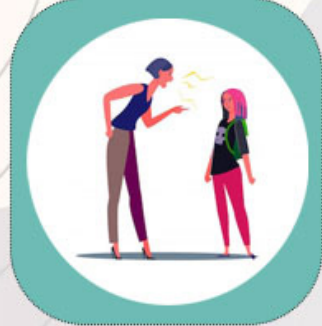
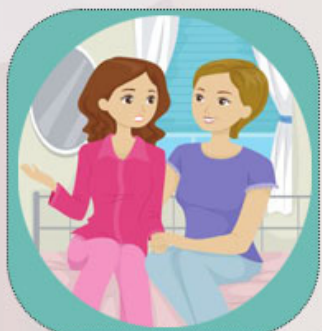


BEST WAYS TO COPE WITH PARENTS WHO WANT TO CONTROL YOUR LIFE



Identify their behavior patterns, whether verbal, psychological, or aggressive

Understand the reason behind your parents' behavior



State your likes and dislikes clearly to them

Learn to recognize emotional blackmail



Put your actions before your emotion

Stop trying to win over their approval always



Establish reasonable expectations and boundaries with them