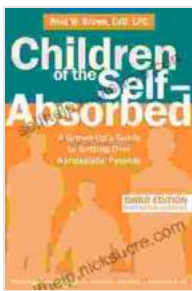


Children of the Self-Absorbed: The Impact of Narcissism on Kids

Narcissism is a personality disorder characterized by an inflated sense of self-importance, a need for admiration, and a lack of empathy. While narcissism can be difficult for anyone to deal with, it can be especially damaging for children.



Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents by Nina W Brown

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1563 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 248 pages



Children of narcissistic parents often struggle with low self-esteem, anxiety, depression, and relationship problems. They may also have difficulty regulating their emotions and setting boundaries. In severe cases, children of narcissists may develop personality disorders of their own.

The Impact of Narcissism on Children

The impact of narcissism on children can be profound. Here are some of the most common ways that narcissism can affect kids:

- **Low self-esteem:** Narcissists often criticize and devalue their children, which can lead to low self-esteem. Children of narcissists may feel like they are never good enough and may be constantly seeking approval from others.
- **Anxiety:** Narcissists are often unpredictable and emotionally volatile, which can create an anxious and chaotic environment for children. Children of narcissists may be afraid to express themselves or to disagree with their parents, for fear of retaliation.
- **Depression:** Children of narcissists may feel isolated and alone, which can lead to depression. They may also feel like they are a burden to their parents and may be afraid to ask for help.
- **Relationship problems:** Narcissists often have difficulty forming and maintaining healthy relationships, and this can have a negative impact on their children. Children of narcissists may have difficulty trusting others and forming close relationships.
- **Personality disorders:** In severe cases, children of narcissists may develop personality disorders of their own. These disorders can include narcissistic personality disorder, borderline personality disorder, and histrionic personality disorder.

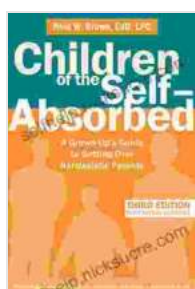
Coping and Healing

If you are a child of a narcissist, it is important to know that you are not alone. There are many resources available to help you cope and heal from the effects of narcissism.

Here are some tips for coping and healing:

- **Educate yourself about narcissism:** The more you understand about narcissism, the better equipped you will be to cope with its effects.
- **Set boundaries:** It is important to set boundaries with narcissistic parents. This means learning to say no to their demands and requests, and to protect your own emotional well-being.
- **Find support:** Find a therapist or counselor who can help you cope with the effects of narcissism. A therapist can provide support and guidance, and can help you develop coping mechanisms.
- **Focus on your own needs:** It is important to focus on your own needs and to put yourself first. This means taking care of your physical and emotional health, and setting goals for yourself.
- **Build a positive support system:** Surround yourself with positive and supportive people who care about you and who can help you heal.

Narcissism can have a profound impact on children. However, with the right support and resources, children of narcissists can heal and thrive. If you are a child of a narcissist, know that you are not alone and that there is help available.



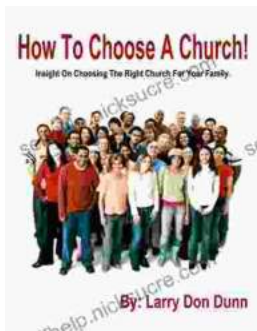
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