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When Your Parent Is a Narcissist from *Narcissism: Surviving the Self-Involved* or *Surviving the Narcissist—30 Days of Recovery* by Meredith Resnick, unless otherwise noted.

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When Your Parent Is a Narcissist

### **Note to Readers**

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### **About Meredith Resnick**

**Meredith Resnick** worked in direct healthcare for two decades. She brings right-brained creativity to coverage When Your Parent Is a Narcissist of health-related topics, especially mental health topics, and strives to create connections between human beings and their patterns of behavior, between the universal and the personal, and between the heart and the mind. She holds a license in clinical social work and is the author of *Narcissism: Surviving the Self-Involved* and *Surviving the Narcissist: 30 Days of Recovery*. For more visit Meredith Resnick's website.

### ***When Your Parent Is a Narcissist***

***Uncovering origins, patterns, and unconscious dynamics—to help you grow and let go***

Meredith Resnick

TABLE OF CONTENTS

---

*A “love letter” from the narcissist parent to their child*

*A note from Meredith Resnick*

Faustian bargain

*Why I Wrote When Your Parent Is a Narcissist*

Part 1: The Reason

Growing Up With a Narcissistic Parent

The Narcissist Parent Does Not See the Child as Special—or See the Child at All

You Can't Give What You Don't Have

Healing May Trigger Feelings of Abandonment

The Soil of Narcissism

Leaving the Soil

The Healthy Parent-Child Relationship

The Narcissistic Parent-Child Relationship

The Power of Fear

**When Your Parent Is a Narcissist**

The Opposite of Mirroring

What About the Child's Need for Attention in the Narcissistic Dynamic?

Colluding Early in Life Makes One Susceptible to Narcissists Later in Life

The Energy of Narcissism and Its Energetic Patterns

What Children of Narcissists Sometimes Do

Manifestations of the Unconscious Parent-Child Relationship

**When Your Parent Is a Narcissist**

Some Ways the Narcissist Parent Parents

Part 2: The Roots

Erikson's Stages as a Way to Explore Narcissism

---

Phases, Ages, and Stages—of the Narcissist and the Child

*Trust versus mistrust*

*Autonomy versus shame/doubt*

*Initiative versus guilt*

*Industry versus inferiority*

*Identity versus role diffusion*

*Intimacy versus isolation*

*Generativity versus stagnation*

*Ego integrity versus despair*

Part 3: You: More Clearly

Pain That Feels Stuck at the Cell Level

*“What is wrong with you?”*

Anxiety as an Overlay (and Distraction) for Anger

The Danger of Being a Sponge

Recognizing Secondary Anxiety

Anxiety May Indicate That You’re Still Focused on the Parent

Are You Scared if You Let Go, Something Bad Will Happen?

The Adult Child’s Unhealed Wound

Today, Try to Tolerate Your Own Anxiety

**When Your Parent Is a Narcissist**

*Bottom line: What you hold for the narcissist harms you and creates anxiety. Give it back.*

Understand the Real Meaning Behind [spoken and unspoken] Words

*Signposts on the Path to Healing: 22 Different Ways of Looking at the Narcissist Parent Dynamic*

In When Your Parent Is a Narcissist the Days to Come: Moving Forward From Here

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[Professional Support May Help](#)

[Suggested Reading:](#)

[Citation and General Research:](#)

[Acknowledgements](#)

[Also by Meredith Resnick](#)

***A “love letter” from the narcissist parent to their child***

You're my favorite. My star.

You hold the key to the universe that is me.

Actually, right now I hold the key.

And I promise to give it to you.

When I'm ready.

I'll never be ready.

It's cute how you try.

And try.

Your unswerving devotion to me no matter what I do or say  
makes me care about your struggles.

As a means of using them to fuel When Your Parent Is a Narcissist my power over you.

I just want the best for me.

The first thing you need to do is tell me what I need.

It better be correct.

Don't fuss. You can't become When Your Parent Is a Narcissist my star if you fuss. You can't  
have the key to the universe that is me, either. That's what you want, isn't it? That's what you  
should want. Believe me when I say that others want it—and don't dare ask me to prove it.

Don't overestimate your value, dear.

You are not that special.

I'm your parent so your When Your Parent Is a Narcissist faults are very obvious to me.

That's what parents are for—to point out, to notice, and help their children When Your Parent Is  
a Narcissist fix their problems.

I care about you more than you care about yourself...and about me. That's what really hurts.

And that you think you're better than me.

I have news for you: you're needy, sensitive, and a bossy, manipulative know-it-all.

I'm worried about you and it's my job as a parent to let you know.

I don't deserve this; I did not sign up for this. When I brought you into the world, into my family,  
into my life, I expected you to be better than this. I can't accept it.

Or you.

Now, now, don't look so sad and defeated. You need help. All right, you need *my* help. No, no,  
I'm not going to walk away from you now. Whatever gave you that idea?

Stop asking me if I love you. It's a foolish question. You're my child. I love you more than I love

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myself. When you make me feel worthwhile.

Your siblings don't understand me because they are selfish and immature. You've finally gotten over that. You've transcended yourself. You're so adult. You're the good child. I know you'll never leave me.

My very own little star that shines on me.

—Meredith Resnick

**Faustian bargain** [fow-stee-uhn] Faust, in the legend, traded his soul to the devil in exchange for knowledge. To “strike a **Faustian bargain** is to be willing to sacrifice anything to satisfy When Your Parent Is a Narcissist a limitless desire for knowledge or power—or the love, approval, and attention of the narcissistic parent.

Definition from Dictionary.com.

When Your Parent Is a Narcissist

The text in red is my insert, used to help illustrate the dynamic between narcissist parent and child.

~\*~

### ***A note from Meredith Resnick***

Every parent is different. Every child is When Your Parent Is a Narcissist unique. But when the parent is a narcissist, there are patterns and behaviors that are particular to how they relate to the child. These patterns and behaviors can set the stage for how the child's self image develops. The purpose of this book is to present these manifestations in a distilled format, simple and straightforward. The goal is to demystify a very complex and convoluted dynamic in order to help individuals grow and let go.

~\*~

“The mother's lap is the child's first classroom.”

Hindu proverb

~\*~

### ***Why I Wrote When Your Parent Is a Narcissist***

In writing ***When Your Parent Is a Narcissist***, my purpose is to help readers see how the unhealthy dynamic, having taken root in childhood and manifested insidiously, may continue into adulthood. Think of this as a guide to help you understand the nuanced ways that a narcissist parent's toxicity infiltrated your life, and then to help you achieve what you need most—to reestablish the relationship you have, and may have lost, with yourself.

***When Your Parent Is a Narcissist: Uncovering origins, patterns, and unconscious dynamics—to help you grow and let go*** can help you recognize patterns When Your Parent Is a Narcissist of behavior—your own and your parents'. Recognizing patterns fosters awareness. Awareness gives us access to more choices. Awareness means stepping out of the smoke and mirrors

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When Your Parent Is a Narcissist existence of the narcissist into a clear-eyed view of your own life.

In Part 2 of *When Your Parent Is a Narcissist* have used the stages of development as defined by developmental psychologist Erik Erikson (referred to as Erikson's stages of psychosocial development) to unpack the intricate, insidious When Your Parent Is a Narcissist nature of how the narcissist parent's behavior toward the child affects the child.

This book focuses on etiology—how patterns start and manifest. I've tried to When Your Parent Is a Narcissist provide the type of dissection and evaluation that might occur over numerous sessions with a therapist. In the session, the therapist would help the client examine the problem from different angles and in new ways to uncover the intangible factors that affect his life today. The goal of such depth work is to recognize the many ways the narcissistic relationship manifests, When Your Parent Is a Narcissist as well as the myriad—and often non-textbook—ways these dynamics look/play out in the real world. This book supports that process. It does not replace it.

## When Your Parent Is A Narcissist

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