

12 Subtle Behaviors You Exhibit Due to Being Raised by Strict Parents

If you were raised by strict parents, you might remember rigid rules, plentiful consequences for errant behavior, and emotional expression deemed as being frivolous and unnecessary. To deal with these ever-changing demands, you most likely developed coping mechanisms to help navigate yourself through adolescence and into adulthood. As an adult, you probably now realize some behaviors that once served you seem inappropriate or misplaced in your current life. Do you think some of your habits are a result of strict parents? Following is a list of actions you may not even realize you do as a result of growing up with strict parents.

1. Over-Apologizing

Constantly apologizing, even for things that are not your fault, is an easy trap to fall into. Children raised by strict parents often find themselves in environments where even minor mistakes, such as forgetting to turn the lights off when leaving a room, are met with criticism or punishment. As a child, you may have trained yourself to apologize quickly and often to forego any perceived conflict. Apologizing also allows you to take full responsibility and leave other people free of guilt.

2. Difficulty Saying No

Setting boundaries or saying no may invoke immediate fear of conflict or rejection. If your parents were strict, they may have expected you to obey every rule, no questions asked. As an adult, you may feel uncomfortable asserting yourself or saying "no," fearing that if you do not comply with someone's wishes you will hurt their feelings or somehow end the friendship. You may also feel guilty about asserting your own needs, having been conditioned to prioritize obedience over your own wants and desires.

3. Seeking Constant Validation From Anyone and Everyone

Everyone loves a compliment, but when you go out of your way to brag about your accomplishments or post attention-seeking selfies on social media in the hopes of getting a plethora of likes, the validation may mean more to you than you realize. If you had to work hard to receive any sort of praise or accolades as a child, you may not have learned to derive a sense of self-worth from within.

4. Avoiding Confrontation

Disagreements and confrontation are unavoidable in life. Conflict helps us grow and learn from each other. If you shy away from any disagreements or assertive dialogue, you may have developed this trait because you were raised in a strict environment. Strict parents often do not allow room for discussions or questions about the rules they have set, and any attempt to question the rules might have been met with punishment. Adults who were raised in this type of environment have a heightened sensitivity to conflict and often avoid it at all costs. Many people even suppress their own opinions or emotions and agree with others just for the sake of avoiding an argument.

5. Perfectionism

It's great to want to produce your best work every time. Buildings are built, monuments erected, and beautiful art is created by people who have high standards in life. But if you strive for perfection and are overly self-critical to the point where you can never finish a task, you may be driven by a need to meet certain stipulations that were impressed upon you at a young age. The intense pressure to succeed can sometimes be too much, causing some people to never feel their tasks are completed unless everything is 100% perfect.

6. Over-Explaining Themselves

We have all had to clear up a misunderstanding from time to time. Words or actions are misconstrued, and we have to explain what we really meant. If you find yourself over-explaining your every word or action to others, this may be a result of being raised by strict parents. If you were raised having to abide by unwavering rules, any deviation from the rules might have been met with criticism or punishment. You may have found yourself constantly justifying your actions and explaining reasons for your behavior to avoid consequences. This is a habit that can easily carry over into adulthood, as you could perceive that everyone you come in contact with is constantly judging or criticizing you.

7. High Alertness to Authority Figures

We have all been taught to respect our elders, right? Respecting your elders and being hyper-anxious when anyone of authority comes in your vicinity are two different things. In a strict household, parents often portrayed themselves as the rulemakers and the only voice of authority. You subconsciously learned to fear authority, associating punishments and consequences with disappointing the authority figures in your life. As an adult, this can lead to a hyper-awareness of authority figures and the need to constantly be on your best behavior.

8. People-Pleasing Tendencies

Treat others like you want to be treated is often touted as the Golden Rule, but at what point do you have to draw the line? Putting others' needs and wants over your own in the hopes of making everyone else happy is a sign of growing up in a strict household. You may have learned that compliance and pleasing your parents was the surest way to avoid punishment or conflicts. As an adult, you may find it hard to shake the people-pleasing tendencies that are ingrained in you.

9. Difficulty Trusting Your Own Judgment

Making decisions, even minor ones, can be difficult if you were never allowed the freedom to do so when you were a kid. If your parents were strict, they didn't leave much room for you to decide what to wear or what kind of food to eat. Now that you have the freedom to make decisions on your own, it can be more difficult to trust your own judgment if you never had to rely on yourself before. This trait often follows children through adolescence and into adulthood.

10. Suppressed Emotions

As humans, we feel an array of emotions throughout the day. We may feel frustrated at the traffic on our commute to work, then arrive at the office feeling nervous about our annual

performance review, and then feel sad that the review did not go as well as we anticipated. If you grew up with strict parents, they may not have acknowledged their emotions and may not have allowed you to express yours either. Strict parents often see frustration, anxiety, and sadness as emotions that are private, and displaying these emotions could be considered disrespectful or unacceptable. Children who were not allowed to express their emotions when they were young learn to hide their emotions. This suppression can carry over into adulthood, making it hard for adults to process or express their feelings properly.

11. Over-Preparation for Possible Scenarios

It's normal to have a little bit of fear when embarking on a new journey. When going on a first date, you may feel butterflies in your stomach. When taking a road trip, you may pack extra snacks in case you and your passengers get hungry. Over-preparing for every possible scenario that might or might not happen, however, often stems from having overly strict parents. A rigid upbringing often creates a fear of being caught off guard and a need to stay in control no matter the circumstances. This over-preparation can manifest as excessive planning, anxiety about small details, or constantly anticipating worst-case scenarios, all as a way to feel secure in uncertain situations.

12. Fear of Failure

While some may see inevitable failures as a learning experience, those of us who were raised with strict parents may see failure as completely unacceptable. Often people who grew up in a strict environment have a heightened fear of making mistakes because the punishment for said mistakes was so severe. This fear of failure and punishment can be a mental block against completing the task at hand, and even the simplest errands can get put on the back burner.