

Break Dysfunctional Patterns

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SUMMARY

Empowering children to express their thoughts freely can lead to healthier emotional development, contrasting with traditional parenting paradigms that prioritize adult egos over children's authentic voices. This suppression of children's feelings can result in long-term issues with self-identity and relationship dynamics.

- *Traditional parenting often expects children to cater to their parents' emotional needs.*
- *Children expressing their true feelings are frequently misinterpreted as disrespectful or defiant.*
- *This dynamic can lead to dysfunctional relationships and emotional suppression in adulthood.*
- *Encouraging open communication helps children understand and express their emotions.*
- *Allowing children to be authentic fosters a stronger sense of self and healthier relationships later in life.*
- *The traditional paradigm can hinder emotional growth and self-awareness in both children and parents.*

if your child is empowered to just speak their mind they're not trying to take care of your ego they're not trying to take care of your wounded little child they're just going to say no or yes and they're not here to cuddle you but because we have been trained by the traditional Paradigm that children should coddle us actually the traditional parenting Paradigm says children are here basically to take care of your ego so by that traditional par

adigm when a child doesn't care to take care of our ego we take that to mean they are disrespectful they are bratty they are defiant and we need to hunker down on them really with strong force and put them back in their place what does that mean that means our children are not allowed to be in that pure Essence they're not allowed to say what they feel if it's going to hurt mom or dad and that's really dysfunctional

that's why we grow up to not know who we truly are and to suppress our feelings in relationships and get into dysfunctional relationships one after the other