



## It ain't your Job Kiddo : Healing from Parentification and Emotional Incest

### Description

### CATEGORY

1. Children's Empowerment
2. Growth Hacking
3. Self Help 101
4. Tips and Tricks for Students

### POST TAG

1. #adultchildren
2. #breakingcycles
3. #codependency
4. #eldestdaughtersyndrome
5. #EmotionalBoundaries
6. #emotionalincest
7. #EmotionalManipulation
8. #enmeshment
9. #familyroles
10. #forgivebutdontforget
11. #guiltfreehealing
12. #healinginnerchild
13. #MEDA
14. #MedaFoundation
15. #narcissisticparents

16. #parentification
17. #reparentingyourself
18. #selfliberation
19. #SelfWorth
20. #toxicfamilydynamics
21. #TraumaRecovery

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## Date

2026/03/31

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**Date Created**

2025/05/18

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MEDA Foundation