

Statistics

from www.controllingparents.com

In a survey of adults raised with unhealthy control, percentages who said:

As children they felt...

Forbidden to question or disagree with their parents: **90 percent**

Pleasing their parents was more important than being themselves: **86 percent**

Tense or on guard when their parents were around: **96 percent**

That it was not okay to express anger, fear or sadness: **96 percent**

Hemmed in and without choices: **96 percent**

As adults they...

Feel perfectionistic, driven, or rarely satisfied: **82 percent**

Worry or ruminate over confrontations: **96 percent**

Are easily angered around controlling people: **91 percent**

Feel extra-sensitive to criticism: **91 percent**

Feel tense when they think about visiting their parents: **78 percent**

Feel that their parents don't really know them as they really are: **91 percent**

Feel that it has taken a long time to separate from their parents: **82 percent**

In retrospect, their parents...

Seemed unwilling to admit it when they were wrong: **100 percent**

Seemed unaware of the pain they caused others: **100 percent**

Viewed the world in right-or-wrong, black-and-white terms: **96 percent**

Encouraged connections with others outside the family: **14 percent**

Encouraged their children to express feelings: **5 percent**

Estimates from *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*, HarperCollins Publishers, 1999

Survey results from a questionnaire of 40 adults age 23-58 who grew up with unhealthy control