





Imprint

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Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-52003-6
ISBN Ebook (en): 978-3-384-52004-3

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Bendis Saage

**Narcissistic Parents:
Understanding Narcissistic
Mothers and Fathers
A Guide to Healing from Narcissistic
Personality Disorder in the Family - For
Daughters and Sons Dealing with Parental
Narcissism**

42 Sources

40 Diagrams

14 Images

7 Illustrations

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Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Narcissistic parents leave deep marks on the souls of their children—often without the affected individuals recognizing the connections. If you struggle with difficult relationship patterns, low self-esteem, or recurring conflicts with your parents, narcissistic behavior may play a central role. This specialized book illuminates the complex dynamics of narcissistic family relationships and demonstrates how toxic behavior patterns can persist across generations. Drawing on scientifically grounded insights and practical examples, the book provides a profound understanding of your own situation. It offers concrete strategies for developing healthy relationship patterns, fostering self-care, and healing emotional wounds. This book supports you in breaking destructive family patterns and leading a self-determined life. Take the first step towards a better understanding of your family history and towards sustainable change.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



www.SaageBooks.com/narcissistic_parents-bonus-PLI7EB



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1. Manifestations of Narcissistic Parenting

How does parental narcissism manifest in family life? The subtle patterns of this relational disorder often shape the lives of all family members for decades and leave deep marks on the development of children. While some parents instrumentalize their children as an extension of their own selves, others use them as a projection surface for unfulfilled dreams and ambitions. The various manifestations of narcissistic parenting follow characteristic patterns that can run like a red thread through generations. The following chapter illuminates these typical forms and demonstrates how paternal and maternal narcissism manifests in the family context.



1.1 Maternal Narcissism



Maternal narcissism shapes families through covert manipulation, emotional exploitation, and bitter competition. Daughters of narcissistic mothers often struggle with diminished self-esteem, relationship issues, and difficulties in recognizing their own needs. They take on responsibility for their mother at an early age and develop unhealthy coping mechanisms. This chapter illuminates the dynamics of maternal narcissism and the resulting challenges for daughters. Understand the mechanisms to free yourself and lead an authentic life.

Recognizing the manipulation patterns of narcissistic mothers is the first step to freeing oneself from their influence and developing a healthy self-esteem.

Covert Manipulation and Control



Covert manipulation and control are tactics often employed in maternal narcissism that are difficult for outsiders to recognize. A hallmark is excessive indulgence, which fosters a sense of entitlement and selfishness in childhood [s1]. This exaggerated care, combined with a lack of clear boundaries, impairs the development of empathy and social skills. Children do not learn to consider the needs of others and develop difficulties in dealing with frustrations. As adults, they may react impulsively or self-destructively when their desires are unmet [s1]. Another aspect is the projection of the narcissistic mother's inflated self-image onto the child [s2]. The child unconsciously mimics the mother's behavior and attitudes, complicating their own identity formation. This mimicking behavior can lead to problems in relationships and professional life in adulthood. The constant overvaluation by the mother also results in children developing an unrealistic self-image, which can further reinforce narcissistic tendencies [s2]. Simultaneously, an unhappy narcissistic parent can negatively impact the child's self-esteem, potentially leading to depression and social isolation [s2]. Children develop coping mechanisms to deal with emotional stress [s2]. Control and overprotection by the mother, coupled with rejection and



punishment, foster the development of personality traits such as Machiavellianism, psychopathy, and narcissism [s3]. The influence of maternal upbringing is stronger in this context than that of the father [s3]. To counteract these negative dynamics, it is essential to become aware of the mechanisms of manipulation. Recognizing the patterns is the first step to breaking free from the influence of the narcissistic mother and developing a healthy self-esteem. Coping strategies, such as cognitive behavioral therapy, can help mitigate the psychological consequences of maternal narcissism and learn new behavioral patterns [s2]. This makes it possible to recognize and assert one's own needs and boundaries.



Frustration ^[i1]

Good to know

Coping Mechanisms

Strategies that individuals use to deal with difficult situations and emotional stress. Children of narcissistic mothers often develop unhealthy coping mechanisms, such as avoidance or self-harm.

Frustration

The feeling of disappointment and anger that arises when a desire or need is not met. Children of narcissistic mothers often struggle to cope with frustrations, as they have not learned to express and manage their needs appropriately.

Identity Formation

The process by which an individual develops their own personality, values, and goals. Narcissistic mothers can hinder their children's identity formation by imposing their own desires and ideas on them.

Machiavellianism

A personality trait characterized by manipulative, strategic, and unscrupulous behavior. In the context of maternal narcissism, Machiavellianism can emerge as a coping mechanism for the child to survive the mother's control.

Social Isolation

The state in which a person has few or no social contacts and withdraws from others. Social isolation can be a consequence of maternal narcissism, as children may struggle to build and maintain healthy relationships due to their experiences.