

Adult Children of Emotionally Immature Parents

by Lindsay C. Gibson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Name the Pattern Out Loud

Write down one recurring dynamic with your parent that drains you. Name it specifically: 'When I share good news, she redirects to herself.' Naming reduces its power.

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02 Practice the 24-Hour Pause Before Visits

Before seeing your emotionally immature parent, decide in advance what topics are off-limits and what you'll do if the conversation goes there. Plan the exit.

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03 Keep Your Inner Child Separate

Notice when you're slipping into child-mode with your parent - feeling small, afraid, needing approval. Take a breath. You're the adult now. Act from that identity.

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04 Stop Providing Emotional Labor for Them

When your parent makes you responsible for their feelings, practice a neutral response: 'That sounds hard.' Nothing more. You are not their therapist.

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05 Build One Relationship That Feels Different

Find one person in your life - friend, mentor, therapist - who is consistently emotionally present. Practice receiving what you didn't get. Let it teach you.

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06 Write a Letter You Won't Send

Write everything you wish you could say to your parent. All of it. Don't edit. Get it out of your body. Then decide what - if anything - to communicate.