Anonymous,

I’m sorry to hear about the situation that you’re in. I have been in a similar lifestyle as you with my parents and that is no way to live through life, especially at a young age, and I empathize with you. No one wants to live in such a toxic environment with irrational parents. As they say, “You can’t heal in a place that makes you sick.” For the sake of your mental health, the best advice I could offer you would be to leave the place you’re in as soon as possible. You might want your parents out of your life because of how toxic they are and that is perfectly acceptable.

You can work at a job part-time while attending college, save enough money for you to move out, pay for housing, and have the essentials needed to live your life (i.e. food, water, etc.). If you’re able to dorm during college, that’s acceptable. Most preferably, you should find some sort of housing you’re able to find and have roommates that you completely trust. When it comes to your parents stalking your email, you can change your password or make a completely new email account that only you would know; you can do this before or after you move out.

The most important advice I could give you would be to have the courage to face your fears and always stand your ground when you have to confront your parents and be firm about your decisions. Your parents will heavily judge you and berate your decisions and that’s on them. Save yourself the hours of arguing with your parents if possible. You are an adult and you should be treated as such. What they say doesn’t define who you are. Don’t let their insults affect you, and don’t let them guilt-trip you. You are important; you matter and your mental health matters. You are a valuable person, not worthless trash. Never let anyone nor any negativity bring you down. Live the life that you want, not the life your parents want. In the meantime, if you need a breather, you can work on some hobbies you enjoy if you have any, whether it’d be cosplay, art, music, or anything that brings you some form of happiness. Hopefully, my advice is influential in some way and I wish you the best of luck and that you do live a successful, peaceful life.

**Task List:**

1. Find a part-time job to save enough money to move out.
   1. Recommended not to go into food service or retail unless you have no other options.
   2. Enough money to sustain housing and essentials like food and water.
2. Rent some type of housing and have roommates that you COMPLETELY trust.
   1. Alternative would be to dorm at your college in the meantime.
3. Change the password to your email or create a completely new email account that only you would know.
4. Have some hobbies that bring some form of happiness.
   1. (Examples: cosplay, art, music, etc.)

Name: Unknown

Age 18, Female

Targets:

* Trauma
* Parental Issues
* Expectations
* Complex Family Dynamics

Information:

* Parents mock and humiliate (anon)
* Deep, hurting insults. Can be mean and cross the line.
* Parents are perfectionist
* Parents are non-physically abusive
* Mentally abusive
* Created trauma that made (anon) emotionally distressed
* (Anon) has anger issues due to parents also having anger issues
* Parents stalk (anon)’s email

Questions:

* Planned major?
* Enjoyable hobbies?
* Get along with parents or want them out of their life?
* Type of work?
* Argument