

8 Signs You Were Raised by Narcissists



2. Chronic shame

Narcissists are shame averse and project their shame onto others. They also use shame as a parenting strategy. Children are extremely sensitive to shaming and will internalise these feelings, carrying them inside themselves well into adulthood.



1. Low self-esteem

Children of narcissists often experience feelings of worthlessness & low self-worth. Your choices, your relationships and your ability to withstand stress are all affected by low self-worth.



3. Sensitivity to criticism

Narcissistic parents rarely accept failure, or mediocrity. Being ordinary is anathema. So they nitpick, criticise, judge and control. As a result of this lack of acceptance, survivors are extremely sensitive to criticism. Feedback at work, criticism from a partner, even innocent comments from a neighbour can send you into a spiral of self-judgement and shame.



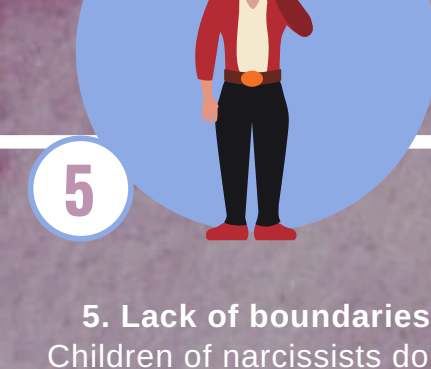
4. One sided relationships

Survivors often find themselves in relationships where they are exploited and ignored. They don't have a healthy template for relationships. They often feel they must give in to others in order to have a relationship, because that is how they were treated as children.



6. Depression and anxiety

Depression and anxiety are the result of the deeper wounds to your sense of self. Survivors of narcissistic parenting can be left with a host of issues in adulthood, including problems with relationships.



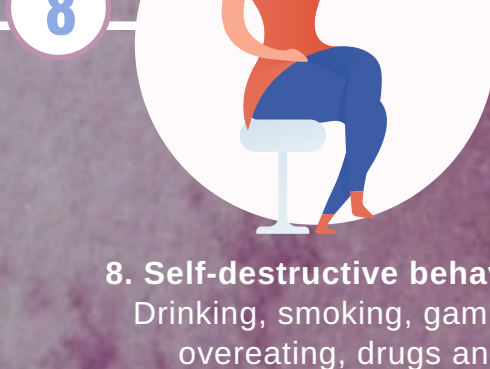
5. Lack of boundaries

Children of narcissists don't develop good boundaries growing up. As a result of this "training," survivors often have trouble saying "no" as well as hearing it and will be attracted to unhealthy relationships where enmeshment is the status quo.



7. Problems with anger

Children of Narcissistic parents often don't know how to express their anger in a healthy way. People raised in these environments can also be fearful or easily intimidated or



8. Self-destructive behaviour

Drinking, smoking, gambling, overeating, drugs and sex addiction. Adult survivors can also be self-destructive and sabotage their careers or healthy relationships, because they feel they don't deserve success or happiness.