



88 Tell-Tale Signs of Narcissistic Mothers and Toxic Mothers: Overt and Covert Narcissistic Abuse (Transcend Mediocrity Book 64)

J.B. Snow

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If you downloaded this ebook, chances are that you may have a toxic or narcissistic mother in your life. They may be your mother, your mother-in-law, or your grandmother. You often feel as though something is wrong when you are in this person's presence, though you can't quite put your finger on it. She tends to make you feel tired and emotionally drained when you are around her.

Narcissistic and toxic mothers are often injured in their childhood by their own stunted emotional development. In order to fully develop into a healthy adult, we need a very nurturing and emotionally validating environment. Toxic and narcissistic mothers often grow up without that nurturing. They have jumped through hoops and tailored themselves to others around them. They have been invited to be a part of mind games, lies and manipulation. They may have been told repeatedly that they weren't wanted.

Narcissistic and toxic mothers can be very damaging to those around them. They have been often violated and hurt by others themselves. They see the world around them as being cruel, and so they take a defensive stance against others. They bore easily and struggle to keep their own emotions in check. For this reason, they seem to enjoy being in a constant state of drama in the relationships around them.

They are often experiencing great sadness, shame, guilt and depression in their inner core due to a lack of healing the things that had happened to them. They need others to save them from themselves. They need others to provide a constant state of interaction with them in order to distract them from the pain they are feeling inside. They have to project their pain onto others to share it because they cannot find healthy and meaningful ways in which to deal with it themselves.

Narcissistic and toxic mothers often try to be good mothers to their children in their own way. But they often miss the mark and fall deficient due to their inability to empathize and attune to their own child. They are overwrought and overwhelmed to the point that they are unable to drop everything and cater to the child. They don't seek to engage and educate their child. They become too overprotective towards their child causing them a great inability to experience much of any growth in their own lives. They become possessive of their children and spouse to the point that they treat them much like objects instead of people.

Toxic and narcissistic mothers often cause toxic and narcissistic children. Their negative interactions and their mistreatment of others encourages personality disorders in people who have to live with them and take their misdirected abuse. They can't abuse the people who abused them, often because the person behind their abuse is narcissistic and toxic as well. They may still be dealing with a narcissistic or toxic parent and siblings themselves, leaving them little energy to tackle their own responsibilities due to the emotional drain that their family is causing them.

You can tell by the physical ailments that you are feeling that you have a toxic mother on your side. You may feel anxious or depressed. You may have panic attacks or post-traumatic stress disorder. You may feel an uneasy feeling in the pit of your stomach when you are around her. The hair might stand up on the back of your neck. You get emotionally drained and feel defensive when you are around her.

You may experience insomnia or may want to sleep all of the time. You may struggle with feeling blame, shame and doubt about your own parenting abilities and life skills. You may feel alienated and rejected by your parent(s), and crave a normal sense of being. You want them to be something that they will never be for you, and you wish that they would just be 'normal' for a change.

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