

Síndrome de Wendy



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El "Síndrome de Wendy" está basado en la necesidad absoluta de satisfacer al otro, principalmente a parejas poco convenientes o con hijos mal educados. Es más común en mujeres que en hombres.

Se denomina miedo al rechazo, al abandono, a no sentirse querida, al deseo de complacer exageradamente a los demás, amistades, desconocidos y sobre todo una gran necesidad de aceptación y aprobación.

Síntomas

Algunos síntomas más comunes de esta enfermedad son los siguientes (no necesariamente todos):

- Sentirse imprescindible
- Entender que el amor es sacrificio y resignación
- Llorar todo el día
- Evitar a toda costa que alguien se enfade
- Intentar continuamente hacer feliz a los demás
- Insistir en hacer las cosas por la otra persona
- Pedir perdón por todo aquello que no ha hecho o que no ha sabido hacer
- Necesidad de cuidar al prójimo
- Convertirse en un progenitor o progenitora en la pareja

Para considerar posible un caso de síndrome de tiene que aparecer varios de estos síntomas durante un periodo largo de tiempo.

Observación

El individuo se siente imprescindible, evita que los demás se molesten y busca hacer las cosas por los demás.

Una persona con una constante necesidad de complacer a la pareja y a los demás debido a su miedo al rechazo y al abandono, sufre el Síndrome de Wendy.

Suele estar directamente relacionado con el Síndrome de Peter Pan. Es habitual la existencia de un Peter Pan que tenga una para que haga todo lo que él no hace y se responsabilice de todo lo que él evita. El psicólogo, Jaime Lira, explica que se trata de una conducta que puede no aparentar problema alguno pero que tiene relación con el Síndrome de Peter Pan, que el psicólogo Dan Kiley registró en 1983 y que se refiere a los individuos que no quieren crecer.

“Un Peter Pan es un varón o mujer que no quiere crecer, que quiere ser niño por siempre y entonces aparece como aquel hombre o mujer que se encuentra detrás, la que se encarga de hacer todo aquello que no hace el primero”, manifiesta.

Refiere que ejemplos de este Síndrome es el padre de familia que prácticamente le hace la tarea al hijo, le despierta todas las mañanas para que no llegue tarde a la escuela, le ayuda en todos sus proyectos, busca hacerle siempre la vida más fácil; también puede ser la ama de casa que asume todas las responsabilidades en el hogar para que el marido y los hijos no tengan que hacer nada; en la pareja, se trata de quien asume todos los deberes y toma las decisiones.

Para identificar a una persona con el Síndrome de Wendy, el psicólogo señala los siguientes comportamientos: el individuo se siente imprescindible; evita que los demás se molesten; siempre trata de hacer feliz a la pareja; busca hacer las cosas por los demás; termina por convertirse en una especie de papá o mamá de la pareja; pide perdón cuando no ha hecho las cosas, aun cuando dicha responsabilidad no le corresponda.

El psicólogo explica que para ayudar a un individuo con este padecimiento, lo primero es que la persona reconozca que sus conductas son equivocadas y a partir de ello, tratar de identificar cuáles son sus responsabilidades y cuáles no y evitar asumir todos los deberes que no le corresponden.

“Es comenzar a decir ‘no’, darse cuenta de que cada quien es responsable de su vida y no asumir las responsabilidades de los demás, de esta forma, se va a ir incrementando la autoestima de la persona y finalmente podrá establecer relaciones equitativas con la pareja y la gente que le rodea”, comenta.

“Hay que entender que la conducta de una persona con Síndrome de está basada en el miedo al rechazo, tiene una necesidad de agradar a la pareja o a los demás a través de estas acciones, de aligerarles la carga de trabajo, de hacer todo ella misma, pero esto no propicia relaciones sanas”, expone.

Este padecimiento puede afectar tanto a varones como a mujeres, aunque es más frecuente en las mujeres debido a cuestiones culturales, ya que la madre es generalmente la que más se encarga del cuidado de los hijos.

Véase también

- Síndrome de Peter Pan

Enlaces externos

- Más información ^[2]

Referencias

[1] http://en.wikipedia.org/wiki/S%C3%ADndrome_de_wendy

[2] <http://www.zonapediatrica.com/mod-htlmpages-display-pid-498.html>

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