 2 minutes - Not everyone has a picture-perfect childhood. In fact, some of us grow up in homes where our **parents**, need **parenting**, or we have ...

Emotional Dysregulation In Emotionally Immature People - Lindsay C. Gibson - Emotional Dysregulation In Emotionally Immature People - Lindsay C. Gibson by Academy Of Self Help 5,144 views 2 weeks ago 47 minutes - Please enjoy this Workshop we recently hosted with Dr. Lindsay Gibson inside the Academy. Join us for the next event here: ...

Emotional Neglect: Lack of Self-Discipline? It might be Self Neglect Instead | Dr. Jonice Webb - Emotional Neglect: Lack of Self-Discipline? It might be Self Neglect Instead | Dr. Jonice Webb by Dr. Jonice Webb 24,461 views 7 months ago 10 minutes, 57 seconds - In this video, "**Emotional**, Neglect: Lack of **Self**,-Discipline? It might be **Self**, Neglect Instead," I talk about why people who grew up ...

Introduction

Your Parents' Role

What Was Lacking

Feelings Matter

Examples of Self Neglect

Tips for Self-Care

AGING PARENTS AND BOUNDARIES: Why You Need Them And How To Implement Them -

AGING PARENTS AND BOUNDARIES: Why You Need Them And How To Implement Them by Sofia Amirpoor 2,845 views 4 months ago 18 minutes - If you are taking care of aging **parents**,, I'm sure that you have heard it a million times: you need to set up boundaries otherwise ...

Intro Summary

Chat With Me

Aging Brain

Communicating

Acknowledge

The Next Step

Summary

Classic Narcissism Vs Emotional Immaturity | Signs of emotional immaturity - Classic Narcissism Vs Emotional Immaturity | Signs of emotional immaturity by Jenna Schaefer MS-LPC 50,978 views 3 years ago 11 minutes, 35 seconds - Narcissism Vs **Emotional Immaturity**, | Signs of **emotional immaturity**, This video compares classic/grandiose narcissists to ...

Grandiosity

Selfishness

They Are Often Avoidant of Higher Level Feelings

Struggle To Commit to Relationships

They Get Defensive

Intimacy Gap

6 Signs You Had Emotionally Immature Parents - 6 Signs You Had Emotionally Immature Parents by Julia Kristina Counselling 19,446 views 10 months ago 17 minutes - Do you wonder whether you were raised by **emotionally immature parents**,? If you were, then it's likely had an impact on your ...

The Emotionally Neglected Child – All Grown Up WHAT HAPPENS Explained! - The Emotionally Neglected Child – All Grown Up WHAT HAPPENS Explained! by Sarah Pacaro 175,864 views 2 years ago 15 minutes - THE **EMOTIONALLY**, **NEGLECTED CHILD**, – ALL GROWN UP [WHAT HAPPENS EXPLAINED!] // In this video I will explain so ...

Childhood Is the Foundation

Feelings of Emptiness

Counter Dependent Tendencies

Notice an Unrealistic Self-Appraisal

Guilt and Shame

Emotionally Abusive Narcissists Will Lose Their Minds IF Empaths Do These 10 Things - Emotionally Abusive Narcissists Will Lose Their Minds IF Empaths Do These 10 Things by Tamie M Joyce 1,708,168 views 2 years ago 13 minutes, 26 seconds - Emotionally, Abusive Narcissists Will Lose Their Minds IF Empaths Do These 10 Things // Obviously, we don't want to poke the ...

Intro

Disclaimer

Refuse to Engage or Fight Back

Demonstrate You Dont Care

Put Them On The Spot

invalidate their feelings and experience

treat them with contempt and disdain

Comment below

Not taking them seriously

Being brutally honest

You see right through them

Ignoring them

Giving up

Daughters of Passive Emotionally Unavailable Mothers - Daughters of Passive Emotionally Unavailable Mothers by Lisa A. Romano Breakthrough Life Coach Inc 217,807 views 1 year ago 24 minutes - emotionalneglect #childhoodtrauma #codependencyrecovery #codependency **Daughters**, of passive **emotionally unavailable**, ...

Traits of an Emotionally Immature Parent - Traits of an Emotionally Immature Parent by The Holistic Psychologist 40,153 views 3 months ago 5 minutes, 21 seconds - Find me on Instagram: @the.holistic.psychologist Key Points 00:00 - Traits of an **emotionally immature parent**, 00:35 ...

Traits of an emotionally immature parent

Ractive/Explosive parent

Emotionally unavailable Parent

Self-focused parent

Parent obsessed with appearance

7 Signs Your Parents Are Emotionally Immature - 7 Signs Your Parents Are Emotionally Immature by Psych2Go 503,905 views 3 years ago 4 minutes, 8 seconds - Different **parents**, have different **parenting**, styles. However, **emotional**, abuse exists to some degree in any form of **parenting**,

styles.

Intro

They're Insensitive

They Take Their Problems Out On You

They Demand Too Much From You

They're Quick To Point Fingers

They're Not Aware Of Their Own Flaws

There Are Two Controlling Of You

Lindsay C. Gibson Live Q&A - Adult Children Of Emotionally Immature Parents - Lindsay C. Gibson

Live Q&A - Adult Children Of Emotionally Immature Parents by Academy Of Self Help 1,199 views

1 month ago 38 minutes - Join the community to attend our next live Workshop inside the Academy.

30 Days of Free Tuition: ...

12 Signs You Were Raised By Emotionally Immature Parents - 12 Signs You Were Raised By Emotionally Immature Parents by Mark DeJesus 10,603 views 1 year ago 20 minutes - Your **emotional**, development or lack thereof, forms out of your relationship with your **parents**,, which in effect, greatly impacts our ...

Intro

They Do Not Know How To Deal With Their Own Emotions

They Don't Know How To Deal With Their Own Brokenness

They Are Uncomfortable With Emotions And Avoid Emotions

They Have Low Empathy

They Only Address Red Light Issues

They Teach You Distortions About Emotions

They Shame You

They Take Out Their Emotional Issues

They Redirect Conversations

They React In Childlike Ways

Emotional Neglect

Loud Inner Critic

Next Steps

Adult Children Of Emotionally Immature Parents Book Summary - Adult Children Of Emotionally Immature Parents Book Summary by Rob's Self Help 17,225 views 3 years ago 11 minutes, 23 seconds - In this video I review the book **Adult Children**, of **Emotionally Immature Parents**, By Lindsay Gibson. Learn about the 4 types of ...

Who Might Need this Book

Observationally Detached

Chapter Is Emotional Loneliness from Being with an Emotionally Immature Parent

Characteristics of an Emotionally Immature Parent

The Identity of a Role

The Identity of the True Self

Four Types of Emotionally Immature Parents

Passive Parent

Rejecting Parent

The Internalizer Versus Externalizers

Conclusion

126 Self-Care for Adult Children of Emotionally Immature Parents with Dr. Lindsay Gibson - 126

Self-Care for Adult Children of Emotionally Immature Parents with Dr. Lindsay Gibson by Patricia

Young MSW 12,690 views 2 years ago 55 minutes - Self-Care for **Adult Children**, of **Emotionally Immature Parents**, Dr. Lindsay Gibson, author of **Adult Children**, of **Emotionally**, ...

Intro

Welcome

Guest introduction

What is an **adult child**, of an **emotionally immature**, ...

Why write this book

Reminders

Protecting and Caring for Yourself

Tuning In

Sensitivity

Isolation

Withdrawing

The Healing Fantasy

Identifying Your Feelings

People Pleasing

Stop blaming yourself

Minimize yourself

Learn the trick of talking intimately

Is the relationship reasonable

Your emotional health has to be nurtured

Owning your own reality

Learning the rules of relationships

Outro

20 Consequences of Emotionally Immature Parents and Tips to Heal - 20 Consequences of Emotionally Immature Parents and Tips to Heal by Doc Snipes 24,044 views 11 months ago 32 minutes - Dr. Dawn-Elise Snipes is a Licensed Professional Counselor and Qualified Clinical Supervisor. She received her PhD in Mental ...

20 Consequences of Emotionally Immature Parents

Maturity vs Intelligence

Maturity vs Intelligence | Emotional Intelligence

Maturity vs Intelligence | Boundaries

Radical Acceptance vs. Blame: What happened?

Support the Channel

Consequences of Emotionally Immature Caregivers

Consequences of Emotionally Immature Caregivers 2

Consequences of Emotionally Immature Caregivers 3

Solutions

Solutions 2

Summary

CPTSD & EMOTIONALLY IMMATURE PARENTS: HOW TO TOLERATE DISTRESS - CPTSD & EMOTIONALLY IMMATURE PARENTS: HOW TO TOLERATE DISTRESS by Dr. Kim Sage, Licensed Psychologist 17,231 views 9 months ago 9 minutes, 23 seconds - \*\*\*\*\* Please check out my courses (LINK ABOVE): 1. BORDERLINE AND NARCISSISTIC **PARENTS**,: ...

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involve -

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involve

by Audiobooks Summary 177 views 10 months ago 19 minutes - "f you grew up with an **emotionally**

**immature**,, **unavailable**,, or selfish **parent**,, you may have lingering feelings of anger, loneliness, ...

10 Struggles that Reveal You Had Emotionally Immature Parents - 10 Struggles that Reveal You Had

Emotionally Immature Parents by Mark DeJesus 6,199 views 1 year ago 16 minutes - There are

certain patterns that manifest in those who were raised with **emotionally immature parents**,. In this

broadcast, I want to ...

Intro

Signs that your parents were emotionally immature

You watch in your life

You dismiss emotional pain

You feel guilty

You struggle to regulate emotions

You pick unhealthy relationships

Emotional intimacy and vulnerability

Addictions

Lack of Empathy

Contemptuous Relationship

Constant Confusion

Outro

7 Subtle Signs of Toxic Parents - 7 Subtle Signs of Toxic Parents by Psych2Go 354,713 views 2 years ago 5 minutes, 33 seconds - What are some of the toxic things that your **parents**, have said to you?

Are your **parents**, perhaps narcissists? Have your **parents**, ...

Intro

Unsupportive

Expecting the worst

They pressure you  
They make you the parent  
They emotionally dependent on you  
They dont communicate with you  
They use you as a pawn  
Conclusion

A LITTLE LIFE Official Cinema Trailer - A LITTLE LIFE Official Cinema Trailer by Trafalgar Releasing  
181,048 views 6 months ago 1 minute - James Norton (Happy Valley) stars in the theatrical event of 2023 as visionary director Ivo van Hove (A View from the Bridge) ...

What is trauma? The author of "The Body Keeps the Score" explains | Bessel van der Kolk | Big Think  
- What is trauma? The author of "The Body Keeps the Score" explains | Bessel van der Kolk | Big Think by Big Think 2,577,842 views 2 years ago 7 minutes, 49 seconds - Contrary to popular belief, trauma is extremely common. We all have jobs, life events, and unpleasant situations causing us daily ...

Break Free of Toxic & Emotionally Immature People (EIP), Parents & Relationships | Lindsay C Gibson - Break Free of Toxic & Emotionally Immature People (EIP), Parents & Relationships | Lindsay C Gibson by Ten Percent Happier 81,515 views 7 months ago 1 hour, 16 minutes - How to deal with **emotionally immature**, people (EIPs)/toxic **parents**,, **children**,, partners, family & **adult**, relationships. Dan Harris is ...

Intro  
Sponsor  
What is emotional immaturity  
Stress and emotional immaturity  
How to spot an EIP  
How do you know youre right  
How common are EIPs  
What is disentangling  
How to manage toxic people  
Authenticity  
My Personal Experience  
Emotional Immature People  
Stick To Your Position

Building Up  
Mapa Reads: Adult Children of Emotionally Immature Parents pt.1 - Mapa Reads: Adult Children of Emotionally Immature Parents pt.1 by Little Bird ASMR 11,766 views 1 year ago 50 minutes - Hey bby birds! Welcome to thunder dome I'll just be doing this book in "parts" as opposed to "chapters" since running a ...

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plant. Several of Capp's colleagues later remarked how they found her to be a distant and immature figure with few friends or hobbies. To one colleague... 139 KB (16,262 words) - 21:30, 25 February 2024

According to Dr. Marilyn Hutchinson, Green was immature and lacked the adult-level ability to cope with emotion. Green read another statement to the court... 69 KB (9,016 words) - 03:34, 22 February 2024  
wife of 18 years. Born to an upperclass British family, she's stylish and polite, though a bit snobbish and self-involved. She follows Lane to New York... 194 KB (30,534 words) - 03:14, 20 February 2024  
of his previous distant attitude. After he goes to visit his mother Rei Todoroki in the hospital, their interactions are awkward as a result of how much... 296 KB (39,151 words) - 02:01, 11 March 2024  
Chris's children. Oliver is conceived when Ann, having grown fed up of dating around, decides to become a mother via sperm donation. After rejecting the option... 240 KB (25,394 words) - 11:30, 23 February 2024

Things' Just One Percent Shy of Season-High Among Adults 18–49 in its Thursday Debut". Programming Insider. Archived from the original on February 6, 2019... 199 KB (4,452 words) - 01:18, 14 March 2024

