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STARTING POINT

THE PIPER NARCISSISM ABUSE ASSESSMENT

If you have (or suspect you have) a narcissistic mother, a useful starting point to assessing your abuse is to measure the degree to which your mother has impacted you. While most people focus on how well or poorly their mother treated them, the more important question is: how does that treatment impact you today?

The following 21-question survey will provide you with a numerical score that quantifies the degree of abuse you currently suffer from. It can be used to measure the severity of the abuse or to gauge progress from your recovery efforts.

Please answer the following questions and rate how true each statement is on a scale of 0 - 5. (0 = False, 5 = Very True)

<table>
<thead>
<tr>
<th>#</th>
<th>Question</th>
<th>Disagree</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>When I say &quot;no&quot; to my mother and/or others I feel guilty or uncomfortable, even when saying “no“ is in my best interest.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>When my mother and/or others have a strong opinion and disagree with me it is difficult for me to talk about it with them and maintain my own opinion.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Even though my mom was narcissistic, I still wonder if her treatment of me was truly bad or if I’m just too sensitive or feeling sorry for myself about the way my mother treated me.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I am very good at meeting the needs of other people but I’m often in relationships where I do all the giving without receiving much in return.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>It's hard for me to be in a relationship unless I’m the giver or I know that I am guaranteed something from the relationship like connections, money, or something else I might want.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sometimes I have overwhelming feelings of loneliness, helplessness, and/or powerlessness that seem too much to bear.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>I have tried to detach from my mother but I always get sucked in sooner or later.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>I’m still affected by feelings of fear, frustration, desire to please, guilt, and/or anger regarding how my mother will react to my decisions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>My mother didn’t treat me in a way that consistently made me feel worthy, listened to, or loved for being myself. Instead, &quot;love&quot; or attention was given in response to things that made her feel better.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>It feels like no one in my life really understands what it’s like to have a narcissistic mother.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>It’s hard for me to find nurturing, reciprocal relationships, though I may have many one-sided &quot;friendships&quot; where I seem to consistently receive less than I give. Or it’s the opposite condition, where I seem to take much more than I give.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>I don’t seem to have people around me I can trust or who truly care about my best interests.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>No matter how hard I try, I still feel responsible for the way my mother feels, thinks and/or acts, and I still feel guilty when I don’t please her.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>I still get the feeling I’m not good enough and if I was more worthy of praise my mother would’ve treated me better.</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>---</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td>I feel guilty when I assert myself or set a boundary if my mother or others don’t approve.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>16</strong></td>
<td>It doesn’t feel right to be angry at my mother or others when they mistreat me.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td>Even though I’ve tried to put the past behind me, I still feel resentment, anger, or frustration at my mother.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>18</strong></td>
<td>My anger comes out in ways I don’t want it to, such as snapping at loved ones, yelling, or being controlling and/or manipulative.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td>Even as grown ups, my siblings and I aren’t as close as we could be and may be acting out old ways of relating to one another from when we were kids.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>20</strong></td>
<td>I wonder if I treat those I care about, such as my children or friends, in the right way.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>I can’t interact with my family in a way that feels truly comfortable for me.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CALCULATING YOUR PIPER SCORE

Your Piper Score is comprised of seven areas of abuse severity and recovery progress. In the survey above there were three questions each related to these seven areas. To calculate your personal Piper Score, please use the following worksheet. Enter the points associated with your responses in the Subtotals section. Calculate your total Piper Score on the final line.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Subtotals</th>
<th>Was Score 9 or Higher?</th>
<th>Recovery Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1 – Q3</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Self Care</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q4 – Q6</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Abuse Awareness</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q7 – Q9</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Detachment</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q10 – Q12</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Support Network</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q13 – Q15</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Blame vs. Accountability</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q16 – Q18</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Anger Awareness</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q19 – Q21</td>
<td>____ out of 15</td>
<td>Y / N</td>
<td>Realistic View of Family</td>
</tr>
<tr>
<td></td>
<td>Points</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL PIPER SCORE: ____ OUT OF 105 POINTS**
**INTERPRETING YOUR TOTAL PIPER SCORE**

The Piper Score provides you with a rough guideline to measure the severity of your mother’s narcissism, the impact it had on you, and the progress of your recovery efforts. Use the table below to interpret your current Piper Score.

<table>
<thead>
<tr>
<th>Your Piper Score</th>
<th>Trauma Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>80+ points</td>
<td>Extreme Trauma</td>
<td>Your mother's narcissism has had and continues to have an extremely traumatic impact on you</td>
</tr>
<tr>
<td>60 – 79 points</td>
<td>Severe Trauma</td>
<td>Your mother's narcissism has had and continues to have a severe traumatic impact on you</td>
</tr>
<tr>
<td>40 – 59 points</td>
<td>Moderate Trauma</td>
<td>Your mother's narcissism has had and continues to have a moderate traumatic impact on you; or your recovery efforts have been successful in reducing severe or extreme trauma</td>
</tr>
<tr>
<td>20 – 39 points</td>
<td>Minimal Trauma</td>
<td>Your mother was either minimally narcissistic or you are far along enough in your recovery that your mother has minimal impact on you today</td>
</tr>
<tr>
<td>0 – 19 points</td>
<td>No Trauma</td>
<td>Your mother was either not a narcissist or you have recovered extremely well from original trauma</td>
</tr>
</tbody>
</table>

One of the biggest challenges for adult children abused by a narcissistic mother is that behavior that feels normal is psychologically unhealthy and what is psychologically healthy behavior feels abnormal or foreign. A critical part of the recovery process is to recalibrate your feelings, behaviors, and expectations around healthy guidelines instead of those imposed by your mother. The Piper Score gives you a simple and fast way to calibrate your expectations with healthy standards.
The overall score gives you a “bird's-eye view” of the degree of trauma you’ve suffered and the progress of your recovery efforts. If you're looking to recover further and to improve your Piper Score over time, you'll want to look at the recovery area Subtotals you calculated earlier. These seven "sub-scores" correspond to the seven areas through which you can recover from narcissistic abuse. Not all abusive mothers hurt their child in the same way. Among those who have been abused, each person doesn't get impacted in the same way. The recovery area sub-scores highlight which areas you would benefit from most within your recovery work. Start with the recovery areas where your sub-score was 9 or higher. Focus on reducing the sub-score. By starting with the highest recovery areas you can achieve the most effective recovery per effort invested.

**HOW YOUR EBOOK IS ORGANIZED**

The *Introduction* discusses maternal narcissism and provides an overview for those unfamiliar with narcissistic abuse. Following the *Introduction*, you will find seven chapters that explain the seven different recovery areas – what they are and how they work in contributing to your overall recovery.

These seven recovery areas include:

- Self Care
- Abuse Awareness
- Detachment
- Support Network
- Accountability
- Anger Awareness
- Realistic View of Family

It’s most beneficial to read the rest of the book in the order it is presented. However, as you proceed be sure to make note of which recovery areas represent your “hot spots” – areas where your recovery efforts have been weakest to-date. These areas represent an opportunity for the greatest recovery with the least (relatively speaking) effort.

Finally, my website offers additional resources around these seven recovery areas. If you would like to receive additional recovery tips and resources visit:

INTRODUCTION

When you recognize that you were raised by a narcissistic mother, you've made the first step to thrive in a way not possible before you knew the truth. Suddenly, the intense and chaotic way your mother either paid attention to you or shunned you makes more sense.

You grew up seeing yourself and the world around you through a clouded viewpoint – a sort of smog – the emotional pollution your mother created. Now that you have knowledge of how your narcissistic mother affected you, you can more clearly see yourself and others. This knowledge allows you to protect and expand the peace, happiness, and love you deserve.

WHO WOULD I HAVE BECOME IF I’D GROWN UP IN A NORMAL FAMILY?

This question is asked by people around the globe and haunts me. It’s asked by highly functional individuals as well as people struggling with self-image who recognize deep down that they are different, that they have had to compensate for something that was always missing, and that some people just seem to “have it all together” and they do not.

You've had to find your own way without the guidance you deserved. You’ve missed some important things having a narcissistic mother.

WHAT ESSENTIAL FUNCTIONS DOES A NARCISSISTIC MOTHER FAIL TO PERFORM?

It is as simple – and as complicated – as this:

Your narcissistic mother was unable to care for you in the way a normal mother would, so you did not have all the tools a properly raised child would receive. You have thoughts, behaviors, and feelings that compel you at times to choose old decision-making tools that are now overused and counterproductive.

Now, as you move towards recovery, you can learn what any well-parented child already knows.
DO I HAVE A NARCISSISTIC MOTHER?

Narcissists have a range of personas, from charismatic and successful to abrasive and unable to care even for themselves. It is especially confusing to have a narcissistic mother who appears likeable and capable yet did not give you what you needed as a child.

For recovery purposes, a narcissistic mother is defined as someone who, for whatever reason, was so internally distracted by her own needs that she was unable or unwilling to parent you in a healthy way.

A healthy parent does these key things:

• Validates you as a vulnerable and precious child who, by definition as a child, deserved her protection and nurturing.
• Enables you to develop self-awareness and worth, independent of her needs.
• Sees you as a human being that is separate from her, and not an extension of her to be used for her own purposes.

A narcissistic mother may do these things as well but she does them only when doing so provides a benefit to her and serves her own unmet needs. This means she uses you as a narcissistic supply, which will be explained in this chapter.

WHY DOES A NARCISSISTIC MOTHER DO WHAT SHE DOES?

If she has the capacity to parent, your mother does so inconsistently with the intent, consciously or subconsciously, for you to soothe her anxiety. She places you within a range of objectifying roles. This objectification by the narcissistic mother reflects the practice of treating you merely as an instrument, to be used towards fulfilling her own unmet needs. Because narcissists lack empathy, they treat their children with an attitude that regards the child as a commodity or as an object-for-use (instrument) with little or no regard for her child's individual personality or humanity.

Maternal narcissism results in you growing up with a woman who is a mother in title only. When my coaching and psychotherapy clients see the pattern of narcissism in the way in which they were “parented,” they say something similar to a recent comment made by an adult child of a narcissistic mother on my blog, “Until today, I always thought it was something about me that made my mother treat me the way she did.”
You were a child, a perfectly imperfect human being, and you didn’t get the normal and natural provisions you needed in your childhood – that any child would need. Abuse or neglect of a child is always about the parent, not about the child. It wasn’t about you; it was about her.

A CHILD BY ITS VERY NATURE IS VULNERABLE AND IN NEED OF PROTECTION

If you felt angry, anxious, and overwhelmed around a narcissistic mom, these were your natural responses to unhealthy (less than nurturing) treatment from your mother. The healthy part of you alerted you about the problem but you learned alone to emotionally survive. Without a healthy adult to teach you, you survived with the skills and ways of thinking of a child yet you were often expected to behave as a little adult.

IF YOU HAD A NARCISSISTIC MOTHER YOU DIDN’T REALLY GET A MOM

A narcissistic mother is not truly a “mom.” She doesn’t really parent her children and has little to no compassion for them. The conditional love she shows her kids is only present when her children do what she wants them to do. It is and likely always will be only about her, never about her children or anyone else in her life.

Everything you do is a reflection of her. A minor mistake is often seen by a narcissistic mother as an attack and an embarrassment that is met with narcissistic rage. When you do something well she may not acknowledge it or may respond in an inappropriate way, taking credit for your accomplishment, attributing it to her amazing parenting. You can never win because it will always be solely about her.

NARCISSISTIC SUPPLY: ENOUGH ABOUT YOU, LET’S TALK ABOUT ME

No matter what the situation may be, a narcissistic mother has the uncanny ability to make it all about her. For instance, at a funeral she may assert herself as the center of attention, constantly expressing how tough it is on her and how she misses the deceased most deeply, to the point she makes others uncomfortable, distracting other grieving loved ones during a painful time. Every conversation, every event, has to revolve around her or else she responds inappropriately.

This is one reason why maternal narcissists have children – young children are the perfect audience because they hang on every word their narcissistic mother says. They need her to survive.
She keeps them alive, but it's the children who are taking care of their mother. They feed her ego, tend to her needs, but she gives nothing in return unless it is to her benefit.

Many of my clients express they have a low sense of worth from trying so hard to be what their narcissistic mother wanted them to be. They have never felt good enough. Part of this is due to the dehumanizing effects of a mother forcing a child into different roles.

Maternal narcissists dole out roles for each of their children to play and change those roles when it fits their needs. An only child of a narcissistic mother is sometimes put in many roles.

**TYPICAL ROLES A CHILD IS PLACED IN BY A NARCISSISTIC MOTHER**

**HERO OR GOLDEN CHILD ROLES**

In the *hero or golden child* role, you fulfill her dreams or protect her fragile ego. The *hero* child is given far too much responsibility too early and put on a pedestal for as long as the child meets the maternal narcissist’s needs. If your mother put you in the *hero* child role, you may have seen your mother act like a victim whom you needed to rescue or help. You may still carry an overwhelming sense of pressure to take care of her or others, sometimes to the point of needing to isolate yourself just to recuperate.

The *golden child* role, on the other hand, puts the child in the spotlight with no other demands beyond bringing positive attention to the mother. The child is used as an example of what the mother’s (imagined) exceptional genes and/or nurturing have done for the child. If you were placed in the *golden child* role, you likely felt very important to your mother. If so, she may have praised you, rewarded you, and bragged about you. You might have misinterpreted treatment like this as unconditional love. Your adult relationships may be negatively affected by your expectation to receive attention from those currently in your life like you received back then.

**SCAPEGOAT OR LOST CHILD ROLES**

In the *scapegoat or lost child* roles, a child is used to carry his or her narcissistic mother’s unwanted emotions. By carrying his or her mother’s baggage, the child shoulders feelings that are too much for any child to bear, because those feelings are adult in size, instead of child-sized feelings.
In the \textit{scapegoat} role, she projects onto you all that she finds undesirable in herself and wants to condemn. In this role, you are often the truth-teller who sees something wrong with the family. You may feel rebellious, betrayed, misunderstood, angry, and shut out. If so, she may have called you terrible names, abused you emotionally and/or physically, and pitted others (such as siblings, neighbors, and teachers) against you.

In the \textit{lost child} role, she will occasionally ignore you and any of the parts of herself she doesn’t want to address. You may have an entirely separate life outside the family that no one bothers to notice.

As a step toward recovery, consider these questions: What roles do you think you played throughout your childhood? What roles were other family members placed in?

\textbf{NARCISSISTIC MOTHERS OFTEN ACT DIFFERENT IN DIFFERENT SITUATIONS}

As a child of a narcissistic mother, you experienced your mother very differently depending on the role in which you were placed, who she was surrounded with, where she was located (as in public or private places), and around external things that were used by her for narcissistic supply, such as prestigious possessions or mood altering substances (like alcohol). She would try to have you experience her point of view as your own, which is a way of controlling you in an enmeshing way.

\textbf{ENMESHMENT}

\textit{Enmeshment} is a common way that maternal narcissists control the reality their children experience. If you suffered enmeshment by your narcissistic mother, you may have seen the world solely from her point of view the majority of the time because she did not encourage you to consider that her reality was not the only point of view, and that it may be normal for everyone to have varying interpretations of a single point of view.

The polar opposite is the \textit{lost child} role, where you may have felt ignored. She may have been cold, forgetful, and indifferent to you, not even bothering to share her point of view. You may have also experienced several roles, each exposing you to different, unhealthy ways of parenting, leading to your own unhappiness.
WHAT IS THE BENEFIT OF EXAMINING THESE ROLES AND A PAINFUL PAST?

Each role and its accompanying pattern of abuse has predictable results; luckily for those in recovery from such destructive patterns, predictable steps to undo the pattern of immature behavior by a narcissistic mother can be taken.

When you clearly see the patterns of your narcissistic mother’s parenting style, you can predict your own responses in high-stakes situations. This allows you to:

- Heal the parts of yourself that still hurt
- Change behaviors, thoughts, and feelings that have sabotaged your life
- Avoid repeating destructive patterns in your relationships with your children, significant other, friends, and healthy family members.
CHAPTER ONE

SELF CARE

“You can’t give what you don’t have” is the simple way a holocaust survivor who lost her mother “up the chimney” explained the need for self care. She told a documentary film audience how survival and thriving were her best responses to the atrocities committed by Adolph Hitler.

She was separated from her mother upon arrival at a concentration camp where her mother was put in a line to “take a shower.” This fourteen year-old girl asked her captor later in the day when she would see her mother again. The guard pointed to the chimney and said, “Your mother is burning to death there. You should speak of your mother in the past tense now.”

Now in her eighties, this woman looked from the stage at her adult grandson in the front row and said, “You must parent the self and give yourself care before you can give it to others.”

WHAT IS SELF CARE?

Self care is a process that allows you to be clear about how you were treated as a child. No one survives a narcissistic mother without some relational trauma. The awareness of that trauma is not about having a pity party; it is about developing an emotional vocabulary and map of your inner terrain so that destructive habits no longer eat away at the good parts of your life. Self care allows you to address what happened to you so you can discard patterns learned in the first decade of two of your life that get in the way of you becoming your best self for the rest of your life.

BIG T TRAUMA

The story that the holocaust survivor told the audience in front of her children and grandchildren about the abrupt loss of her mother is referred to as big-T-trauma in the field of psychotherapy. This type of trauma, like physical abuse, is overt or usually obvious to those who experience it and, as such, often gets treated earlier than hidden or covert abuse.

On the other hand, the continual emotional neglect and exploitation experienced when you have a narcissistic mother may not be as obvious as a slap in the face
(although that may happen as well), but it is instead a sneaky type of trauma, a covert wounding called small-t-trauma.

**CHRONIC RELATIONAL OR SMALL-T TRAUMA**

Though it is experienced constantly, small-t-trauma or chronic relational trauma is sometimes less apparent to the abused, similar to a fish who has to survive in unhealthy water. The fish knows of no other option, nor has much choice in leaving, and is hindered in its development and perceptions of its environment.

An emotionally-damaging childhood environment often falls under the small-t trauma category and often has lifelong effects. It's just as traumatic to the survivor; unfortunately, whether defined or unnamed, this damage often goes unhealed.

To avoid recreating old ineffective patterns that have likely been passed down for generations, the pain can stop with you through your own recovery.

**ALLOW YOURSELF TO HAVE SUPPORT**

When you find a support group, it can be life-changing because everyone else in the group can help you realize that what you experienced was, in fact, abuse. For once in your life, you can feel like you're not alone and there are other people out there who have shared similar experiences and can offer advice on how they healed themselves, what worked and didn't work for them, and how removing the narcissist from their life has changed them. They may also be able to offer opinions that your friends and family may not be objective enough to offer.

**YOU ARE NOT ALONE**

During my experience coaching survivors through this recovery process from places as varied as Hong Kong, Germany, and Kuwait, I’ve been asked, “How do you know you’ve recovered from the effects of a narcissistic mother?” My blog, www.narcissisticmother.com, is one of the most visited sites on the topic and is filled with comments from readers who write about how they have been searching for a way to explain their chaotic and confusing childhoods.

When you have given your suffering a name, you have a verbal boundary to surround, define, and heal the dysfunction that was once was your entire world. When you do this, you accomplish what our parents could not or would not attempt. As a child, your parents’ behavior and the environment they created was your first
impression of the universe and how humans behave toward one another. As an adult, you can find tools to get what you needed but not given by your narcissistic mother.

Since you “can’t give what you don’t have”, the foundation of your recovery is self care. We need connections with healthy individuals, and you can only connect to them to the extent of the resources available within you that can be given. Think of yourself as a well of water. Unless water is collected inside your well, you will have no water to share. So, first try to “feed the well” with self care.
CHAPTER TWO

NARCISSISTIC ABUSE AWARENESS

BECOMING AWARE OF NARCISSISTIC ABUSE

When you grow up in a household that is dominated by a narcissist, the whole family suffers. If you have a narcissistic mother, you may also have a narcissistic father or an enabling father who does her bidding and allows her to act the way she does. Roles were doled out to you and your siblings. You learned to play your part, to comply in order to get any sort of attention or reinforcement, whether it was positive or negative. Now you can recognize that behavior as narcissistic abuse.

WHAT IS NARCISSISTIC ABUSE?

Narcissistic abuse is a specific form of emotional abuse given by a narcissistic mother to her children. One aspect of this abuse is that expectations are reversed and the children have to play the role of the mother. They have to care for their narcissistic mother’s wants and needs and do not receive the attention and care they need themselves. The narcissist does this to boost her own low self-esteem and to control her children.

If this behavior has occurred in your family, you can now see the narcissistic system which was put in place, and how distorted your idea of what a “normal” and healthy relationship may be. The unhealthy parent-child interactions may have left you to believe it was your job to serve your narcissistic mother’s every wish and desire without getting anything in return.

Later in life, the narcissistic abuse can lead you to get into relationships where you will do all the giving without receiving (or expecting to receive) anything in return. Healthy relationships, whether with friends, partners, or co-workers, do not work this way. If you were often put in the golden child role, you may now realize you have put unrealistic demands on those you care about because you were falsely empowered by your mother’s narcissistic enmeshment as a child.

Dealing with narcissistic abuse can destroy you and make you feel powerless, especially if you have never understood it. You have probably recognized that coping can be difficult. Once you realize the impact of how you were brought up and
how your narcissistic mother affected you, however, you can heal from the abuse so that you don’t carry it into your present life and pass it on to future generations.

**TACTICS OF NARCISSISTIC ABUSE**

**PROJECTION OF FEELINGS: OBJECTIFICATION AND CARRIED FEELINGS**

Narcissists are notorious for projecting feelings onto their victims who are usually those closest to them, such as family members and friends. They take their feelings, which usually include hatred, anxiety, and loathing, and project those feelings onto other people so others can assume the blame, which takes it off of the narcissist. This is confusing and typically leads to questioning yourself and your self-worth. You may have felt that you lost, or never had, the ability to trust yourself and your decisions.

Narcissistic abuse can affect many people in the narcissist’s life. They are master manipulators and have perfected their craft of being able to control everyone around them without others realizing it. On the surface, a family controlled by a narcissist may look like the perfect family.

Narcissists try to stay under the radar when committing their abuse, while also standing out in a crowd, trying to look like the model citizen with the perfect family. The abuse doesn't appear until they are behind closed doors in their own home. This way, outsiders don't realize what is really going on and may not believe a child when he or she tries to explain how awful the narcissist truly behaves.

When you come to understand how this narcissistic system of abuse affects you and those around you, you can begin to understand the impact it has on your kids, friends, and work relationships, and how you can change those relationships for the better. You may have always felt like something was wrong, or something was a "little off" but couldn’t quite put your finger on it. The effects your narcissistic mother had on your self-esteem and total life satisfaction can be difficult to pinpoint if you do not understand narcissism and the abusive relationships it creates.

Emotional abuse, no matter what the source, can have lifelong effects on those abused. When the abuse comes from your own parent (the person who is supposed to love you and care for you), it can leave emotional wounds so deep they can be very difficult to heal. You were never allowed to express your true self or communicate openly about your feelings, and you were treated as if you were put on this earth as a source of narcissistic supply for your mother, to be the mirror your mother looked into wanting to see herself.
As healing begins, know that you are not alone in this struggle to overcome having a narcissistic mother. Recognizing the signs of narcissism and knowing that only toxicity and hurt can come from having a relationship with a narcissist allows you to help others understand the damage a similar relationship can have on them as well. If you are married and/or have children, protect these people you love from the narcissistic abuse that has undoubtedly been forced onto them as well (perhaps differently than what you experienced but still abuse, nonetheless).

Acceptance, understanding, grief, and forgiveness can move you into better relationships in all aspects. You will no longer have to bear the weight of your narcissistic mother’s problems and dysfunction on your shoulders. You are able to lead your own life separate from the narcissist in your life.

When you do this it can be a long process, especially if you have an engulfing narcissistic mother who wants to be a part of every aspect of your life. Going through the healing process, however, gives you the ability to be happy and healthy – maybe for the first time in your life.
CHAPTER THREE

DETAECHMENT

SHOULD I KEEP MY NARCISSISTIC MOTHER IN MY LIFE OR NOT?

Many of my clients are relieved to hear that detachment from a narcissistic mother does not necessarily mean confrontation or cutting her off, though some adult children of narcissists may decide that move is in their best interest.

The narcissist in your life, whether it be a parent, sibling, spouse, or someone else you associate yourself with regularly, is a toxic part of your life. This is the person who has little or no empathy or compassion for others and cares solely about getting his or her own needs met above anyone else's. You can never win with a narcissist. They will always be right and you will always be wrong, no matter what the situation.

DETAECHMENT FROM A NARCISSISTIC MOTHER

By emotionally and/or physically detaching from your narcissistic mother, you allow yourself to be free from the grips of narcissism and its destruction. You have the opportunity to turn a poisonous life of sadness and disappointment into one of happiness, self-growth, and discovery of your true identity. You might even be amazed at the stress and tension that is released once you decide to go without contact with a narcissist and no longer allow her any control over your life.

NO CONTACT OR LOW CONTACT WITH A NARCISSISTIC MOTHER

Going no contact is one way to deal with a narcissist. In this case, you don't answer phone calls, emails, texts, etc. No visits, no answering their pleas for forgiveness and promises of change. No more believing their lies and manipulations, which have sucked you in and kept you from reaching your full human potential for so many years.

Complete removal of contact and/or detachment from a narcissist can be very difficult, especially when you have familial ties and obligations to the narcissist. For instance, if your narcissistic mother is elderly, you may feel compelled by your values to take care of her. In this case, you may want to go low contact instead of no
contact in order to protect yourself while you do what you feel is necessary to care for another human being.

**EMOTIONAL DETACHMENT WITHOUT NO CONTACT OR LOW CONTACT**

When you cannot physically separate from a narcissistic mother for whatever reason, then you have the healthy option to become emotionally detached from them. Emotional detachment gives you back the power the narcissist has taken away from you. You get to be in charge of your own feelings, and approach situations and challenges the way you feel best, not how the narcissist wants you to approach them. Taking control of your life and emotionally detaching means you no longer allow yourself to respond to the abuse and manipulations.

The process of emotional detachment can be easier if you are fully aware of the need to change the situation and understand why it may be necessary. This is a process of mentally ridding yourself of the narcissist and deciding to no longer succumb to your fears of what will happen if you don't do everything exactly how the narcissist wants you to. By taking control of your emotions and not allowing the narcissist to invade your thoughts and feelings, you are essentially cutting them off from their power over you (as their narcissistic supply).

There is a saying: “Knowledge is power.” You're now seeing that the more you know about narcissism, the more effective your recovery will be. By equipping yourself with the tools you need to protect yourself from the narcissist in your life, you can overcome them and move on to live a better life.

As you recover from a narcissistic mother, you realize you’re not responsible for her choices. You weren’t the problem, even though the narcissist led you to believe you were for so long. You were simply a target, a source of narcissistic supply. When your mother uses you for a narcissistic supply, she sacrifices your best interests for hers when it suits her needs for things such as admiration, attention, and distraction. The narcissist uses the accepted behavior to continue with her path of destruction and toxicity. Narcissistic supply is like a drug to a narcissist. She needs it to survive and continue on. As a child you had little choice but to suffer this abuse. But as an adult you have the ability to overcome the trauma, by learning the proper skills to set physical and emotional boundaries. When you no longer provide narcissistic supply to your mother by emotionally detaching from her, you can protect yourself and stop providing energy for her bad behavior.

Whether the narcissist in your life is your mother or close family member, it's natural for you to want to love that person and get love back in return. You now realize that a narcissist is incapable of unconditionally loving anyone, even
themselves. Although it may seem like the narcissist is self-centered and full of herself, the truth is that, deep down inside, she loathes herself and is chronically envious of you and the fact that you are able to love and show empathy towards others. She projects her hateful feelings about herself onto others, like you or another family member. Then she doesn't have to bear the weight of her own negative, confined emotions.

When you decide to detach from a narcissist, whether it be physically, emotionally, or both, you are able to stop the cycle of abuse. Your old reactivity to what she did and said helped to keep the narcissistic behavior ticking. By being realistic about the narcissist’s inabilities to be a loving and full-functioning person, you allow yourself to quit feeling the blame or guilt for her inadequacies. It may be difficult to accept, especially at first, but once you start to realize this situation was never your fault, the healing process truly begins.

ANGER AND GRIEF

Moving toward recovery may seem very overwhelming and difficult; that’s because it is. You may feel anger, a normal and acceptable feeling in response to abuse and neglect. When you feel angry during recovery you are coming to terms with the facts. You can now allow yourself to grieve. You grieve the loss of the narcissist much like an actual death because it resembles a death in many ways. You are coming to terms with the fact that the person you loved did not love you back in the way you needed, and now you may need to distance yourself from her in your life.

To do this, you take care of yourself through your recovery, which is an ongoing process of growth. Seek the help you need from trusted friends, family, or professionals along the way to ensure this drastic change in your life is a positive one.

COMMENTS FROM ADULT CHILDREN OF NARCISSISTS (ACONS)

I have had many comments on my blog, www.narcissisticmother.com, about making the choice of a no contact or low contact strategy with a narcissist and how the narcissist in their lives makes them feel. Here are what some readers had to say:

“The only thing to do was go no contact and run like hell. There is nothing else you can do.” -Lizette
“Every time my mother visits, I feel dread, I feel worry, I shut down and become quite horrible actually. I don’t like myself and spend the entire time biting my lip, I feel ill.” -Sarah

“If you decide to go no contact, it will be liberating but also scary and lonely. Contact with [a narcissistic mother] will always be a trap you will always have to climb out of.” -Corinne

“It is strange not to talk to my mother, yet I feel so much relief from not having to ‘keep up appearances or updates’ for her to be able to go back and relay to her friends on the status of me and my family. My migraines have ceased since going no contact with her and I am feeling more empowered as the days go by.” -ButtaFli

“On one hand, I would rather be set on fire than care for [my narcissistic mother] in her old age. On the other hand, I am consumed with sadness imagining her all alone.” -Lorie

“I’m stopping the abuse today! I’m not going to repeat the dysfunction.” -Royalty
CHAPTER FOUR

SUPPORT SYSTEMS

BUILD STRONG SUPPORT SYSTEMS

To get beyond a destructive relationship with a narcissistic mother, establish a strong support system that you can turn to and share your problems with. You build your support system with friends, other family members who know about the narcissistic behavior, support groups, and mental health professionals who will provide objective and helpful advice.

Having a strong support system means surrounding yourself with people who are caring, loving, authentic, and most importantly, empathetic. One behavioral trait that separates narcissists from other people: narcissists have a complete lack of empathy for anyone other than themselves. They can’t see things from any other perspective but their own and do not feel remorse or guilt for their actions whereas a healthy person would feel remorse or guilt.

Your support system should consist of people you genuinely trust, who look out for your best interest, and truly care about you and want you to heal from growing up with a narcissistic mother. These are the people who recognize the unhealthy nature of your narcissistic mother and help you to understand that letting go of the narcissistic bond is what is best for you and those around you.

If you have children, do not use them as an emotional crutch for you to lean on during your recovery. You may have been a victim for your narcissistic mother and she may have shared her behavior too much with you and now you have the unpleasant responsibility of dealing with the past. But, to recover fully, address how you now behave towards others – and that it might have included using your children as a crutch. Don’t repeat the cycle with your kids.

Recovery is about you, not your narcissistic mother. You see, it is time for you to be focused on yourself and your recovery. Your support system should be just that – supportive. Members of your support system should help you build awareness of the fact your narcissistic mother is toxic, and help you to alter your thoughts/hopes that your narcissistic mother will be someone other than who she really is. We all want to see our parents in a good light, a loving light where there is a good, strong relationship. Let go of this fantasy – with the help of your support system – because your narcissistic mother is incapable of unconditional love and acceptance of you.
At first, you may feel frightened and alone. Fortunately for you, you now realize you don’t have to go through this process of recovery alone. Even if you don’t have someone in your life that can fully understand and be empathetic towards your recovery, there are online support groups and face-to-face support groups for Adult Children of Narcissists (ACoNs). A support group may benefit you and offer helpful advice.

You’ve now learned what is most important: surround yourself with people who respect you and care for your well-being, no matter who these people may be.

Support systems are put in place to help you alleviate the stress and burden you have been carrying for so long while dealing with your narcissistic mother. Members of your support systems listen to your troubles and concerns and offer their opinion and help when asked. They are there for you and are able to make the challenges with your narcissistic mother a little easier to deal with. They also may be able to give you recommendations for resources and solutions.

A great support system can help you to forget about your troubles, if even for a little while. Engaging with your support system doesn’t have to be a serious encounter every time you meet with members. Part of being there for you means doing the things you enjoy doing together. It is important to allow yourself to have fun, smile, and laugh. Your support system should consist of people who increase your self-confidence and self-worth -- something your narcissistic mother never did for you.

When you establish a strong support system, you come to realize the benefits of having people around you who love and care for you, and how different that can feel compared to your childhood when you often had to do the giving and received nothing in return from your narcissistic mother. You may have had an “aha!” moment which was necessary for you to take this time to evaluate your life. You may consider whether you’d be better off without your narcissistic mother in it, or relating to her in a new, compassionately detached way.

Here are some of the comments from our blog expressing how support systems, such as www.narcissisticmother.com, have helped them:

“The more people talk about this form of child/adult abuse, the more we can help those suffering and questioning their self-worth (and sanity) to find peace and self love.” -Mary

“Thanks for this site, it saved my sanity.” -Lisa

“Reading the stories from these forums have helped immensely. I have gone ’no contact’ for the past 5 years.” -Debra
“I do have a wonderful husband who also comes from a different type of dysfunction...it is just us- but we are very tight.” -Corrine

“I’m new to this life saving forum and already feel I can’t wait to wake up to a new morning tomorrow.” -Maya
CHAPTER FIVE

BLAME VS. ACCOUNTABILITY

UNDERSTAND BLAME VS. ACCOUNTABILITY

When you hold your mother accountable, it doesn’t necessarily require that you confront her. It means you’ve confronted yourself and you now understand blame versus accountability. You are not controlled by guilt or negative feelings.

If you had a narcissistic mother, you were forced to take the blame and responsibility for her wrongdoings, as she likely rarely admitted to a fault or flaw without an ulterior motive. A narcissist doesn’t accept the blame for what she does, but instead, projects onto others what she dislikes or hates about herself. She would rather make anyone else look bad, often her own children, and make them appear to be the cause of her problems. You can’t win with a narcissist.

One of the main objectives of a narcissistic mother is to deflect any bad attention from herself onto someone else. She is skilled in this tactic, as she has had years of practice in perfecting the art of projection and manipulation to survive her own unmanaged feelings. When you are blamed for every little thing that goes wrong, you are being scapegoated, and you’re likely to believe you really are the root cause of the problems your narcissistic mother says you are. After many years of being treated as a scapegoat for your mother, you’ve likely learned to obey and accept that your narcissistic mother is never wrong.

In contrast, there may be a time when your narcissistic mother places you in the hero role where she makes you responsible for adult tasks she doesn’t want to or isn’t capable of performing herself. Also, she may project her hopes and dreams on you without any of the responsibility, and put you in the position of the golden child. All these acts by your narcissistic mother either falsely disempower you, as in the role of the scapegoat, or falsely empower you, as in the roles of hero or lost child.

This behavior is shameless of the mother. When a narcissistic mother is shameless, she is not feeling the normal discomfort (shame) of someone who has done something wrong. Unfortunately, in this situation, you – as a vulnerable child – end up carrying her unprocessed shame. This may be experienced as an adult in many ways, such as inappropriate guilt, self-loathing, fear, and anxiety.
By bearing the shame and blame of your narcissistic mother, you may feel guilty and frustrated for having to put up with the burden placed upon your shoulders. Your narcissistic mother has skillfully taught you how to be complacent and accept the blame, which does not belong to you. Narcissists don’t take accountability or responsibility for their emotionally and physically harmful actions.

There is a difference between blame and accountability. Accountability is using the ability to look within yourself, your capabilities and shortcomings, and make the right changes to better yourself and those around you. Blaming yourself or others, on the other hand, is finding fault with or placing responsibility on something or someone without trying to make it better. Narcissists are great at blaming other people, but have zero capability to hold themselves accountable for anything negative unless it benefits an ego need of the narcissist to do so at the time.

For much of your life, your narcissistic mother may have made you feel a sense of constant guilt for every little thing, whether it was for something you did or something she did. From a young age, your mother tried to brainwash you into accepting blame for her and made you responsible for fixing her problems. This was something you may not have had the capability of doing -- especially when very young -- but it doesn't matter to the narcissist. This kind of emotional abuse can affect you well into adulthood, leaving you feeling guilty and responsible for things out of your control, whether in relationships or at the workplace.

One key component to recovering from a narcissistic mother is to accept and understand your mother did not take responsibility when she should have and instead placed blame on you. It wasn't fair and it wasn't appropriate in any way for you to be treated this way. Understand you were innocent in these matters and allow yourself to no longer bear the weight of your narcissistic mother’s poor behavior.

Accepting (no longer denying) the truth about your narcissistic mother can open up doors to recovery, self-acceptance, and a stronger feeling of self-worth. Meditation, coaching, and psychotherapy with a skilled specialist can greatly accelerate this recovery process. (For information on the recovery services I offer, go to www.narcissisticmother.com/services.) When you allow yourself to accept and take accountability for your own actions and words, you'll no longer have to feel so responsible for everyone else around you. It's not your job to take care of everything and everyone, and you don’t have to serve as the scapegoat, the hero, or in any other role for your whole life.

Releasing the guilt you feel may involve going completely no contact with your narcissistic mother. If this is not possible, then emotionally detach from the
dysfunctional side of her and don't allow what she does or says to affect you anymore. Detachment can be your weapon against narcissism. You need to remind yourself there is good reason for your detachment, then allow yourself to feel okay about this decision. The guilt you feel for this healthy detachment is a response you learned from your narcissistic mother. The tough part is to unlearn it. Once you do, however, it can feel exhilarating.

When detaching from a narcissist, you'll learn to hold your narcissistic mother accountable for her actions and wrongdoings. You can learn to set up boundaries between you and your narcissistic mother's “boundary-less” behavior. Whether this means *no contact* or *low contact* is up to you and what you feel is best for your life.

While it's often recommended to go *no contact*, sometimes that isn't attainable or realistic. Remember to remain firm when confronting your narcissistic mother, be strong and detach. It is amazing what can happen when you learn to do this because it means you are no longer ensnared in the intergenerational narcissistic web of lies, deceit, and manipulation. You can be more free to live your own life without constant feelings of guilt or shame.

Setting up clear and strict boundaries between you and your narcissistic mother in a *low contact* relationship can also be a crucial part to the healing process. If you are still allowing your mother to control your life or your environment, you can never fully recover from the abuse you have suffered. Taking the blame off yourself and setting the responsibility of the narcissist’s behavior to its rightful owner can only help your recovery.
CHAPTER SIX

ANGER AWARENESS

UNDERSTAND YOUR ANGER

One important step to recovery from a narcissistic mother is to express anger *towards* her but not *at* her. Narcissists feed off your anger and will use it against you. Narcissists don’t care why you’re angry. A lack of empathy is clear to see when you try to tell your narcissistic mother how you really feel and you get nothing back in return except perhaps laughter or “you’re too sensitive.” Even more challenging is the narcissistic mother who says she understands, behaves well for awhile, then retreats back to the same old abusive behavior.

Anger may be uncomfortable and an unwanted feeling you have built up inside. However, expressing this anger in a moderate, consistent, and healthy way will only help you in your journey to overcoming the influence of your narcissistic mother and moving on with your life. Being angry means being able to feel the full impact of what you went through. By bottling it up inside you are only hanging on to your resentment and hateful feelings, which will keep you stuck in the same cycle of behavior.

Expressing anger appropriately is a healthy sign that you recognize how unacceptable the abuse against you was and still is. It is an appropriate emotional response to the abuse and injustice you were forced to face for so much of your life. Acknowledging your anger and using it appropriately will allow you to respect your own feelings and understand you should never have to put up with the emotional abuse again.

When you reach the point in your life that you come to the conclusion your mother is a narcissist, clear and consistent boundaries need to be set and enforced. Don’t confuse, muddle, or make exceptions. Always remember the reason you had to set up these boundaries between you and your narcissistic mother in the first place. A narcissist is toxic to your life, your self-esteem, and the overall way you see yourself in this world.

You undoubtedly have pent-up rage, aggression, and anger inside of you because you were never allowed to express emotion when you were growing up with your narcissistic mother without some sort of punishment. Your feelings did not matter, all that mattered was how you made the narcissist feel, how you could benefit her...
through your complacency and ability to do anything she wanted. The rage accumulates from all of the past abuses and traumatic events you experienced at the hands of your narcissistic mother. Expressing this anger and rage will propel you forward. Keeping it inside will only keep you miserable.

It is important to experience anger before you can experience indifference towards your narcissistic mother. Anger is necessary for you to forgive and find peace. By "forgiveness," I am referring to the act of forgiving your narcissistic mother for your own sake and healing, not hers.

Expressing your anger involves confronting what makes you angry in a way that doesn’t harm you or anyone else, especially innocent people in your life who don’t deserve to receive your anger. When you show anger, avoid doing it in a way that’s intimidating, controlling or manipulative of others. This is what your narcissistic mother did in her ploy to have complete control over everyone around her.

If you don’t express your anger, you could experience major problems down the road including addiction, codependency, or depression. There are many ways to express your anger in a healthy way. Here are a few suggestions:

• Do what you feel is best for you and your life.
• Always remember to stay strong and that it is okay to be angry, cry, or feel hatred toward the narcissistic behavior. By releasing these negative feelings, your self-love will strengthen and it will be easier to let go of your narcissistic mother and the hope of having a loving relationship with her.
• Create your support system of truly caring and loving people and continue on your path to healing.
CHAPTER SEVEN

REALISTIC VIEW OF FAMILY RELATIONSHIPS

ASSESS AND NURTURE APPROPRIATE FAMILY AND NETWORKS

In a narcissistic family, it can be hard to know whom to turn to and whom to trust because being able to express your feelings and emotions was not something you were allowed to do within the family. Your family network was skewed and you may be unsure of who you can trust, who to contact, and who is truly there for you. Your narcissistic mother may have enlisted the ranks of her "army," usually an enabling spouse and a “lucky” family member given the role of golden child. The narcissist often has all the help she needs in making it difficult to have authentic relationships with other family members.

Looking back now, you may be able to put together the puzzle pieces of your dysfunctional, narcissistic family. It all starts to make sense once you understand what narcissism is and how its effects can disable a family system. You can use this to assess your family relationships so you don’t recreate old family patterns and sabotage your opportunity for good relationships.

Most families have emotional and psychological issues, even if the root cause is not a narcissistic mother. The difference is that in a narcissistic family, the issues can be tenfold and intolerable. Games are always being played and manipulation is part of everyday life. The only way to get over it and move toward a healthy life is to get out of the behavioral cycle – and fast. You may choose to physically get out or remain connected at some level with strong boundaries to protect you.

When you set up boundaries with your narcissistic mother, you may need to do the same with other family members as well. For instance, if she has an enabling husband, he will often take the side of the narcissist over you and disrespect requests to keep your contact information or other confidences safe.

If you decide to go low contact or no contact with your narcissistic mother, you will likely need to do the same with your enabling father. Also, if there is a golden child sibling in your family, chances are you will want to do the same with him or her, as he or she was likely programmed by the same narcissistic mother.

There may be other family members, perhaps another scapegoat sibling or lost child sibling, as well as other relatives, who may know about the dysfunction but did not
wish to participate in it, which you can turn to as part of your new support system. Be careful in making your decisions about whom to keep in your life as the narcissist is extremely manipulative and may be able to turn these people against you if they are not strong or recovered enough to resist her demands.

When you set up boundaries between you and your narcissistic family, you say “no” to the abuse you have experienced. You remove yourself – physically, emotionally, psychologically, or perhaps all the above. This is not an easy task because narcissists do not accept normal boundaries the way other people do. They see no distinction between your life and theirs; you are merely an extension of them and therefore they believe there are no limits in abusing you.

You are the one responsible for setting up limits as well as strictly enforcing those boundaries. During this time, it’s important to let go of any expectations you have of a normal and loving relationship with the narcissist and her minions. Understand that narcissists do not change and, no matter what you do or say, you will not get through to them. Narcissists never have the “aha!” moment and realize their behavior is immoral, hurtful, and wrong. It would be a waste of your time and breath to try to change them.

Keep in mind that boundary setting doesn’t always go as planned. If you decide to go no contact, your narcissistic mother may try to claw her way back into your life, wanting to regain the narcissistic supply she got from you when you were still part of the narcissistic family system. You cannot control her behavior, but you can control your own and how you respond to boundary violations. Enforce consequences for unacceptable behavior to ensure your emotional space and well-being are kept intact.

Don’t let your narcissistic mother try to negotiate the boundaries you have put in place. Stand firm with your decisions and remind yourself why you had to do this in the first place. The toxicity a narcissist brings with her wherever she goes is the reason you no longer wish to be part of her life. Don’t argue or give the narcissist a chance to overstep or cross the limits. If you do, all of your hard work may start to unravel.

A narcissistic mother wants to possess everyone around her, ensuring she will always receive the narcissistic supply she so desperately needs. Your business is the narcissist’s business in her eyes, which can make the attempt to set up boundaries difficult. However, if you follow the proper steps to ensure proper boundaries are set, you can transform your life.
Many people don't go *no contact* with their mother but instead have highly-boundaried interactions with them. They learn to distance themselves gradually out of the emotional orbit of the narcissist with as little drama as possible and only interact to the extent necessary to maintain family connections.
CHAPTER EIGHT

RESOURCES FOR RECOVERY

Your narcissistic mother most likely left her abusive imprint on you over the span of decades. The sustained nature of this type of abuse often leaves deep emotional scars and a miscalibrated sense of what’s normal and healthy. Among adult children of narcissistic mothers, feelings and behaviors that are often considered “normal” are, in reality, deeply unhealthy. Conversely, feelings and behaviors that are healthy may seem foreign and abnormal.

When your world has been completely flipped upside-down for decades, it often takes a conscious, deliberate and determined effort to flip your world right-side-up again.

To assist in your recovery efforts, I wanted to mention several additional resources I offer for ACoNs.

NARCISSISM ABUSE RECOVERY COUNSELING AND COACHING SERVICES

As a Marriage Family Therapist, I specialize in working with adult sons and daughters of narcissistic mothers. I work with clients throughout the United States, Italy, Norway, Turkey, Germany, France, England, Hong Kong, Canada, Australia, and India. The decision to seek help from a compassionate and knowledgeable expert is one of the most difficult decisions you will make. That’s because it will be the last decision you need to make “alone.”

For more information about my recovery services, visit:

www.NarcissisticMother.com/services

NARCISSISM ABUSE RECOVERY TIPS

If your Piper Score profile shows some areas where you have little to no trauma but other areas where you have been severely traumatized, I would recommend signing up to receive recovery tips in the specific areas you’re looking to improve.

To request recovery-area specific tips, advice and resources, visit:

www.NarcissisticMother.com/recovery
NARCISSISM ABUSE RECOVERY WEBINARS & COURSES

If you've found this ebook helpful, you might want to learn more about the periodic webinars and courses I offer on recovering from a narcissistic mother. In these courses, I cover the full range of new skills, behaviors and thought patterns needed to recover across all seven narcissistic-abuse recovery areas.

For more information, visit:

www.NarcissisticMother.com/courses