

A Guide to Living with Your Parents in Your Twenties – Transcript

Speaker: Bianca Venchiarutti

[00:00:09] Hello, Hello! And welcome back to another episode of the Twenties Detox!

[00:00:13] I'm your host, Bianca, where we talk about all things of living in your twenties and basically how to cleanse and elevate that time of your life. I cannot believe that it's already we've already had two months of 2023. Where is the time going? How are all of you dealing with your your New Year's resolutions? You know me. I'm a huge New Year's resolution girl, aren't I? No, honestly, I've been really trying to do things better for my health. So I been trying to eat more non inflammatory things for my health. Just be healthier and, you know, reducing the amount of processed food that I'm having and sugars and gluten and all that. And you know what? When I was a kid, if I had to have real peanut butter, like, I don't know anything that had the word dairy free, gluten free in it, it tasted awful. But I'm so glad that now we have the ability to have a good tasting food like that. It was basically like cardboard, like cookies that were gluten free, dairy free, tasted like cardboard. And now they're pretty good. They're pretty good. I mean, it's paleo cookies. It's also vegan. So that means that there's no eggs, there's no dairy, like no animal products, but there's also no refined or very extremely processed foods in it. And oh my gosh, they're so good. My mom didn't ask for a lot for Christmas. She wanted one thing from my sister and I because my sister and I live at home with our parents and she asked, All I ask of you guys is if you can cook one meal a week to help us out. I'm like, All right, cool. Like, I can do that. In the beginning, I was like, just stressed out. I'm an anxious person and my sister is a natural. I don't even want to say just cook like she has always been. This chef right out of the womb, like, really good at cooking. And I'm pretty I'm pretty good at cooking. But I think I just get intimidated by that because she's so good and I have this perfectionist issue and basically just kind of feel stressed if I'm on it. But now I'm not. No, I'm not. Like my parents don't really care. They're like, "man, if you made us feel like I'm happy I made pizza the other night, pizza's really easy to make." I always forget how easy it is, and you could just throw whatever you want on that. And yeah, I think it's really smart because actually, my mom got that idea. Not only to help her, but also help us.

[00:03:20] We're leading into the topic today of basically how to live with your parents in your twenties. I wrote a blog post literally a year ago on how to live with your parents in your twenties, and it is at the top of Google...pat on my back right there. But then I also I'm like, Holy shit. Like people are not talking about this if I'm on the top of Google???

[00:03:43] I guess, I created this because when I was in university, I [lived] about 3 to 4 hours north of me, so I couldn't drive and commute every day to go to school. I lived on my own in my last year, but I was in residence first year and then I lived with two other girls in second year and third

year. And then in my last year actually live I lived alone and that was when I experienced a lot of independence and I basically had to do everything. I had to pay my bills, I had to go grocery shopping. I did clean, had to feed myself. I had to make sure I made dinner.. I had food every day of the week (lol).

[00:04:27] When school was done and I was moving back home mainly for financial reasons, because, I wouldn't be able to afford living there anymore. And moving back was really hard for me because now I had to just adjust to living under my parents roof again. That first fall, after what it has been like 15 years of going to school... I didn't know how to feel. Yeah, adjusting back and just being in my room again—the room that I was in during elementary school and high school, I had a hard time. Like I always came back for summer, so I got used to like, Oh, I would only be here for summer. But when fall hit and people were in school seeing the school busses go by, I was so confused. And that was one of the biggest adjustments after graduation that I had to deal with. So during that time, I that's when I started, you know, in The Twenties Detox, realizing I had to learn a lot of thing unlearn and learn and just view my twenties in a different way because it's different. I feel like you look up what it's like to live in your twenties and it's the same damn quote being like "you're 20 years are your selfish years" and blah blah, blah, blah blah. Like that's the only quote there. And now we're we're getting out of the pandemic, obviously, but there's a lot of other struggles. Some people can't find jobs after getting an undergraduate degree. They they just can't find a job after. They have to have have all this "experience" freshly out of college/university that we don't have or is not given to us. A lot of us are feeling really down and just feeling like we're behind in life. And when I saw a lot of people that did live on their own after graduating university, Realizing, oh shit, they probably have enough money to do that, or maybe just are more together with their lives. They have a plan in place, and you guys know a bit of my story of how I didn't want to continue with the degree anymore and I really didn't know what I was doing. So I had to move home. I had to have that sort of stability in my life and start working and save up money and just, you know, constantly kept searching for what I want to do next. And and that's hard. But when I kept seeing so many people not living at home and had their independence and, you know, finished school and jumped into that job that they always wanted... It was really hard for me. I thought something must be really wrong.

[00:07:30] That was totally not taught in my home. Many of my cousins still live with my aunts and uncles. Many of them. It's really, really frickin hard to buy a house now. And also, don't you want to save up a little bit of money so that we're not in constant debt with our lives? And the best way to do that is stay at home with our parents (if you can). So I had so many feelings about it all because my parents did not care. "You can stay home as long as you want because we want you to be financially secure in your life. And if this is what you need to do, it's becoming more and more common. People are staying at home." Some people are even moving back in their thirties. It's okay. And I don't know why I had to try and unlearn this idea that if you move back home, you must be

falling behind in life or you're not going to grow because you're back in your high school bedroom. That's not true.

[00:08:34] I'm going to talk a little bit about what I wrote in this blog post and little bits of information that I have not added in here or insight that I have gained in this next year. Because I've been living at home with my parents for how long has it been now? Two years, About two years now. And I'm so grateful. I'm really happy. You know, I really love being here. And in no way did it stunt any sort of growth, whether it was personal growth or spiritual growth. Actually, I think, you know, I could totally love that guy. But he said something that really I can agree with. If you are so enlightened and aware and at peace, spend an afternoon with your parents and see how you feel, because most likely they're the root of a lot of our triggers. And that was so hard for me as I was starting to grow and become aware because I was noticing these things. But you know what? The relationship I have with my parents, the best it's ever been.

[00:09:40] And I work with them. I work with them. So it's this extra layer that I'm been trying to make sure is strong of creating these boundaries with them. Between me being your daughter and me being your employee. That's another layer that we don't need to get into today. But I'm explaining that, you know, if I can do it and I didn't have the best relationship with my parents before, I didn't. I didn't. And now it's like, so much better. So if I can do it on top of me, then being my boss, then you can most definitely do it.

[00:10:18] Okay. Maybe if you're living at home right now and it's probably for a few things, it could be that you don't have that job lined up. It could be that you need to save a bit of money like I'm doing right now, or just have that sense of stability. If you're very unsure what you want to do in your life, just something that you are familiar with and that is your home, what you see online of all these other 20 somethings living the "dream life" and are able to buy all these fancy clothes and live in these fancy apartments, like, let's just forget about that. Let's focus on where you are. Because—if you approach it as a as a way of being envy of others or feeling like you are any sort of a lock in this situation, it's going to be very hard to move forward. So hopefully whatever share with you will allow you to gain a better perspective.

[00:11:18] Step one I want you to make some goals. The reason why I started with this is because one of the best ways to get out of a lock and into a into an abundant mindset is to motivate yourself with goals. There are a few categories that you can make goals in your health, your eating habits, your exercise, your lifestyle. It can be your relationships, whether it's with your family or any romantic relationships, any work relationships, friendships, finances. So that can be income, budgeting, managing your finances, any sort of debt, paying that off, or the overall mindset and financial literacy of it all. If it is making goals within your career or a work life balance, or developing a certain skill set to keep moving forward and not feel stagnant in it, do you need to do more schooling? Think of that. Or maybe you don't know a career. So let's start brainstorming up

what our interests are. Maybe we need to talk to a career counselor. Get that first step in. It can also be self care, self-awareness, introspective growth and healing and peace, and making sure that you are tuning inward into your soul. And if you want to learn what true self care is, you can check two episodes ago of me really breaking down what real self-care is, because I think a lot of us are confused. It can also be in your home life, whether it is being more sustainable with your choices, coming back to the last episode with climate anxiety is there's things that you can do in your home life to maybe gain more control over that anxiety. Maybe it's do little things like buy a bamboo toothbrush or, I don't know, like some sustainable choices. It can be just being more organized with your things. Maybe it's being more minimal. Maybe it is the overall atmosphere that you are surrounding yourself with. Like, what do you need to change? What do you need to move around to make sure that you actually feel more aligned in this new version of yourself? When I moved back home and when my sister moved back home after living on your own for so long, we changed our whole room around because it was very much still in this high school kind of vibe. Maybe take some time to redesign it and make it so it aligns with you right now. Not the 16 year old you from a high school and had her, you know, those phases, not like the 20 something you that is now evolving and growing. It can also be extracurricular time. What kind of goals do you want to make for yourself that involve a lot of fun or maybe vacations? I'm going to bring one of my friends on this on the season of talking about our Europe trip together and really what that did for us, like maybe what you need. So it isn't for financial stability, it is for finding more meaning and getting more insight and really wondering what I do with my life. So maybe planning a little trip is going to be fun. Or if you want to figure out what you're interested in and you're and you're not really feeling like things are fulfilling you in the same sense, like picking up certain hobbies or volunteering. There's so many areas in your life that you can make goals with.

[00:14:48] The next thing you're going to do, which can be a little bit difficult, is create some boundaries. You're going to create some boundaries with not only yourself, but also anybody that's living in your home right now so that you can actually achieve these goals. Because what's really important is for you to clear the air with your parents. You're you're not like an 18 year old, 16 year old kid from high school like you're an adult now. So it's kind of important to remember that and for your parents to remember that. And one of the best ways is to create some boundaries on what you really want to do with your life right now and how you want to move forward. Some of the benefits, the biggest benefits that I that I get when I create boundaries is it conserves a lot of emotional energy. And what my therapist has told me is like, you have these boundaries that you really need. So there's this box around you to protect your peace. And if you have reiterated these boundaries and these people in your life are aware of those boundaries and they don't want to step over that, then that means your energy is conserved. You're not going to be drained so easily. And I get drained very easily. I'm a Pisces. I tend to overexert and then plummet. So I need to constantly be aware of the boundaries that I can set with people in order to not feel so burnt out as easy as possible. Another great thing of making boundaries is it increases your independence and your sense of agency, which means you just have more control over your life and you can learn more

about yourself and not get to, I don't know, influenced by people around you what you should do. Being in your twenties, a lot of people may be trying to tell you what to do, and it's so important to remember that this is your life, although they're your parents and I know it's like it's different and different cultures, but if you are remembering that this is your life and yes, your parents gave you life, but not as a way to control you, then you were going to achieve way more in what is aligned with you than what is not aligned with you. A lack of boundaries will only create a draining environment and possibly lead to a sense of burnout in one way or another. And in that sense, what it's so important to make boundaries that do align with you, but because you're living under their roof and it is their home, and the point of making boundaries is to strengthen a relationship, you got to be somewhat flexible with it. I'm sorry, you got to be. So there needs to be a healthy balance between wretchedness and looseness when making these boundaries with them so that everyone is feeling more aligned in the environment that you're in.

[00:17:41] Now. The next step that we're going to be talking about is don't stop adulting. Remember when I told you my mom, the only thing she wanted for Christmas was for my sister and I to cook one meal a week while she actually somewhat got this idea from the blog post that she read. I know a lot of you guys are coming back home for many things, like stability, whether it's financial or emotional stability. I mean, I need you both. I need it both right there. There is definitely, at least for me, there is a decrease in. Stressors in my life for the most part. Like you're not cooking a lot of meals in the week, you're not paying all the bills. You don't have every single responsibility of maintaining a home and a family, and you don't have as many responsibilities. You know, my mom, she is so caring and sometimes she wants to do things like she wants to do my laundry, but say a boundary of myself is, Mom, I love you and you please let me do my laundry. I know that it is coming out of a sense of care and compassion, but I would really appreciate it if you just let me do that. Okay, so that is a boundary. But now we're in the next step of don't stop adulting, which also comes hand-in-hand of understanding. You need to support your boundaries with actions because your mom, like she said, she may not think it's a problem. She may not. Oh, I don't care. I like doing laundry. It's calming. I get that. I know that you enjoy it, but this is for me. I need to maintain the sense of independence. But if you want your parents to start treating you as an adult, not a high school kid, and you have said you want to start doing your own laundry, but then you let it build up and build up and build up for a month. What is your mom going to think? She's probably going to think you're full of shit. Honestly. I don't mean to even sugarcoat it. It's this double. It's a double. It's a two way street. You want them to support your boundary, but you also want to uphold it with some actions. In order for you to be like this. Boundaries important to me. So if you cross it. No, no, no. Please remember. I don't want that. I totally come at it with a sense of, you know, compassion being like, I get that you really want to help me, but this is not for me right now. And as well, being on top of doing your laundry, on top of doing those goals, they are going to respect you. And they're probably going to trust that whatever boundaries you set from there on. But if you use that boundaries that you never support and you let people walk all over on, you're not creating a strong enough boundary and you're not giving yourself enough responsibility. I just got hit. Some of

the things that you can do to kind of, you know, don't stop adulting. One, you can be like me. You can make dinner once a week. I do other things, of course, but that was one thing that I really put off. I didn't make a lot of food for myself and I didn't practice any cooking skills, which I'm definitely going to need later on in life if I want to be healthy. Other things you can do is you can load and unload the dishwasher like you said, You can do your own laundry, you can you can book your own health appointments. You know, maybe you have some parents that do your health appointments for you, or you can also help outside with some yard work or pay for groceries. That's another thing that I want to talk about, like, say, your home for financial stability. That's great. I totally get it. Me too, man. But if the main reason you are home to save money and you want to be mindful of any purchase choices you make or you want to learn some budgeting or money management techniques, if you want to learn those skills even more quickly, you need to start giving yourself some responsibilities that create that urgency. How? Maybe you say you're going to start paying for your phone bill or even a paper car insurance. I don't know what your situation is or pay for groceries. Give yourself some more responsibilities to uphold your boundaries, but also learn to learn more skills.

[00:22:00] Number four, and I think this is the most important part of the entire episode. Find joy in living at home because now that you've created some goals, set some goals, set some boundaries, and you've honored and maintain them with some independence and responsibility, let's not forget to try and approach this whole situation with a sense of gratitude. Many people in their twenties feel really lost during any sort of transition phases because there's really nothing we can hold on to and it's very uncertain. You may think, What career will I have in life or will I be able to financially support myself? Do you see the financial crisis out there? How am I going to be ever be able to afford a home? Or if you're thinking about the current situation that you are living with your parents, you're like, Oh my gosh, I don't want to be around my parents. I don't want them nagging me. I don't want all this and this and this. And you're thinking of all the negatives about it, and you're so upset, you're so angry. You're going to carry that weight with you and it's going to be very hard for you to go forward in life in a very light and optimistic way when you are creating so many negatives in your brain. You're saying all these negatives at least forward in a way for your greater good. If you're moving forward in a way that surrounds pessimism, then you may create more of a more focus goes, energy flows, all those things. If you are focusing on the negative, you may receive more negative. One of the things that I did because I was having a really hard time coming to terms, the fact that I was not only working with my parents, but I was going to be around them so much and I. I was upset with myself to its core. I was upset with myself because I thought I was really behind. And and fast forward right now, I'm so happy. I'm so happy. I actually love being at home now and it doesn't take any mental power. So what I used to do is I would I had this five minute journal and I would have the three lines of like what you're grateful for. And I would say, I'm so grateful that my parents have given me this opportunity for me to work for them and I can get money from them and other stuff, like I have a roof above my head, I have food given to me, you know, even if I was frickin pissed that morning, I like maybe my mom or something. And I just

sat down and I was like, But I'm so grateful for her because she cares about me and she wants the best for me. It seems so simple, but doing that every day for two years, man, I don't need to think about that anymore. I have totally been able to, 90% of the time approached living at home and being with my parents in such a positive light. And I'm moving forward with so much more. I have more energy. I stuff less weighing on me and into such more of an enjoyable experience. So if you start trying to search for the joy, if you focus on the joy and that energy is going in towards a more grateful view of. Things more good is going to come that way. It actually influenced the way that my parents were speaking to me, the way that our relationship was developing further. It's now with way more mutual respect and love and light than it ever has been. And it's because maybe not only I chose to search for the good in it all, but they did as well. Maybe I like to think. That because I was starting to look for the good of it and I would wake up every day. Being like, I'm going to live in the present moment. This is the day. This is the first day of the rest of my life. My aunt widow sent me a meditation that said, This is the first day of the rest of my life. The rest is history. Don't even think about it. And I approached every day as a way to feel more grateful. I think that was influencing their energies, too. Have you ever been around somebody and Pat? You'll get it. You'll get it. Somebody is down and grouchy and pissed off. Sometimes it's really hard to not absorb some of that energy and then give it to the next person and the next person and the next person. But if you choose to wake up, if that person chose to wake up thinking about the good, then that domino effect never would have happened. Of the negatives and the negatives. And maybe that happened with my family. Who knows? I can't see energy. It's just a feeling. But there's so many benefits of gratitude. There's so many research studies of gratitude and and less witchy things like energy. It really does improve your physical and mental health, and it increases mindfulness because you're you're starting to focus on the present moment. You're starting to focus on the day to day and increases positive emotions because you are looking at the positives and you're building stronger relationships because you're seeing whatever used to happen as history and you're taking every day to build that relationship as a new day. That's why I feel like this step is so important, because the only way to get into a better mindset and to view this as I'm not going behind in life and there's the possibility to grow and create goals and have this vision for myself and and not feel so lost all the time. Focusing on the good will get you there quicker.

[00:28:00] Okay. I'm going to go into the last step now and it is continue taking action. I want you to remember something here. And it is people in their thirties and forties and fifties and so forth are always figuring out life. It's not like you hit 25 and and you're like, I know how to do everything now. Like, No, that is not how it works. You need to actively participate in it. One of the best things that I did for myself during that time period was and I talk about it a lot, I know and it is journaling. I would tap into that subconscious mind of mine and and figure out what was really wrong, what I did, what did I need to let go and how can I move forward. And one of the things you need to remember here is self awareness opens the door to personal development. It's not the reverse. And journaling just helped me create a much healthier lifestyle for myself through self-discovery and self-love and inner child healing and just other ways to keep track of my goals and other things that

I really, really love is reading any personal development books or listening to other podcasts out there. I, I think there's so much that you can do for yourself. It's also maybe talking to somebody, talking to a therapist and having somebody just really know your particular situation and know how to help you to move forward. There is no harm in asking for help and there's no harm in realizing there's always something to learn. Yeah, that basically sums up a lot of what I wanted to talk about today. And you know, I think the show notes for this are going to be really short because of the fact that it is from an old blog post. So I hope you guys are okay with that. I'm going to link other blog posts of all of these in there, but it's basically just a guide to living with your parents in your twenties and to really gain a better perspective of that situation if you are struggling with it. I want to make note that not all cultures struggle with this. In Western culture, people are more individualistic and they think that they everyone's trying to one up another and eastern culture, they're they're all about collectivism and together and communities. So to be with your family until maybe marriage is really normal and these thoughts would never come up. So I'm sure anybody that didn't feel any sort of insecurity or anxieties about living with your parents won't even click on this. That's also something to remember. As you know, if you're from the western side of the world and, you know, remember a lot of people here or just a lot of them are thinking of themselves and they're trying to demonstrate their life online as this glamorous, amazing thing. In order for you to maybe not feel the best about yourself. And it is a lot. It's a highlight reel, my friends. You know what you're doing and and you just focus on you here. So I hope that you realize that just because you're living at home does not mean you've stunted your personal growth in any way. And most likely, you have more time on your hands now to figure out your passions in life, figure out your hobbies, any other career options. Implement healthier habits or lifestyles of sustainability or things for your mental or physical health, Whatever it is, Maybe you have more time now to do it than you did before. So that's another way to feel grateful of the situation. So I want you to to try new things and see what sticks.

[00:32:01] All right. So I hope you have an amazing week. I think I have a guest coming on next week and another guest. And it's going to be really exciting. I hope that you guys last like the last episode with my sister and I. It's so funny how we were very nervous in the beginning and near the end of it. Did you guys get confused of her voices? Because when I was editing, I was like, Man, Camille, we sound the exact same. My voice may be a bit lower, but we sound the exact same. It's freaky anyway, I know, but we'll see you guys next week, hopefully with a new guest. And yeah, have an amazing week and I hope your Monday is going really, really good!