

Firstly

I chose to go to a university far away from my parents' home because I wanted to be away from my family

I'm contacting my parents every day, but I feel homesick because I have started to live alone for the first time

I tend to be absent from classes because I have a messy lifestyle, but I can't tell this to my parents because I don't want to worry them

I cannot decide my future career or job because I care too much about my parents' feelings and intentions

I'm having a hard time because my parents often complain or express negative emotions toward me

There are many forms of relationships with parents. These relationships differ depending on the personality of you, your parents, and other family members, and it may also be affected by regional and cultural environments, and financial status.

When you are struggling with your relationship with your parents, it may be difficult to talk about your situation even though you may want to, or you may not find anyone to consult around you.

This leaflet will give university students some tips for developing a better psychological distance from your parents.

**You may want to
put your feelings
into words**

**when you do not know
what to do**

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

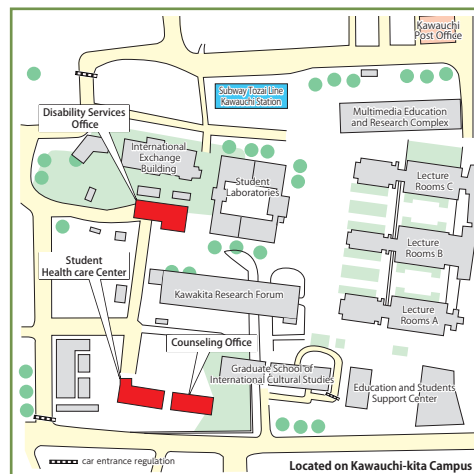
Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series®

Relationship with Parents

finding a fine psychological distance

Center for Counseling and Disability Services
Tohoku University

University students and their families

1

As one has a lifecycle, so does a family.

University days are a period of change for the student, and also a period of change for their parents.

- Challenge for students (the child): adjusting to the new environment, forming adolescent identity, deciding on future career, etc.
- Challenge for parents: reorganizing middle-age identity, work-related issues, marital relationships, elderly care, etc.

Challenges of students (the child) and parents overlap and sway together destabilizing the whole family.

However, from a different perspective, it would be a good opportunity to reflect on your relationship with your parents and develop a better psychological distance from them.



Slightly distancing yourself from your parents

2

Making friends, finding a place you belong

Anxiety and loneliness associated with living alone will gradually decrease over time. You will gradually get used to living alone by becoming familiar with your classmates and seniors, and by finding a place where you can relax.

Let time do its job

Let some time pass by when you have conflicts with your parents. You may be able to cope with the conflicts more calmly.

Clarify what you want to do in the future

Clarify what you want to do in the future instead of merely following your parents' desires. Writing your feelings and talking to others are helpful.

Do things that cheer you up

When you are depressed from being involved in your parents' challenges, separate your parents' challenges from yours. Try to do things that make you happy. Your change may lead to stabilizing your family.



Approaching your parents

3

Relying on parents when you have problems

Tell your parents about your messy lifestyle and absence from class when having difficulty rebuilding your life yourself. It may become a trigger to restart.

If you have any mental or physical problems and you need to rest, you will be able to rest at ease if your parents understood your situation.

You may discover a new side of your parents by reapproaching and telling them things not easy to say.

In summary

You may want to find a fine psychological distance by distancing and approaching, but it may seem difficult because you or your parents may be unstable.

Please use the on-campus student counseling services when you do not know what to do.