

CONFESSIONS OF CHILDREN IN MY OFFICE: EMOTIONAL INCEST/ENMESHMENT

In my office, children openly discuss the complexities of parental favoritism. These raw, unfiltered confessions reveal deep emotional impacts. Here are their voices:

"I feel like it's my fault they argue. If I wasn't around, maybe they'd be happier together."

"Sometimes I wish Mom/Dad wouldn't talk to me about everything. It makes me feel weird, like I'm supposed to take sides."

"I feel bad for Dad/Mom. It seems like they're always left out, and that makes me sad."

"I have to do well in school and everything else, so Mom/Dad is proud. I can't let them down."

"Sometimes the pressure is too much. I wish I could just be a kid and not worry about adult problems."

"It feels like my achievements are the glue for their marriage. If I fail, maybe their relationship will fall apart too."

"I hate being put in the middle. It's not fair. I need space too."

"They think making me the center of everything is good, but it just makes me feel trapped."

"Why can't they focus on their own relationship? I need a break from being their emotional support."

"I just want to hang out with my friends without feeling guilty. Is that too much to ask?"

"I love my parents, but I wish they could handle things without making me choose sides."

"It's tiring being the most important person in their life. I wish things could just be normal."

"What if I end up like them? I don't know if I can have a normal relationship when I grow up."

"I'm scared that I'll always put my kids before my partner because that's what I've seen at home."

"I wish they would stop worrying about me and focus on their relationship that is non-existent."

"I don't even know how my parents got together. They have no shared interests except me and that sucks because I am responsible for their entertainment and happiness."

"Sometimes I feel guilty, like it's my fault they don't have time for each other because they're always taking care of me."

"I notice when Mom or Dad seems left out. I wish we could all do fun stuff together, so no one feels alone."

"I am going to college in August and I am betting my parents' divorce because they have only stayed together for me and have no life outside of me."

"My parents stopped liking the other when I was born. They are roommates that have something in common, me. I am split down the middle with both of them complaining about the other and asking for my advice."

"What is going to happen when I leave for college and my dad has no clue how to have friends or a relationship?"

"My mom needs to get her own life and stop being up my ass all of the time. She ignores dad and if I say anything about it, she gets pissed at him!"

"I hate it when my parents don't even talk. Yes, they love me, but I think they need to love each other, and stop competing for me."

"It's confusing when I'm always the center of attention. I think my parents should have time for their own stuff. I am way too important."

Children caught in the crossfire of a parent overly prioritizing them over their partner often carry a heavy emotional load, including guilt, pressure, and a distorted view of relationships. These unspoken thoughts highlight the need for parents to foster open communication, adjust their behavior to alleviate undue pressure, and seek professional help if needed to restore family balance and ensure the emotional health of all family members.