

Original Paper

Implicit Emotional Exploitation from the Perspective of Filial Piety: An Autoethnographic Study of Diffuse Family Boundaries

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Abstract

Under the constraints of intergenerational filial piety, the collapse of the boundaries of the family of origin can easily contribute to long-term implicit emotional exploitation. This relationship is maintained by traditional family ethical ties. It causes continuous psychological depletion and is characterized by concealment and long-term psychological damage. This study adopts an autoethnographic research method, taking the researcher's mother's complete life course as a single analytic case, and integrates existing empirical literature from structural family systems theory, developmental psychology, and stress physiology. It analyzes the generative logic and typical behavioral manifestations of implicit emotional exploitation in unbalanced family triangulation systems from four dimensional boundaries—physical, emotional, responsibility, and property. Furthermore, it discusses the chaotic phenomenon of pseudo-psychology that misuses psychological concepts and arbitrarily labels personalities through short videos and generative AI content, explicating the empirical research norms for personality assessment and family relationship evaluation. The study finds that long-term one-sided sacrificial discipline reshapes individual cognitive schemas. In conjunction with existing stress physiology literature, it can be deduced that sustained chronic psychological stress elevates the baseline levels of stress hormones. If an individual also has pre-existing constitutional organic health issues, the combination of the two significantly increases the risk of physical health impairment. Undifferentiated filial piety binding, double standards in the distribution of rights and responsibilities, neglect of needs and reverse moral attribution, value-detached emotional distancing, and violation of private property boundaries together constitute the complete behavioral chain of implicit emotional exploitation. Based on the three dimensions of cognition, behavior, and emotion, this study proposes practical intervention pathways

for constructing family boundaries, providing theoretical references and practical plans for addressing indigenous unbalanced family relationships and intervening in intergenerational emotional trauma.

Keywords

Family boundaries, Implicit emotional exploitation, Autoethnography, Family systems theory, Authoritarian filial piety, Pseudo-psychology

1. Introduction

1.1 Research Background and Problem Statement

Traditional Chinese filial piety culture has long regulated intergenerational kinship interaction patterns. “Children’s reciprocal support and younger generations’ devotion” is a widely recognized family moral norm in society. However, in some families, mutual help and support are distorted into bottomless one-sided extraction, engendering implicit emotional exploitation cloaked in the guise of familial affection. This relationship exists for a long time under the vague family boundaries, and the resulting psychological damage is concealed and cumulative. The long-term psychological depletion of individuals is often covered up by the moral narrative of “filial piety”. This unbalanced family interaction model will only be manifested when extreme events such as major health crises or the death of loved ones occur.

This study takes the sudden death of the researcher’s mother due to cardiac emergency as the starting point. The researcher has been constrained by continuous unilateral contribution in the family of origin since childhood. For decades, she has undertaken labor, caregiving and economic support far beyond her physical and mental ability, and has been in a state of chronic psychological exhaustion for a long time. The trauma caused by the death of a loved one provides a complete and long-term observation sample of the family system for this study. By combing the history of family interaction for decades, this study can systematically deconstruct the internal operating logic of implicit emotional exploitation caused by the lack of four-dimensional boundaries of the family.

Moreover, with the rapid popularization of a large number of short videos and mass-produced psychological content generated by AI, fragmented psychological interpretations have also been widely spread. In this field, there is a widespread abuse of professional concepts such as narcissistic personality disorder (NPD), people-pleasing personality and attachment types, and arbitrarily labeling individuals with personality tags outside the standardized assessment procedures. Due to the lack of systematic psychological training, overly simplified and one-sided pseudo-psychological narratives can easily mislead the public, which attribute the behavior patterns shaped by the long-term family environment and intergenerational discipline to the innate personality defects of the individual, thus downplaying structural causes such as family system imbalance and further surviving the trauma. It brings secondary psychological stress. On this basis, this study also explores the formation logic of public psychological cognitive bias, and delineates the research scope and core goals of psychology as an interdisciplinary empirical science.

1.2 Literature Review at Home and Abroad

1.2.1 Western Studies on Family Boundaries and Emotional Exploitation

Minuchin, a representative figure of structural family therapy, proposed the family boundary theory, which divides family boundaries into three types: clear boundaries, rigid boundaries, and diffuse boundaries. Diffuse boundaries refer to the high degree of ambiguity in the boundaries of physiology, emotion and responsibility among family members. Individuals show a low level of self-differentiation, which has become the core trigger for family conflicts and continuous psychological exhaustion. Bowen's theory of self-differentiation further points out that individuals with a low level of self-differentiation are more likely to be held hostage by family collective emotions, habitually put the needs of their relatives above their own needs, and bear the long-term psychological pressure caused by the imbalance in the distribution of rights and responsibilities.

Emotional exploitation belongs to the category of implicit emotional abuse. Unlike open physical conflicts, the core feature of emotional exploitation is that one party uses intimate relationships and moral constraints to continuously drain the time, energy and economic resources of the other party, but does not give the corresponding return. Existing stress physiology literature confirms that long-term exposure to an environment of emotional exploitation will continue to activate the body's stress response system, increase the level of cortisol secretion. Also, it is significantly associated with various psychosomatic conditions including chronic anxiety, traumatic emotional disorders and physical discomfort.

1.2.2 Indigenous Studies on Filial Piety and Unbalanced Intergenerational Families

Domestic indigenous research on family ethics divides filial piety into reciprocal filial piety and authoritarian filial piety: reciprocal filial piety is built on bilateral emotional reciprocity and voluntary support, and is compatible with healthy and equal intergenerational relationships; authoritarian filial piety, on the other hand, relies on elder authority and clan moral discipline to enforce unilateral sacrifice by children. In families with multiple children, this often contributes to double standards in the distribution of rights and responsibilities, with all burdens of caregiving, housework, and financial support shifted onto the more docile children who show weaker resistance, ultimately forming an unbalanced triangular family system.

Existing indigenous studies have mostly focused on family-of-origin trauma among adolescents and young-to-middle-aged adults, with relatively few systematically examining the associations between boundary deficits, long-term emotional exploitation, and physical health disturbances in conjunction with complete life-course cases, congenital physical conditions, and death-related traumatic events. At the same time, few studies have incorporated the current new media communication environment to critically examine the misleading effects of pseudo-psychological narratives on the interpretation of indigenous family trauma, thereby leaving room for innovation in this study.

1.3 Research Innovation and Research Significance

Theoretical level: By integrating existing research findings from family systems theory, developmental psychology, and stress physiology through the autoethnographic paradigm, this study establishes a

complete analytical framework of “boundary collapse—intergenerational discipline—implicit emotional exploitation—chronic psychological depletion,” supplementing qualitative case-based empirical materials on implicit emotional exploitation within the context of indigenous authoritarian filial piety. It also distinguishes professional empirical psychological research from fragmented pseudo-psychology on the internet, and standardizes the academic criteria for evaluating family relationships and personality assessment.

Practical level: This study proposes universally applicable strategies for constructing family boundaries from the three dimensions of cognition, behavior, and emotion, helping the public identify implicit emotional exploitation behaviors and alleviate long-term mental attrition in intergenerational families. It also guides the public to rationally distinguish the psychological content of the network, reduce the secondary psychological damage caused by personality labeling, and provide practical reference for family psychological counseling and community relative mediation.

1.4 Research Framework

The overall research framework of this paper is arranged as follows. The first part is an introduction and literature review, reviewing relevant theories at home and abroad and pointing out the shortcomings of existing research. The second part elaborates on the research methods and specifically explains the autoethnographic paradigm, multi-source data sources and research ethics. The third part takes a complete case as the carrier, analyzes the formation process of four family boundary collapses, summarizes the typical behavior patterns of implicit emotional exploitation, and explores the relationship between long-term psychological loss and physical health disorders in combination with existing literature. The fourth part discusses and analyzes a variety of cognitive biases and misuses of professional concepts caused by online pseudo-psychology. On the basis of the previous analysis, the fifth part puts forward a three-level intervention path to build family boundaries. The sixth part summarizes the conclusions of the research and objectively states the limitations of this study and the prospects of future research.

2. Research Methods

2.1 Research Paradigm: Autoethnography

This study adopts the autoethnography commonly used in sociology and clinical psychology. This paradigm allows researchers to take personal experience and decades of continuous observation records as core qualitative data to strike a balance between the subjective experience of individual cases and the normative standards of academic research. The analysis of this study relies on the trauma caused by the death of a loved one and the long-term family interaction memory. Therefore, the paradigm is very suitable for the background of this study and makes up for the limitations of external short-term interviews and standardized scales. These methods often fail to capture the subtle details of implicit emotional interaction within the family.

2.2 Research Data Sources

This study integrates various types of materials to form triangular verification to ensure the integrity and credibility of case analysis:

Long-term recall observation records: The researcher's continuous observational written record of the mother's interaction in her family of origin and the post-marriage family for decades;

Objective medical records: The mother's heart surgery medical records, annual physical examination reports, and first aid and resuscitation records objectively confirming the fact that her personal physical boundaries have been ignored for a long time;

Material exchange vouchers: Transfer records of relatives' debts, records of purchase of family assets and objective physical evidence related to labor distribution;

Ritual scene documentation: Written records of participating in traditional family rituals, such as funerals and ancestor sacrifices, confirming the emotional detachment behavior during the crisis;

Oral memory materials: Compiled texts of the mother's long-term oral accounts of her emotions, stress, and grievances expressed during her lifetime.

2.3 Research Ethics Statement

All the analysis in this study is only for academic research. All privacy information, such as the specific identity of relatives, geographical location and exact numerical values of assets, have been anonymized. During the research process, the researcher also conduct self-psychological counseling to reduce the psychological depletion caused by traumatic memory. Case analysis is only used to extract the general model of family system functions, does not involve the moral judgment of specific relatives, and strictly follows the basic principle of value neutrality in social science research.

3. Case Analysis of Implicit Emotional Exploitation in a Family of Origin with Boundarylessness

Minuchin's family boundary theory divides family boundaries into four dimensions: physical boundaries, emotional boundaries, responsibility boundaries, and property boundaries. In this case, all four boundaries of the mother's family of origin are in a state of long-term diffuse collapse. Coupled with the continuous intergenerational authoritative filial piety discipline, it has gradually formed an implicit emotional exploitation system that has been stable for decades.

3.1 Intergenerational Discipline: Constructing the Cognitive Schema of "Self-Sacrifice = Self-Worth" in Childhood

From a developmental psychology perspective, when individuals continue to receive single and oriented moral discipline from childhood to early adulthood, their cognitive patterns will be gradually reshaped, forming a rigid thinking pattern. In this case, the parents have long instilled a fixed narrative in the research subjects. Individuals have defects in education and congenital constitution, their growth depends on family support, and their core life responsibilities are to support the elderly, help siblings, and undertake all housework.

This kind of discipline is long-term and compulsory, completely ignoring the objective physiological restrictions of the individual. The subjects underwent congenital heart disease surgery at the age of 12. The medical instructions clearly pointed out that it was inappropriate to engage in high-intensity heavy physical labor for a long time. However, her biological parents arranged for her to engage in heavy agricultural manual labor for twelve consecutive years, burdening all the housework on her, while the other three children did not need to undertake the same labor.

From the perspective of family systems theory, this family is a typical unbalanced triangular system. The parents' resource allocation and emotional tendencies are biased towards three children with better economic conditions and more opinions, while all the caregiving and labor pressure of the family are unilaterally transferred to the weakest-willed child. Through the moral narrative of filial piety, the legal right of the individual to refuse to pay was erased, and her perception of her own needs was suppressed for a long time, gradually forming a stable cognitive logic, that is, "only through self-sacrifice one be worthy of filial piety".

3.2 Four Typical Behavioral Manifestations of Implicit Emotional Exploitation

Against the backdrop of long-term absence of the four-dimensional boundaries, the family of origin developed a normalized and complete behavioral system of implicit emotional exploitation, which can be specifically divided into four categories:

3.2.1 Double Standards in the Distribution of Rights and Responsibilities, and One-Sided Appropriation of Responsibilities

This family had four children in total. The other three owned multiple real estate properties and had stable high incomes, possessing equal time and financial resources to support and assist relatives. Nevertheless, for years it was solely the research subject who single-handedly undertook all labor, including round-the-clock care of the elderly for twelve years, year-round farm work and housework, and hospital companionship for siblings. During festivals and holidays, she continuously made one-sided material contributions, with home-made food and holiday benefits preferentially allocated to the other siblings, and there was no reciprocal feedback mechanism throughout. Caregiving and household labor, by their nature, are responsibilities that should be equally shared among multiple children. However, once the boundaries are blurred, the resources of responsibility are unilaterally extracted, resulting in a serious imbalance in the distribution of rights and responsibilities.

3.2.2 Disregard for Individual Physiological Needs, and Reverse Moral Attribution When the Victim Expresses Pain

On the day of the sudden cardiac arrest of the study subject, the elders still asked her to engage in high-intensity labor, which objectively delayed the treatment time and aggravated her cardiopulmonary discomfort. After the crisis, the relatives did not reflect on the continuous psychological trauma caused by the long-term violation of the boundaries. Instead, they selectively selected scattered images to dilute their misconduct, and even questioned the researchers after the funeral, accusing the victim and her families of "holding grudges and being unfilial". When the boundaries of the individual are violated and

painful emotions are expressed, the exploiters change their moral reasoning logic and exert secondary psychological pressure under the label of filial piety, thus depriving the individual of the emotional boundaries of expressing negative emotions.

3.2.3 Value-Detached Emotional Withdrawal, Binding Kinship Affection to Material Usable Value

Funeral, thirty-five-day memorial and hundred-day memorial rites are the core traditional ceremonies for relatives to remember the deceased. The original parents of the research subjects and the juniors who have been supported by them for a long time did not participate in these ceremonies. In daily life, they constantly ask for time, energy and financial support, but when individuals lose their ability to work and face a life-and-death crisis, the family system directly cuts off emotional connections. This interaction model shows that the fundamental logic of intergenerational relationship is not a two-way emotional connection, but a one-way value exchange. A healthy family system can distinguish between emotional companionship and material contribution, while the exploitative family completely binds the two. Once the individual loses its utility value, the family interaction is terminated.

3.2.4 Dissolution of Private Property Boundaries and Normalization of Material Exploitation

Siblings and other relatives privately misappropriate the funds jointly operated by the family to buy assets for their children, and owe a huge amount of money to the research subjects for a long time. Relatives generally believe that the private assets of disadvantaged children can be distributed and borrowed at will, and there is no awareness of independent property boundaries at all. This constitutes a kind of material exploitation and an extension of the collapse of emotional and responsible boundaries.

3.3 Core Criteria for Distinguishing Sacrificial Giving from Emotional Exploitation

There is widespread cognitive confusion among the public, equating mutual assistance among relatives with endless self-sacrifice. There are clear academic standards to distinguish between the two:

Reciprocal familial help: It is characterized by the right to choose independently, a two-way reciprocal mechanism and the bottom line constraints of body and mind. Individuals can adjust the degree of contribution according to their own health and economic situation, and refusing excessive demands will not attract moral condemnation.

Exploitative one-sided giving: Its characteristics are that there is no reasonable room for rejection, long-term unilateral resource extraction, and it constantly break through the limits of physical and mental endurance. Once an individual refuses to give, he will immediately be labeled as unfilial, indifferent and other moral labels.

In this case, the research subject has always maintained a state of unilateral contribution in her 40 years of life. After marriage, she balanced her career and family responsibilities. In the middle period, she invested resources to help her spouse's relatives run a business. In her later years, she took care of her original parents around the clock for 12 years, with almost no exclusive personal time for rest or leisure. In conjunction with relevant literature on stress physiology and psychoneuroimmunology, such as McEwen (1998) and Kiecolt-Glaser et al. (2010), it can be deduced that long-term suppression of personal needs and sustained psychological depletion elevate the baseline level of cortisol in the body

and increase the burden on the cardiovascular system. If the individual also has a pre-existing congenital heart condition, the combination of prolonged psychological stress and innate physical issues increases the risk of acute cardiac distress. This physical discomfort is a cumulative psychosomatic disturbance resulting from long-term diffuse boundaries and sustained emotional exploitation, and should not be simply attributed as an inevitable consequence of filial piety.

4. Discussion: Cognitive Biases in the Interpretation of Family Trauma by Online Pseudo-Psychology

In the process of reviewing the case trauma and engaging in external communication, a large number of fragmented online psychological narratives have exhibited simplistic labeling judgments, directly characterizing the research subject and the researcher as having a “people-pleasing personality”. Such interpretations violate the empirical research standards of personality psychology and clinical psychology, and involve three core cognitive biases.

4.1 Personality Assessment Requires Multidimensional Long-Term Empirical Data; A Single Event Cannot Determine Personality

Standardized personality assessment tools such as the Big Five Personality Inventory and the Adult Attachment Scale all require long-term, multi-scenario continuous behavioral observation samples, combined with comprehensive analysis of the individual’s developmental environment, traumatic experiences, physiological foundations, and long-term emotional responses. A complete and rigorous personality assessment requires long-term longitudinal data support and cannot be determined based on a single family tragedy or brief textual descriptions.

In this case, the research subject’s decades-long one-sided giving behavior has its root in the rigid cognitive schema shaped by long-term authoritarian filial piety discipline during childhood. It is an acquired behavioral pattern engendered by family system imbalance, rather than a stable innate personality trait. The human hippocampus is responsible for storing long-term traumatic memories, and the amygdala dominates emotional perception. Each individual’s unique developmental experiences shape their distinctive neural-emotional response pathways. Even when facing similar family injuries, different individuals exhibit significant differences in pain perception and coping styles. In online dissemination, relying solely on fragmented behaviors to summarize personality labels oversimplifies the complex structural causes behind emotional exploitation and attributes all responsibility for trauma to the victims themselves, which constitutes pseudo-psychological interpretation detached from empirical standards.

4.2 The Essential Nature of Psychology Is Self-Healing, Not Judging or Speculating about Others

Cognitive psychology, family therapy, and neuroscience all belong to interdisciplinary empirical sciences. Existing research findings are formed on the basis of large-sample controlled experiments, long-term longitudinal observations, and objective neuroimaging data. The core objective of the discipline is to guide individuals toward inward exploration, to recognize their own genuine needs, to accept negative

emotions, to construct an inner state of self-consistency, and ultimately to achieve self-acceptance and psychological healing.

Currently, traffic-oriented online psychological content deliberately distorts the orientation of the discipline, producing fragmented snippets such as “seeing through relatives’ inner thoughts” and “quickly identifying emotional exploitation,” thereby perverting professional psychological tools into means of judging and speculating about others. Such content deliberately amplifies family antagonism, demonizes human nature and intergenerational kinship ties, and deviates from the fundamental research purposes of the discipline.

4.3 Online Media Misuse Professional Psychological Concepts, Stripping Away Theoretical Applicability Boundaries

The indigenous theoretical systems in the subfields of clinical psychology and family therapy in China are still in a stage of continuous development. However, short videos and AI-batch-generated psychological texts arbitrarily extract fragments of theories, stripping away the experimental samples, applicable scenarios, and usage limitations corresponding to the concepts, and even altering professional definitions to attract viewership. Some self-media accounts, combining mysticism and spiritual healing personas, fabricate pseudo-psychological concepts and randomly misuse standardized terms such as NPD, PUA, and introverted/extroverted personality types outside of complete assessment systems.

Family emotional exploitation and ordinary family conflicts have a strong time span and individual specificity. A comprehensive assessment of an unbalanced family relationship requires systematically sorting through decades of interaction patterns, intergenerational parenting logic, major traumatic events, and long-term physical and mental states. Judgments about family relationships based solely on online short sentences or fragmented narratives from short videos lack empirical support and are likely to mislead the public into neglecting structural root causes such as the absence of family boundaries and intergenerational discipline, while one-sidedly attributing conflicts to individual character flaws.

5. Three-Tier Intervention Pathways for Constructing Healthy Family Boundaries

Drawing on structural family therapy and cognitive-behavioral intervention theories, and based on the qualitative experience of this case, this section extracts practical boundary-construction strategies at the three levels of cognition, behavior, and emotion, to help individuals identify and insulate themselves from implicit emotional exploitation and alleviate chronic mental attrition in intergenerational families.

5.1 Cognitive Level: Reconstruct Value Cognition and Unbind the Fixed Schema of “Sacrifice = Filial Piety”

Distinguish between external moral constraints and objective kinship responsibilities: Supporting and helping relatives is a voluntary and two-way act of goodwill, not a compulsory obligation to consume physical and mental resources. Systematically review one’s own growth experience, and distinguish between the inculcated, binding filial piety narratives and one’s real inner needs.

Actively identify stress warning signals: In the face of the requirements of relatives, if negative emotions such as palpitations, depression or continuous mental fatigue occur repeatedly, it means that the other party's behavior has broken through the individual's physical and mental boundaries. Such stress signals should be actively acknowledged, and one should not suppress their true feelings by resorting to filial piety narratives.

5.2 Behavioral Level: Establish Standardized, Practical Three-Dimensional Rigid Boundaries

Equal distribution of responsibility boundaries: In families with many children, caregiving and housework responsibilities should be equally distributed according to the number of children. Individuals have the right to reasonably refuse requirements that exceed their own health and economic ability, and should not bear moral responsibility.

Solidified physiological and time boundaries: Clearly define exclusive personal time for rest, medical treatment and private life, which relatives should not forcibly occupy. For people with congenital or chronic underlying conditions, the medical instructions should be used as an important reference to limit their own efforts and give priority to physical comfort.

Boundaries of independent property: Personal wages, private property and savings belong to independent private property. Without the individual's explicit written permission, no relative has the right to appropriate, borrow or dispose of them. A clear distinction should be made between voluntary assistance and unrestrained property looting.

5.3 Emotional Level: Guarantee the Right to Express Negative Emotions and Adjust the Distance in Relational Interactions Differentially

A healthy family system allows members to express negative emotions such as dissatisfaction and pain, and does not impose moral accusations of "holding grudges" or "being unfilial" simply because an individual recounts experiences of harm. When an individual suffers psychological distress from emotional exploitation, there is no need for self-doubt or for resolving negative feelings alone. At the same time, relatives should be managed by category: for those who can accept boundaries and engage in bilateral empathy, normal intimate interactions may be maintained; for exploitative relatives who continuously make demands, disregard the individual's pain, and repeatedly transgress boundaries, the physical and emotional distance should be moderately increased to reduce long-term mental depletion.

6. Conclusion, Research Limitations, and Prospects

6.1 Core Research Conclusions

First, diffuse four-dimensional family boundaries constitute the core soil for the emergence of implicit emotional exploitation. Authoritarian filial piety intergenerational discipline reshapes an individual's cognitive schema, making them default to viewing one-sided sacrifice as the source of self-worth. Double standards in rights and responsibilities, disregard for needs and reverse attribution, value-detached emotional withdrawal, and infringement of private property together constitute the complete behavioral chain of implicit emotional exploitation. When sustained over the long term, this generates continuous

psychological depletion. In conjunction with existing stress physiology literature, it can be inferred that the combination of pre-existing constitutional physical issues and long-term psychological stress increases the likelihood of physical health impairment.

Second, fragmented pseudo-psychology in the online sphere has obvious empirical deficiencies. Arbitrary personality labeling, stripping away theoretical applicability boundaries, and distorting the research goals of psychology simplify the structural causes of family trauma and inflict secondary psychological harm on victims. Personality and family relationship analyses must be based on long-term, multidimensional objective observational data and cannot be one-sidedly determined by a single event.

Third, healthy family boundaries can be constructed through a three-tier system comprising cognitive restructuring, establishment of behavioral rules, and protection of emotional boundaries. This clearly distinguishes reciprocal familial assistance from one-sided emotional exploitation, balances traditional filial piety ethics with individual physical and mental rights and interests, and establishes equal and bilateral intergenerational kinship relationships.

6.2 Research Limitations

This study adopts a single autoethnographic case study, and its analytical conclusions are only applicable to family types characterized by authoritarian filial piety, multi-child unbalanced triangular systems, and congenital physical conditions combined with long-term emotional exploitation. The conclusions do not have fully generalizable value.

The study does not include independently conducted physiological measurement data such as cortisol testing or fMRI brain imaging. The inferences regarding the association between long-term psychological stress and physical health are derived solely from existing domestic and international literature on stress physiology and psychoneuroimmunology, as well as objective medical records, and cannot establish direct causal empirical evidence.

Only a qualitative research paradigm is employed, without accompanying large-sample quantitative questionnaire surveys, and there is a lack of quantitative data to support comparative analyses of the incidence of emotional exploitation across different family types.

6.3 Future Research Prospects

Future research can conduct large-sample quantitative surveys to estimate the probability of implicit emotional exploitation in indigenous multi-child families and the types of psychosomatic disturbances corresponding to long-term psychological depletion.

Combined with qualitative interviews, future studies can compare the differences in boundary setting and trauma tolerance of individuals of different genders, ages and family of origin structures.

Standardized assessment scales for family boundaries and implicit emotional exploitation, adapted to indigenous filial piety culture, can be developed to provide quantifiable tools for community family psychological interventions and clinical family therapy.

Cross-disciplinary research in media psychology can be expanded to quantitatively analyze the degree to which short videos and AI-generated psychological content mislead the public's cognitive judgments about family conflicts.

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