

# 20 Signs You Were Raised by a Boomer - And How to Heal

## ★ Emotional Repression

- “Big boys don’t cry.” - Feelings were often invalidated or ignored, especially in boys. Emotional stoicism was seen as strength, which led many to internalize shame, sadness, or fear.
- **Healing Tip: Practice identifying and naming emotions without judgment. Therapy, journaling, and emotional check-ins with safe people help rewire your emotional GPS.**

## ★ Authoritarian Discipline

- “Because I said so.” Boomer parenting often emphasized obedience over understanding. Rules weren’t to be questioned, and punishment (often physical) was used to control behavior instead of teaching lessons.
- **Healing Tip: Learn and use gentle parenting or conscious discipline frameworks. Focus on teaching, not controlling.**

## ★ Neglect of Mental Health

- Therapy was taboo. Anxiety, depression, or neurodivergence were seen as weakness, rebellion, or laziness - if they were acknowledged at all.
- **Healing Tip: Prioritize therapy, coaching, or support groups. Normalize mental health talk in your home.**

## ★ Overvaluing Appearances

- There was an intense focus on “what will the neighbors think?” which caused some parents to shame their kids for being different or struggling in ways that reflected poorly on the family image.
- **Healing Tip: Detach self-worth from external validation. Choose authenticity over approval.**

## ★ Gender Role Enforcement

- Rigid ideas of masculinity and femininity were enforced - often aggressively. Sensitivity in boys was discouraged. Ambition or assertiveness in girls could be labeled as disrespectful.
- **Healing Tip: Model and affirm diverse expressions of gender and personality. Encourage kids to explore without shame.**

## ★ Lack of Apologies

- Many Boomer parents struggled to admit they were wrong or apologize to their children. This bred cycles of guilt, confusion, and emotional distance
- **Healing Tip: Break the cycle by learning to apologize sincerely. Accountability builds trust.**

## ★ Conditional Love and Achievement Pressure

- Kids were often praised only when they excelled. Love could feel earned instead of freely given - creating adults with perfectionist tendencies or deep fear of failure.
- **Healing Tip: Practice unconditional positive regard. Praise effort, presence, and kindness.**

## ★ Invalidation of Individuality

- Interests, identities, or preferences that didn't align with societal norms were often dismissed, ridiculed, or punished - especially for LGBTQ+ youth or those with creative, neurodivergent, or nontraditional paths.
- **Healing Tip: Celebrate differences out loud. Let kids know they're loved as-is.**

## ★ Toxic Positivity or Denial

- Struggles were brushed off with "be grateful" or "someone always has it worse," leading to emotional suppression and disconnection from one's own needs.
- **Healing Tip: Validate pain without immediately trying to fix it. Hold space instead.**

## ★ Parental Martyrdom

- Many Boomers parented from a place of sacrifice and resentment, later weaponizing that sacrifice in guilt-laced language like: "After all I've done for you..."
- **Healing Tip: Set healthy boundaries. Give from overflow, not depletion.**

## ★ Forcing College as the Only Path

- Success was narrowly defined - usually a 4-year degree, corporate job, marriage, house, kids. Alternative paths like trade work, art, or entrepreneurship were often discouraged or mocked.
- **Healing Tip: Redefine success. Support all passions, not just profitable ones.**

## ★ “Figure It Out” Mentality

- Kids were often left emotionally and practically on their own, especially in times of crisis. Instead of support, many heard, “Life’s tough - get over it.”
- **Healing Tip: Normalize asking for help. Offer tools, not shame.**

## ★ Comparing Children Constantly

- Whether to siblings, neighbors, or their own childhoods, comparisons were common - and damaging.
- **Healing Tip: Focus on progress over comparison. See each child as their own story.**

## ★ Privacy Violation

- Reading diaries, listening to calls, going through rooms without consent.
- **Healing Tip: Respect autonomy. Model trust, not control.**

## ★ Minimizing Bullying

- You were often told to toughen up, fight back, or stop being so sensitive - instead of being helped or protected.
- **Healing Tip: Take kids seriously. Teach empathy and protection.**

## ★ Forcing Physical Affection

- Hugging relatives or sitting on laps was expected, even when kids were uncomfortable.
- **Healing Tip: Teach bodily autonomy early. Consent is key.**

## ★ Projecting Their Unfulfilled Dreams

- Some Boomers lived vicariously through their kids, pushing them into sports, careers, or hobbies to fulfill their own unmet ambitions.
- **Healing Tip: Let your kids dream their own dreams. Heal your inner child separately.**

## ★ Never Talking About Sex or Relationships

- Many kids were left to figure out sex, consent, relationships, and intimacy on their own.
- **Healing Tip: Have honest, age-appropriate conversations about relationships and consent.**

## ★ Ignoring Neurodivergence

- ADHD, autism, dyslexia, and other differences were labeled as laziness or bad behavior.
- **Healing Tip: Learn about and affirm neurodivergence. Focus on support, not shame.**

## ★ Equating Success With Morality

- Struggling financially or emotionally was often seen as a personal failure.
- **Healing Tip: Decouple self-worth from productivity. Embrace rest and self-compassion.**