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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

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When Your Parent Is a Narcissist

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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

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

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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