

Cassandra Boduch, MD of PsychPlus Interviewed by Newsweek

Signs That You Were Raised by Toxic Parents

Nov 05, 2023 at 8:00 AM EST

Psychiatrist Dr. Cassandra Boduch, chief medical officer at PsychPlus, told Newsweek that a toxic person is typically defined as "someone whose conduct brings aggression and upset into your day-to-day existence." It's important to note that being raised by toxic parents doesn't mean you're guaranteed to become toxic later in life, **Boduch** said.

However, the psychiatrist warned that toxic parents "could have a significantly more harmful and long-term effect on you than most other people. In fact, it could stay with you for your whole life, and play a significant role in the type of person you become."

Boduch explained that "if you had a mother or a father who was very negative, then they could influence you to see the world as a cruel and cold place."



This type of upbringing may have seen your parents "ruin the fun" at family events, "tell you that things are worse than they are" and that "you yourself have negative traits that you, in fact, do not have," she said. **Boduch** added that your parents may have been toxic toward you by being dishonest. "Their lies could create serious trust issues for the rest of your life," she said. Their dishonesty can lead you to learn from childhood "that people will not be honest with you and this could fuel feelings of betrayal and unease," she added.

Boduch said it's important to bear in mind that we should not rush to conclusions about the fate of people raised by toxic parents. Being raised by toxic parents does not guarantee that you will be a toxic adult," she said, noting that "human nature just does not always work that way, for a number of reasons." She explained that some people learn to be positive in response to being surrounded by negativity.

"It turns into the only thing that keeps them going," **Boduch** said. Some learn to be hopeful in response to "being surrounded by people who are dour," she added. Many people who grew up with toxic parents, she said, will "turn hardships into strengths and go on to live a happy and successful life, even if they do have to spend time in adulthood recalling the toxic times during their upbringing and fighting to make sure they don't determine who they become and how they live."