



3-1 Review

It was tough. You must be proud of yourself for holding on to those feelings and enduring them.

You have mixed feelings: you don't want to think about it anymore, it's a pain in the ass, you're sick of it, you don't want to be involved, you feel guilty about it, and you can't be mean to it.

Parents are just parents in their own right, not necessarily more mature than you, and they just happen to have been born with this kind of relationship in this life.

That's all.

It comes down to a bad case.



They usually deny you, point out what you are not doing, yell at you, abuse, get violent, drink and smoke, gamble, and have affairs.

Why are our parents like that?

Because they are very immature, as a result of continually ignoring the voice of their soul, they are still struggling to find what makes them happy. They are single-mindedly trying to make people understand who they are, and the manifestation of this emotion is coming out as those actions.



Because our parents' self-esteem is a piece of paper,
if the child acts differently from theirs, they try to mend it
in a panic, as if their few cards are diminished.

Parents whose self-esteem is firmly cemented in concrete
are free to leave whatever their children do to them,
as long as they do not cause trouble for others.

Let's explore the thoughts you've accumulated since
childhood? Maybe some related to the relationship you've
had with your parents?



Emotional Healing

Recognize the root of your thoughts.

The thoughts that are unknowingly controlling you today.

Recognizing them is a big step toward changing the angle of your life.



3-2

3-3 Review

In our daily lives, we forget to be "thankful".

When we think about it, there are so many things we can be thankful for to our parents or the harsh environment we grew up in.

If we don't focus on gratitude for our life's experiences, we inevitably become resentful, distort our perception of our parents, and can lead to unnecessary fights and arguments.

First of all, it is very important to objectively reflect on what we have been given.



Emotional Healing

Please hold on to this feeling that you have right now.

Do not forget that feeling.

Be "grateful" for the world you have been placed in, your world.

This is the strongest mental energy of all.

Do not despise this "gratitude."

Whenever you feel like forgetting, look back at your notes.

Read it out loud and say to yourself.

"Thank you, thank you so much."



3-4 Review

You want your parents to understand who you are.

But as it stands, you continue to ignore the voice of your inner-self and are frustrated with yourself for doing so.

You are trying to look good to both of them in a very half-hearted way.

This emotional gap makes your relationship with your parents even worse.

Yes, this is not a problem with your parents, but with yourself.

The hardest time in your life is when your heart is screaming to expand and be yourself, and your actions are not accompanying it.

If you live in the emotional state of self-sabotage, it can be a pain that lasts for years and limits your ability to achieve your dreams.

Take action now.





Emotional Healing

**Talk to your parents in your own words.
Don't worry if they don't understand you.
They can't understand everything.
You will learn to be patient with them
and hopefully, they will learn to
understand you.**



You have made your point,
you have taken responsibility for yourself, and you will
start with what you can do in front of you.

Even if the relationship deteriorates, it will only be
temporary, and when you are happy, everything will be
resolved. It will be all right. No matter what your parents
say, continue to express your inner self.

That is how you will develop strong self-esteem while
achieving results.