

PARENTING STYLES (an Adlerian Psychology perspective)

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PARENTING STYLE	FOCUS/TACTICS	IMPLIED MESSAGE	RESULTS
<p><u>COERCIVE</u></p> <p>CONTROLLING PUNITIVE</p>	<ul style="list-style-type: none"> • Imposing Rules • Threats and Punishments • Rewards • Self Righteous - Always the Child's Fault 	<p>"It is obvious you are not able to do it well enough on your own, so I will make you"</p>	<p>Anger, conflict, power struggles and revenge.</p> <p>Parent gets the opposite behavior that they are after, or exactly what they are trying to prevent.</p> <p>Irresponsible or high-risk behaviors via rebellion.</p> <p>Irony: In the parent's effort to control their child's behavior, they lose all control.</p>
<p><u>PAMPERING</u></p> <p>OVER-INDULGENT OVER-INVOLVED</p>	<p>Doing for a child on a regular basis what the child can do for her/himself.</p> <p>Parent over-identifies with child and makes the child the focal point of her/his life.</p> <p>Gives Special Service.</p>	<p>"It is obvious you are not able to do it well enough on your own, so I will do it for you."</p>	<p>Exaggerated sense of one's own self-importance and diminished sense of one's own ability.</p> <p>Dependency, Self-Centeredness, Vindictiveness, Stalled Development, Serious self-indulgent behavior, e.g. drugs.</p> <p>Serious dysfunction to justify dependency or to avoid increasing responsibility.</p> <p>Irony: In the parent's effort to make their child happy, they make their child miserable.</p>
<p><u>DISENGAGED</u></p> <p>UNINVOLVED</p>	<p>Unaware of and Unresponsive to child's needs, self-absorbed, emotionally detached, Sets few Boundaries, Often challenged with life stressors, may struggle with mental health or substance abuse issues.</p>	<p>"You don't matter, You aren't valuable or interesting enough, You are a disappointment, You are unlovable, You are a burden, You are flawed, You are bad."</p>	<ul style="list-style-type: none"> • Self-Esteem problems. • Relationship difficulties. • Struggles with emotional regulation. • Obsessed with solitary activities. • Attachment issues. • May Compensate by connecting to other stable families, friends, relatives.
<p><u>RESPECTFUL LEADERSHIP</u></p>	<p>Mutual Respect, values providing a sense of belongingness and growing independence, Establishes boundaries, provides warmth, empathy, & encouragement, level communication, mutual problem-solving, choices & consequences.</p>	<p>"I see you as a valuable and separate person. I believe in you and your ability to develop and learn from your own mistakes. I respect and value your contributions."</p>	<ul style="list-style-type: none"> • Possesses Self Esteem & People Esteem • Responsibility Taker • Is Cooperative & Respectful • Develops "Psychological Muscle"

