

NARCISSISTIC

MOTHER

CHARACTERISTICS

- **Admiration:** Constant need for praise.
- **Empathy:** Lacks understanding of children's emotions.
- **Manipulation:** Uses guilt and victimhood for control.
- **Arrogance:** Believes in superiority.
- **Boundaries:** Disregards personal space and decisions.
- **Children:** Views as extensions of herself, creating competition.
- **Expectations:** Sets unrealistic standards.
- **Appearances:** Obsessed with family image.
- **Criticism:** Frequently criticizes without acknowledgement.
- **Victimhood:** Portrays as the victim for sympathy.

EFFECTS

- **Self-Esteem:** Criticism leads to low self-worth.
- **Confusion:** Unpredictable behavior creates instability.
- **Anxiety:** Constant need to please causes stress.
- **Guilt/Shame:** Blames children for her own issues.
- **Relationships:** Struggles with trust and boundaries.

COPING STRATEGIES

- **Boundaries:** Establish clear limits for protection.
- **Self-Care:** Prioritize activities for personal well-being.
- **Support:** Connect with others for shared experiences.
- **Therapy:** Seek professional help for healing.
- **Self-Compassion:** Recognize it's not your fault.

THERAPIST RESOURCES

- BetterHelp
- Psychology Today
- TherapyRoute

[MOTHERPEDIA.ORG](https://motherpedia.org)