

## Things your Parents said to you out of Love

### To keep you healthy and alive:

- This is for your own good! (*Medicine or punishment being dispensed.*)
- You can't start the day on an empty stomach.
- Put your jacket on, you're going to catch pneumonia.
- Eat your vegetables; they're good for you.
- Don't pick that scab; it'll get infected.
- If you're too sick to go to school, you're too sick to play outside.
- Pick that up before somebody trips on it and breaks their neck!
- A little soap & water never killed anybody.
- I don't care what everyone else is doing. If all your friends jumped off a cliff, would you jump too?
- Put that down! You don't know where it's been!
- Going to a party? Who's going to be there?
- Isn't it past your bedtime?
- You're going to put your eye out with that thing!
- You're not going to do that, over my dead body!
- Call me when you get there, just so I know you're okay.

### To instill you with good values:

- Put clean underwear on, in case you get in an accident. (*My favorite!*)
- Would you want your sister (brother) to do that to you?
- Be good.
- Money doesn't grow on trees!
- Enough is enough!
- Say that again and I'll wash your mouth out with soap.
- No child of MINE would do something like that.
- When I was your age, I had to walk ten miles through the snow, uphill, by myself, to go to school.
- If you could stay out last night, you can get up this morning.
- It's not that I don't trust you; it's that I don't trust everyone else.
- Shut the door! I'm not heating the entire neighborhood!
- Who taught you THAT? You didn't learn that in this house!
- When I was young we had respect for our elders!
- I can always tell when you're lying.
- Go to your room and think about what you did!
- I don't care who started it, I said stop!
- I would have never talked to MY mother like that!
- You must think rules are made to be broken.
- If you can't say something nice, don't say anything at all.
- I'll treat you like an adult when you start acting like one.
- Now, say you're sorry...and MEAN it!

### **To support you to learn and grow toward your future:**

- Life isn't always fair.
- Don't you have anything better to do?
- How do you know you don't like it if you haven't tried it?
- If you don't do it NOW, then when are you going to do it?
- What part of NO don't you understand?
- You don't always get what you want.
- You'll understand when you're older. (*How true*)
- I hope someday you have children just like you.
- When you move out, then you can do whatever you want to do, but until then...
- When you have your own house then you can make the rules!
- It's no use crying over spilt milk.
- You can't judge a book by its cover.
- You made your bed, now lie in it.
- What kind of a grade is that? You could do much better!
- Who said life was going to be easy?
- You can go out to play...after you've done your homework.
- You'd forget your head if it wasn't attached to your shoulders!
- The apple doesn't fall far from the tree.

### **To nurture you with love:**

- I just want what's best for you.
- Go play outside! It's a beautiful day!
- I will always love you - no matter what.
- One day you'll thank me for this.
- This hurts me more than it hurts you.
- You will ALWAYS be my baby. (*Even when your kid is a parent too.*)
- I love you more than you'll ever know.

In their own ways, your parents wanted the best for you. Now that you're an adult, you still need to take care of yourself. A healthy, well-grounded individual who is comfortable in his own skin makes for a better partner too. However, not everything your parents may have told you should be carried forward in your life. Hopefully, you didn't hear many of these:

### **Guilt trips you need to purge:**

- Are you deaf or something?
- I don't care!
- Act your age!
- Don't you get it?
- You're never going to amount to anything.