

Being the Oldest/Middle/Youngest Sibling Makes You...?

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Family dynamics play a vital role in how we perceive the world and how we interact with others specifically when it comes to the position in the birth order. Unbeknownst to us, this little factor in our lives is the one shaping our personalities, behaviors, and perspectives.

Being the oldest child indirectly translates to the parentified child, carrying expectations that no other sibling will fully understand. The first to experience everything, test boundaries and face stricter rules. They become the third parent without ever signing up for the role while their siblings get to just be kids. They are expected to set a "good example", be more responsible and help their younger siblings. Their mistakes will feel heavier because they're told everyone is watching and learning from them, believing that their role is to fix everything and everyone around them.

Their childhood ends faster than it should as they are pushed to maturity. They are constantly given responsibilities instead of playtime and trust instead of protection, disabling them from having the full experience of a childhood. Their siblings get to learn from their experiences but they have to learn everything the hard way. They become strong, responsible and capable human beings not because they choose to be, but because they had to be.

These traits are just simply the symptoms of the syndrome called "The oldest child syndrome", always striving to be perfect, constantly responsible for everyone's emotions. Their definition of loving someone is carrying other's weight that they never asked for them to carry. Sometimes, they still catch themselves wondering what it would have been like to be just a kid without the pressure of being the first. Being the oldest sibling will forever make them the mediator, the peacekeeper, the dependable friend but they would not ask for anything else, as for who they would be without the oldest child syndrome.