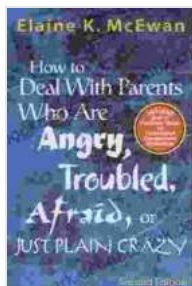


# How to Deal with Parents Who Are Angry, Troubled, Afraid, or Just Plain Crazy



## How to Deal With Parents Who Are Angry, Troubled, Afraid, or Just Plain Crazy by Elaine K. McEwan-Adkins

★★★★☆ 4 out of 5

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File size : 1346 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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Dealing with difficult parents can be one of the most challenging experiences in life. When they're angry, troubled, afraid, or even crazy, it can feel like you're constantly walking on eggshells.

But it's important to remember that you're not alone. Millions of people are struggling with similar issues. And there are ways to cope.

In this article, we'll discuss how to deal with parents who are experiencing a range of difficult emotions. We'll cover anger, fear, anxiety, and mental illness. We'll also provide tips for communicating effectively, setting boundaries, and supporting their well-being while protecting your own.

## Understanding Difficult Emotions

The first step to dealing with difficult emotions is to understand what's causing them. Your parents may be struggling with mental health issues, life stressors, or past trauma. It's important to be patient and understanding, and to try to see things from their perspective.

Here are some of the most common causes of difficult emotions in parents:

- Mental health issues, such as depression, anxiety, or bipolar disorder
- Life stressors, such as job loss, financial problems, or relationship issues
- Past trauma, such as abuse, neglect, or abandonment

It's important to remember that your parents are human beings with their own experiences and struggles. Try to approach them with compassion and understanding, even when their behavior is difficult.

## **Communicating Effectively**

Communicating effectively with difficult parents can be challenging, but it's essential for maintaining a healthy relationship.

Here are some tips for communicating effectively:

- Choose the right time and place to talk. Avoid having difficult conversations when you're both stressed or tired.
- Be calm and respectful, even if your parents are being difficult.
- Listen to what your parents have to say, and try to understand their perspective.

- Express your own feelings and needs in a clear and concise way.
- Be willing to compromise and find solutions that work for both of you.

If you're struggling to communicate effectively with your parents, consider seeking help from a therapist or counselor.

## **Setting Boundaries**

Setting boundaries is essential for protecting your own well-being when dealing with difficult parents.

Boundaries are limits that you set to protect your physical, emotional, and mental health. They can include things like:

- Limiting the amount of time you spend with your parents
- Refusing to engage in conversations that are hurtful or disrespectful
- Setting limits on physical contact
- Asking your parents to respect your privacy

Setting boundaries can be difficult, but it's important to remember that you have the right to protect yourself. If your parents are not respecting your boundaries, you may need to limit your contact with them.

## **Supporting Parents with Mental Illness**

If your parents are struggling with mental illness, it's important to be supportive and understanding.

Here are some tips for supporting parents with mental illness:

- Educate yourself about their condition and treatment options.
- Encourage them to seek professional help.
- Be patient and understanding, even when their behavior is difficult.
- Offer practical help, such as running errands or cooking meals.
- Take care of your own mental health. Supporting a loved one with mental illness can be emotionally draining.

If you're struggling to support your parents with mental illness, consider seeking help from a therapist or counselor.

## **Protecting Your Own Well-Being**

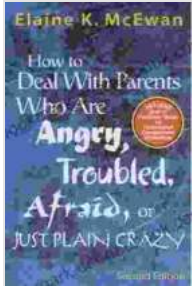
It's important to remember that you cannot control your parents' behavior. You can only control your own reactions.

Here are some tips for protecting your own well-being:

- Set boundaries to protect yourself from emotional abuse.
- Limit your contact with your parents if necessary.
- Seek professional help if you're struggling to cope.
- Build a support system of friends and family who can offer you support and understanding.
- Take care of your physical and mental health. You need to be strong to support your parents.

Remember, you are not alone. Millions of people are struggling with similar issues. And there are ways to cope.

If you're dealing with difficult parents, don't hesitate to seek help from a therapist or counselor. They can provide you with the support and guidance you need.



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