

STAGES OF HEALING FROM A



NARCISSISTIC MOTHER

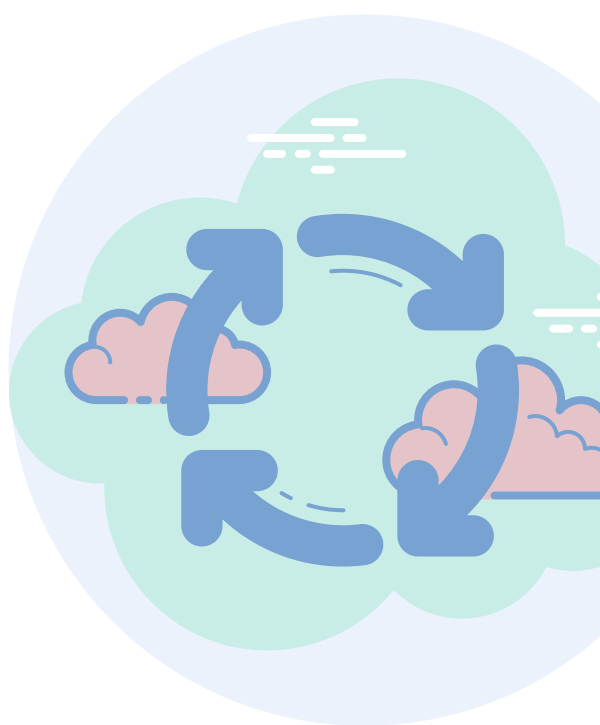


STAGE 1: REALITY CHECK

The first step to healing is realising the reality of your mother's narcissism and how you have been impacted. This is a major step and the key to change or moving on.

STAGE 2: PROCESSING

In order to progress, you need to process the feelings associated with your realisations. These may include anger, grief and shock. Therapy can help you process these feelings, especially if they involve developmental trauma.



STAGE 3: ACCEPTANCE

This stage involves coming to terms with the reality of your childhood and your relationship with your mother. You must accept that you will never have the mother you longed for. Part of this stage will be learning to mother yourself.



STAGE 4: POST- TRAUMATIC GROWTH

Therapy can help you not only come to terms with your mother's narcissism, but renewing your relationship with your authentic self. Becoming the person you were meant to be, embracing your true nature, including creativity and healthy relationships..

