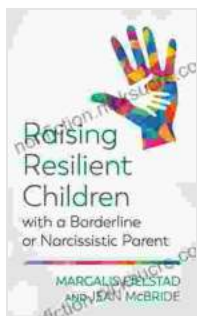


Raising Resilient Children with a Borderline or Narcissistic Parent

Raising children with a borderline or narcissistic parent can be challenging, but it is possible to help them develop resilience. Here are some tips:



Raising Resilient Children with a Borderline or Narcissistic Parent by Margalis Fjelstad

★★★★☆ 4.6 out of 5

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File size : 524 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Word Wise : Enabled
Print length : 227 pages



1. Understand the disorder

The first step to helping your child is to understand the disorder. Borderline personality disorder (BPD) and narcissism are both mental health conditions that can affect a person's thoughts, feelings, and behavior. People with BPD often have difficulty regulating their emotions, and they may be impulsive or self-destructive. People with narcissism have an inflated sense of self-importance and a need for admiration. They may be manipulative and exploitative.

It is important to remember that not all people with BPD or narcissism are abusive. However, these disorders can make it difficult for a parent to be consistent and nurturing. As a result, children of parents with BPD or narcissism may be at risk for developing mental health problems of their own.

2. Set boundaries

One of the most important things you can do for your child is to set boundaries. This means letting them know what behavior is acceptable and what is not. Boundaries help children feel safe and secure. They also help them learn how to behave appropriately.

When setting boundaries, it is important to be clear, concise, and consistent. You should also be firm but fair. If your child crosses a boundary, be sure to enforce the consequences. This will help them learn that there are consequences for their actions.

3. Validate your child's feelings

Children of parents with BPD or narcissism may often feel invalidated. This means that their feelings are not taken seriously or they are told that their feelings are wrong. It is important to validate your child's feelings, even if you don't agree with them. This will help them feel understood and loved.

When validating your child's feelings, it is important to be empathetic and supportive. You should also avoid judgment or criticism. Simply listen to your child's feelings and let them know that you understand how they are feeling.

4. Encourage your child to seek help

If your child is struggling with mental health problems, it is important to encourage them to seek help. A therapist can help your child understand their disorder and develop coping mechanisms. Therapy can also help your child improve their self-esteem and relationships.

There are many different types of therapy that can be helpful for children of parents with BPD or narcissism. Some common types of therapy include:

- Cognitive-behavioral therapy (CBT): CBT helps children identify and change negative thoughts and behaviors.
- Dialectical behavior therapy (DBT): DBT helps children learn how to regulate their emotions and improve their relationships.
- Family therapy: Family therapy helps families improve communication and relationships.

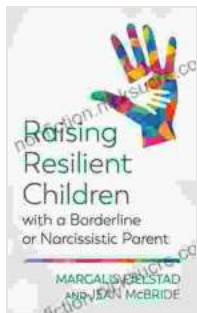
5. Take care of yourself

Raising a child with a borderline or narcissistic parent can be stressful. It is important to take care of yourself both physically and emotionally. This means eating healthy, getting enough sleep, and exercising regularly. You should also make time for things that you enjoy.

It is also important to reach out for support from other people. This could include friends, family, or a support group. Talking to other people who understand what you are going through can help you feel less alone and more supported.

Raising a child with a borderline or narcissistic parent can be challenging, but it is possible to help them develop resilience. By understanding the

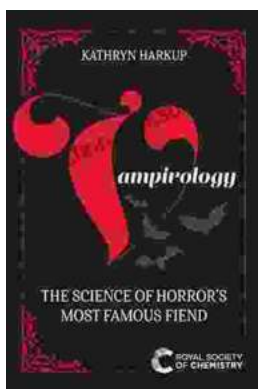
disorder, setting boundaries, validating your child's feelings, encouraging them to seek help, and taking care of yourself, you can help your child thrive despite the challenges they face.



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