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ANTI-FAMILY BEHAVIOUR

Anti-family Behaviour: The behaviour or actions of a person that threatens the wellbeing of those who are in the family, whether close or distant relations. Anti-family behaviour happens in a dysfunctional family where there are abuses, threats, disrespect, addictions, malpractices, destructive behaviours, neglect, co-dependency, illnesses and disorders.

Some of the common Anti-family behaviours are:

- Lack of empathy and sensitivity
- Preferential treatment, for example, some members of the family receive more than they deserve and others get less.
- Co-dependency and denial of abusive behaviours.
- Neglect, criticism and bullying.
- A master and slave relationship among the members.
- No or inadequate boundaries in the relationship.
- Physical, emotional, psychological and verbal abuses.
- Discrimination of the family members based on financial and social status, birth order, gender, family role, abilities and talents, casts.
- The dependent members of the family are afraid to talk or they are forced to suppress their likes, dislikes and opinions.
- The children are ruling, making decisions and influencing or controlling the parents.
- Abnormal sexual behaviour and intimacy issues.
- Disrespect to the needs of others in the family.
- One or more members are suffering from personality disorders.
- Family members disown their responsibilities.
- Stubborn, selfish, rebellious members with vulnerable egos, including children.
- Constant fights and dishonouring other members of the family.
- Parents and children who do not make time to meet .
- The over caring and over criticising members ... and many more.

The Complexity of antisocial behaviour:

The members of the anti-family may develop low self-esteem, depression, aggressive behaviour, suicidal tendencies, do self-harm, and develop panic attacks, anti-social behaviours, anxiety, stress, and destructive behaviours. They may develop substance abuse, cyber abuse, and sexual abuse. They may experience existential crisis, self-defeating beliefs and suffer from self-sabotage.

CAN SELF HANDLE IT?

You can analyse your family dynamics and see whether any anti-family behaviour is present in your family. If found any, try to handle it by applying your knowledge and skills so that you can correct such behaviours. Learn best family practices, parenting skills and emotional intelligence.

WHEN TO SEEK HELP?

You need to seek professional help when a family becomes dysfunctional irrespective of your constant and sincere efforts to bring wellbeing to your family. When you sense the situation is beyond your control never wait for a miracle to happen, but seek help.

WHAT IS THE DANGER?

Anti-family behaviour leads to a dysfunctional family. A dysfunctional family is a threat to the members as well as the society. The kids of such families will grow up as problematic adults. A healthy family creates a healthy society and therefore, all anti-family behaviours must be given proper intervention which can correct such behaviours as early as possible.