

## 1: The Sexodus, Part 1: The Men Giving Up On Women And Checking Out Of Society | Breitbart

*If my brother had children and one of them hurt my son the way OP was hurt, I would maintain my relationship with my brother, but I would not have anything to do with his child that hurt my son. I love my brother, but there's limits.*

That "adult" was none other than me, his then-year-old daughter. Both of them spent hours bitching to me about each other. At the time, he was 1, miles away from where I lived in New York City, standing in the driveway of the house we once both thought of as home; neither of us lives there anymore. I hung up the phone and promptly started sobbing. By the time they decided to get divorced, my parents had become glorified roommates; they shared a home together but not a life. My freshly grown-up eyes had seen the demise of their marriage unfold in slow-motion for months. Having divorced parents makes you a child of divorce, no matter how old you are. The demographic has grown significantly enough in recent years to merit a catchy acronym and corresponding Adam Scott comedy, a byproduct of the increasing divorce rate among older couples. Sociologists call the trend "gray divorce": As older children move out of the house, parents start realizing they have less reason to stay in a stale or unfulfilling marriage. Despite the rising number of ACODs, the majority of research on parental divorce focuses on its potentially devastating effects on younger children. But ACODs typically have a much less difficult time dealing with divorce, which makes sense: For kids whose parents split, being an adult at the time of separation might make it easier to understand and accept the decision, but it comes with its own set of challenges. But that can often lead to a blurring of boundaries during more dysfunctional periods, leading parents to overly rely on their grown children for emotional support. You become a confidante, for sure. I got really stressed having to hold in all of their secrets. Whatever awkwardness I feel is very small compared to that. She had rushed into marrying his dad when she got pregnant at age 16, and both were deeply religious. She needed a great deal of comfort and encouragement from her son. I sympathized with my dad, even when he disappointed me greatly. Within a few weeks of my father moving out of the house, my mom called me to say she was going on a date. Over time, I started to learn more about the slow-burning dissolution of their marriage. I learned that my parents debated leaving each other sooner than they actually did. I learned that they had stayed together purely for the sake of my sister and me. Suddenly, I felt like I had enormous clarity and insight into their relationship. With newly adult eyes, I could see the sum of what had been adding up for years: I remembered how, at some point when I was in high school, they had started intermittently sleeping in separate rooms. I remembered how, every single night for as long as I could recall, my mom would go to bed at 9, while my father would stay up, always in another room, until midnight. Were they just pretending? Few people truly want their parents to get divorced. Even when I saw that my parents needed to, I still knew it would make my life more difficult if they did. As time passes, photos of the four of us together — like the kitschy family portrait of us all wearing white and dipping our feet in the pool, which used to hang in the foyer of a house that now belongs only to my mother — will probably start to look weird.

## 2: Narcissistic Mothers

*-- What does marriage mean if my parents cheat but stay together? -- I have a love-hate relationship with my cheating parent! -- Is it my job to comfort and side with my betrayed parent?*

Myers-Walls and Dee Love There are different kinds of attachment relationships that can be put into different categories. Research has found that there are at least four attachment categories. The categories describe the ways that children act and the ways that adults act with the children. The way a child is attached to her parents also affects how she will behave around others when her parent is not around. This is the strongest type of attachment. A child in this category feels he can depend on his parent or provider. He knows that person will be there when he needs support. He knows what to expect. He will usually settle down if a friendly adult is there to comfort him. This can be confusing if the child was upset when the parents left at the beginning of the day. It does not mean that the child is not happy to see the parents. How do adults build secure attachment relationships? Over time, a securely attached child has learned that he can rely on special adults to be there for him. He knows that, if he ever needs something, someone will be there to help. A child who believes this can then learn other things. He will use special adults as a secure base. He will smile at the adult and come to her to get a hug. Then he will move out and explore his world. Note about different cultures: Parents and other caregivers show love in different ways in different cultures. In any culture, though, children can have good relationships with parents and providers. The way they respond will be very different from one culture to another, however. Providers who work with children from different cultures should watch for differences. Ask parents and other people from that culture how they care for children. This is one category of attachment that is not secure. They may be aggressive at times. They know that the parents have returned, but it is almost like they want to punish them by ignoring them. What kind of parent behavior is linked to this category of attachment? There are different reasons why parents might act this way. Other parents might think that it will make their child more independent if the parents do not give in to the child. Ambivalence not being completely sure of something is another way a child may be insecurely attached to his parents. Children who are ambivalent have learned that sometimes their needs are met, and sometimes they are not. They are always looking for that feeling of security that they sometimes get. Children with relationships in the other categories have organized attachments. This means that they have all learned ways to get what they need, even if it is not the best way. This happens because a child learns to predict how his parent will react, whether it is positive or negative. They also learn that doing certain things will make their parents do certain things. They may seem very different from day to day. There are two types of disorganized attachments: If you think you see a child with disorganized attachment, you may be very concerned. There are reasons to be concerned. At the same time, it is not your job to fix the family. Sometimes, when a family is going through a major change for example, a divorce, a death in the family, or a move , a parent-child relationship can look disorganized for a short time. It usually lasts only as long as the situation does. If you notice signs of disorganization that last for a long time, however, you may want to help the family find support. A secure attachment in one culture may look like an insecure attachment in another culture.

## 3: Feeling Lost? How To Start Over When Things Fall Apart

*After being betrayed, most of us want two things, usually at the same time. and has come out on the other side. 6. Work toward a tomorrow that will be better than.*

But I have a question for you; what about a mother that has truly been hurt by her children? I am one such mother. I have emotionally, mentally, spiritually and financially supported them in anything they wanted and wanted to do in their lives. I have told them all of their lives that I love them and believe they have the power to do and be anything they set their minds to. As a result they have thrown insults back at me and called me names. To this end they have basically abandoned me telling me I am worthless and a burden. I am a little upset that you seem to take the side of the child in most of your posts without balance. I would like to see you post that there is balance in all things. I am not in favor of abuse of any kind. What I am trying to do with my articles, speaking etc. I am advocating for and empowering people to make those choices through looking at the truth through understanding equal value and the true definition of love. Did it start with the child, or did it start when the child was devalued in childhood? She says that she has done nothing but LOVE, validate and empower her children and the result of that was that they insulted her, told her that she is worthless and that she is a burden. This sounds strange to me because I have never met a grown child that has walked away from a loving supportive empowering parent. I acknowledge that this is just my experience but this question was asked to me, and I can only share MY experience. I am a mother to 3 children, 2 of whom are adults but I am not a hurt mother. I stopped that cycle. I DO take the side of the child because that is where I found healing for myself. I took MY side but more importantly I took the side of the truth. The foundation for success of the relationship is up to the parents. I am writing about the outcome of the parent child relationship when the parent MY PARENTS were not willing to be responsible for the outcome of the relationship when I was a child and that resulted in the lack of relationship that we have today. I am writing about the fact that although I am an adult today, THEY taught me how to have dysfunctional relationships and when I took my identity back I had to teach myself how to have functional relationships, even with my own children. My parents are not interested in looking at their part in any of this which is their choice but I decided that I also had a choice. Perhaps your children can help you understand why they have withdrawn from you. It is about children and adult children validating that there WAS damage and that damage has had life-long effects. Validating that damage is the first step in overcoming the results of it. Please understand that this is MY blog and it is about MY life and my experiences. Why do I have to write from the view point of the hurt mother? There is no healing or solution for me to appeal to my audience from the viewpoint of the hurt mother and MY website is about healing and solution. This website is about validating the child who grew up with invalidation. My website is obviously not for parents who feel that they were the ones who have been abused by their kids. My parents also seem to believe that they are the victims in our situation too. And finally, you ask me to post that there is a balance in all things. Parents are NOT blameless. Nobody is perfect but what does that have to do with anything we are talking about here? My mother was there for me sometimes. The thing is that even if she could not have done any better, I had a choice about how much I was willing to take. Setting boundaries with my parents which means that I asked them for mutual respect and when they refused I realized there was no real relationship was about validating and embracing MY worth. There is a balance in my life now, but not because I validate, accept and justify everything that they did anymore. Sincerely and with love, Darlene Ouimet I am not here to alter or sugar coat the truth for the sake of absolving parents of guilt but I am thrilled when parents are here to discover how to have better relationships with their children. My true purpose is about love and truth for everyone and I am here to validate the voice of the unheard child of dysfunctional family dynamics. I hope that this lost reader will find a website that helps her to understand her children instead of looking for one that helps her children understand herâ€ but then againâ€ maybe she just did. Please share your thoughts! If you find that the subject matter I am writing about resonates with you, get this book today! This page, downloadable, printable, live linked e-book will put you on the fast track to healing.

## 4: How to Be a Good Parent for Your Teenage Daughter: 12 Steps

*But these days, my job is just a job," says Schulenberg, now an accounts-payable representative at a Bay Area hospital. "A piece of me is gone and will never come back. And that's too bad."*

An eclectic blog on which appears daily one-thousand word essays on somethingorother. One is the genetic branching that one presumably grew up knowing and conforming to. The other main way is what might be called a "chosen family," people to whom one feels close and will help, even at some sacrifice. It was clear from the beginning that our two parents were quite different in style and origin. My father was from the flat tough northern prairies and my mother was from the intricate ridge-and-valley of the verdant southern Oregon. Lovers of the exotic, almost secretly. I turned out to be on neither side. Groomed to be a reliable achiever who would make both families proud, I failed to grasp that I was supposed to shine as a benefit for the families, not myself. But as a young woman my mother had been double-crossed, frustrated and enraged enough that she let me get away with narcissisms like reading until 3 in the morning. Too late, I began to realize that my grades and admissions and graduations were not for me -- they were interpreted as undercutting my brothers, selfishly taking the cream. My mother helped put me through college, the part more expensive than my scholarship, but I went to NU, a very good school mostly for wealthy achievers. I may have been the first of my generation on both sides. My brothers put themselves through college by joining the Marines and using the GI Bill. None of the three of us settled into conventional marriage with houses and children. When I went to Div School, my mother was very angry and did not help. My father was barely there. But it was a double family because the sisters married brothers who were more similar to the English rural rootstock that originally dominated the US. They were sexy and after money, almost brutal. His compromise was sculpture. Since mine was writing, we were a good fit until he began to be successful enough for the money hyenas to pursue him. Most of them are dead now. High education at U of Chicago Div School sent me high -- I would have left the ground except for indigenous forces back in Browning. When I returned to reality, all I wanted was to go back to Browning and write. By that time I was nearing retirement. I was invested in poverty and singularity. The family thought I should be the backup mother and that I ought to "save" my brain-damaged brother, but I had neither the resources nor will. This period has been two decades long and in the second decade has been connected to Barrus as correspondent. When I say I write, I mean I think. Often after listening to TB and responding. I take it as far as I can, including research. During this period our American continental culture has changed drastically, dramatically, painfully and destructively. Those still alive are invested in preventing change. So there went the last of my family, leaving in their nice car to go back to the urban comfort of their very nice house. They expected what they had at home: It was spankings, not beatings. Their values are those of their neighbors: They told me nothing. My family has a script in their heads and will use psychological force to preserve it. Material for the theatre. The Pacific Coast falls into the sea? A wall of ice approaches from the north? The United States comes apart and becomes a police state? My genetics are from both sides. My view on life was from both sides but is very different now, unthinkable earlier. My cousins and I are aging. I just want them to leave me alone. We are only a fantasy of family.

## 5: prairiemary: HOW I BETRAYED MY FAMILY

*"I never wanted your life," Harry watched with approval as the Twins went to their brother's side to comfort him. "I still don't want you to die or lose your magic. It was never my intention to punish you with more than a few chores and maybe a day or two weeding my garden.*

Most likely after many of your encounters with this person, you end up feeling guilty, upset, emotionally drained and confused. The blamer can be very charming and likeable yet also have this darker side. In fact, these two tactics will make it much, much worse. So, what should we call this particular type of negative person? I tend to call them blamers because they always blame someone else for anything and everything. They are never the one at fault. This is one of the main clues to identifying this type of personality. They always blame everyone else but themselves when things go wrong. They are extreme blamers though in that this blaming aspect is a main part of their personality. But, this is only one very specific type of narcissist. They can have an extremely negative effect on your thinking and your own behavior. In his eyes, he can do no wrong. He also likes to be admired or envied. Then the tables will be quickly turned on you and the blamer will make it appear that everything is entirely your fault. You are a reflection on him. Micromanaging is something he loves to do as well. For example, one child may be treated differently than the others. This is one of the reasons it can cause such mental distress for the victim. The blamer will be highly admired by some as they never see this dark side of his behavior. With some blamers, they are deceptive and manipulative all the time. Another interesting characteristic they tend to have is that they tend to project any of their own wrong doings on to someone else. The biggest clue of all that you may be dealing with a narcissist is actually how it makes you feel. Or you may find that you empathize way too much with others and this might be another clue. Coping with a narcissist will have led you to have developed certain survival skills which could have led you to a very skewed view of the world and how to deal with it. So, relationships may feel tricky and confusing for you. You may find that you constantly feel angry and hurt all at the same time. Different people respond differently to the narcissists but these are some of the more common effects. You can take effective action to gain the understanding you need and by doing that, you take back your life and your sanity. This will also help you to become aware of how they may be affecting you and manipulating you without you realizing it. I also provide detailed suggestions and examples on how to deal with blamers. I even have 25 tips on how to avoid confrontations with the blamer. This book is NOT for you if: But, Sorry, this book is not for you. Changing yourself so that you completely change the relationship with the narcissist. When you change you no longer come across as a victim which is why the blamer chose you in the past. You need to be ready to completely break free of the victim mindset. Ideas like that only continue to keep you trapped in a game with the narcissist which you can never win. The key is to stop playing those games. They no longer have any power over you anymore. You need to be ready. Be sure to get your copy of this report today so you can stop the anguish and take back control of your life. Blamers Target People Pleasers Blamers often look for people pleasers as their victims. They manipulate your needs against you. So, one of the best defenses is to stop being a people pleaser. This ebook is set up like a mini course.

## 6: Always To Blame, Always My Fault

*Right before my parents celebrated their 25th wedding anniversary, an adult close to their relationship told my dad that he needed to get a divorce. That "adult" was none other than me, his then.*

People take their work more personally than ever. But what happens when work becomes too personal? These cautionary tales can help you figure out where your work ends and your life begins. By Pamela Kruger long Read Week after week, psychologist Ilene Philipson listened to her patient, convinced that the woman was hiding something. This young person had come to Philipson because she was deeply depressed, suffering from anxiety attacks and uncontrollable crying bouts. Philipson kept waiting for her patient to reveal some horrible trauma that had plunged her into crisis, but all she talked about " between sobs " was her work. As an administrative manager at a small investment company, she had been lavished with praise and perks " until, that is, she asked for a raise. Then her bosses turned against her. She wept as she told Philipson how she had been stripped of her privileges, how she no longer received invitations to client dinners, how she was no longer trusted to do million-dollar trades for clients. Her patient had no previous psychiatric history. She had successfully coped with many other stresses in her life, including being a child of an alcoholic parent. Why would an otherwise well-adjusted person fall apart because she was no longer favored at work? Then Philipson began to notice a curious pattern. Four other new patients came to her who were also profoundly depressed about work. Like the first woman, these hard-working, loyal employees had weathered many other crises in their lives. Yet being demoted or passed over for a promotion, or just having an unsympathetic supervisor had devastated them. These days, more people have higher expectations for work than ever before. People want to bring their whole selves to the job " all of their skills, all of their interests, all of their values. For the women in her therapy groups " so far, there have been about , all told " work has turned into their sole passion. Your boss is not your friend. Your colleagues are not your family. Workplaces are intensely political environments. Meanwhile, workplaces have become more appealing, with teams replacing rigid hierarchies, casual dress supplanting corporate power suits, and employers offering rank-and-file workers previously unimaginable opportunities to make an impact. As a result, continues Philipson, more of us are looking to our jobs to satisfy basic emotional needs that, in another era, would have been met by family, religion, and community life. Philipson is not suggesting that it is unhealthy for a job to make you feel valued and part of a community. You need many anchors for affirmation. So when I left my job, I felt that my life was over. Her caseload largely reflects the HMO and managed-care plans that her office accepts as third-party payers and the fact that women are more likely to seek therapy than men are. But a lot of my patients are in pink-collar jobs. You might think that for them, a job would be just a job. According to a recent study by professors Donald Gibson and Sigal Barsade of the Yale School of Management, becoming emotionally dependent on work is a remarkably common, if hidden, phenomenon. Instead, they simply lose interest in their work and become lethargic and uncooperative. How do I find meaning and purpose? How do you give your all to work, without making it become the center of your existence? How much is too much to expect from your job? In an age when work is undeniably personal, how do you know when you are taking your work too personally? To provide some insight into that dilemma, Philipson invited some of her current and former patients to share their stories with Fast Company. Though they have told their stories many times before, each woman recounts her betrayals in obsessive detail " quoting dates and conversations verbatim " stopping only when Philipson gently moves the discussion to the next woman. Usually, Philipson tightly controls the structure of her sessions, trying to limit each group member to just two minutes to tell her story to a newcomer. Having stepped over the line between what they do and who they are, these women are learning to pull themselves back " and where to draw the line in the future. Soon she felt overwhelmed. Her doctor immediately prescribed an antidepressant and ordered her to take a medical leave. When are you going to get your butt off Prozac and come back? Like Perry-Pastor, the mistreatment most of them have received is relatively mild, but they have had panic attacks, insomnia, chronic nightmares " and even entertained thoughts of suicide. Philipson says that some of her patients are suffering from post-traumatic stress disorder,

a severe psychological syndrome normally associated with war, rape, and other traumas in which there has been a threat of death. After her bosses turned against her, Janel Schulenberg, 41, an administrative manager who had worked at an investment firm, became a virtual recluse for a year, locking herself in her room and fantasizing about killing herself in front of her employers. She was never given a new title. And so, when there was an opening to run a larger branch in a wealthier, predominantly white area, she was stunned when her boss of five years refused to consider her for the promotion. How could they do this to me? And she had other jobs where she believed management was racist. Other therapists have also been seeing patients who have lost themselves in work. The question is, Is that healthy? She had watched her own sister, Janel Schulenberg, fall apart because she got too close to work. Yet Hanson, 47, became so enamored with the culture at Microsoft that a few years later, she too found herself feeling depressed, angry, and betrayed. Hanson, a program manager in developer relations, spent her first five years at Microsoft blissfully happy, working with a team leader who knew how to motivate her and make her feel that she was appreciated. She talks fondly of the team lunches, going bowling, and weekly feedback sessions. She admired Bill Gates, whom she met at various Microsoft functions, and was proud of her work with Bay Area startups. Her job got her through an ugly divorce that included going to court eight times. Soon after she returned, she quit. Now she is a consultant to ZD Studios, an event-management company, and she vows never to work on staff at another company again. These people do not have full personal lives that provide the sense of purpose, identity, and community that we all need. As alluring as the new world of work can be, she says, you will not overly invest yourself in it if you feel appreciated and connected in your personal life. Few are active in religious organizations. Many literally do not know what to do with themselves outside work — even when they have families. Working hour days, she would even bring her infant daughter into her office so that she could work into the night while her daughter slept. As she was promoted and the company went through downsizing, she began working every Saturday and, during the busy seasons, Sundays as well — her children in tow. It is painful for Perry-Pastor, now remarried and with a new baby, to talk about how little of herself she gave to her children back then. When her eldest child had trouble learning to read, she hired a tutor rather than spend time reading with her. Some consider their home to be a well-oiled machine that operates smoothly without them. As Hanson puts it: Speaking at conferences across the country as well as attending weekly academic seminars at the Center for Working Families, a research group affiliated with the University of California at Berkeley, she wants the work-family pundits and the psychological establishment to take her patients and their health problems seriously. A psychology journal invited her to submit a major article on her research after hearing her speak at a conference sponsored by the National Institute of Mental Health. She admits that she herself reached her conclusions slowly — and even reluctantly. After her year marriage ended in , she joined Pathmakers, eager — perhaps too eager — to become part of a large community of psychologists. I see how easy it can be to turn to work for that sense of security and community. Every year, she makes sure to take a three-week vacation. Are you working for approval or because this is what you need to do to get the work done? For many, though, it is an uphill battle. Roughly one out of five of her patients tries to sue her employer. First, she says, you wonder why your marriage went wrong. Then, she says, you become angry. The banker, for instance, recently reached an out-of-court settlement with her employer, but she is still haunted by the hurt and worries about how much to trust a future employer. But how do you know if it has begun to matter too much? Psychologist Ilene Philipson offers three key warning signs. You rarely miss work. But what that meant was that they forced themselves to work when they were sick and should have been in bed. What you enjoy most about your job is the praise you receive. Wanting to feel valued and appreciated at work is fine. You need to be able to feel internal gratification from a job well done. Your closest friends are your colleagues. The danger, according to Philipson, comes when your entire support network is at the office. You need to proceed very cautiously. Benjamin Hunnicutt, an historian at the University of Iowa in Iowa City and an expert on the history of work, preaches just the opposite view. How was work seen in the past? We can see this by looking at the words that mean work in different cultures. Even the Puritans considered work a means to an end, the end being God. But the collapse of traditional cultural structures like family and religion has created a vacuum of belief, which work has grown to fill. Yes, fewer jobs involve manual labor. Job-satisfaction studies over the

past 20 years indicate that people are looking for identity, purpose, and meaning in their work, but very few are finding those things.

## 7: When a Mother says She is the Victim of her Adult Children - Emerging from Broken

*When you see the green expert checkmark on a wikiHow article, you know that the article has received careful review by a qualified expert. If you are on a medical article, that means that an actual doctor, nurse or other medical professional from our medical review board reviewed and approved it.*

Healing after Betrayal – Is It Possible? Posted On December 29, Betrayal is a breaking of trust and goodwill in a relationship through some form of wounding. Depending on the circumstances, it can take a long time to heal from and can leave us changed forever. Betrayal has broken marriages, ended long term friendships and has been the cause of family rifts that can span generations. It may be through a sudden event that can leave us feeling shocked and in disbelief, as in the discovery of an infidelity or an affair. Or it may be experienced over time, through of a series of lies or indiscretions that gradually deteriorate our confidence, trust and respect. We know how this type of wounding needs sensitive handling, patience and loving repair for recovery. How do we get betrayed? The sting of betrayal may be experienced through a broken promise, a breaking of confidentiality, feeling abandoned by family or friends during a life struggle, or seeing someone else getting the long awaited pay-rise we felt we deserved. Whatever your experience of betrayal, it usually involves a mixture of feelings – hurt, bruised, angry, resentful, anxious and deeply disappointed. Some of the effects of a betrayal are: It may have been a felt sense that something was wrong, a gut feeling. We want to give our trust to the other person that we know and believe in their highest good. Why does betrayal happen? Or, that there will be times that we will inevitably fail people we know and love. No matter how sensitive we might want to be, it is part of our humanness, our growth and maturation to make mistakes. It deeply affected her ability to trust or be close to her mother and her relationships with her women friends. Despite repeatedly feeling betrayed by her mother my client still longed for a close relationship with her and hoped one day her mother would see and understand how she felt. Every time she attempted to have a conversation with her mother about past hurts she would become defensive, dismiss her experience and my client would feel hurt all over again. This was the start for her to really see the mother she had, rather than the mother she kept longing for. Grieving, Feeling the Disappointment To stop expecting her mother to respond differently also helped her get in touch with the deep disappointment she held around having the sort of mother who would really support her. A great deal of grief arose around the closeness and understanding that she longed for with her mother. Allowing herself to feel her grief and acknowledging its presence took the focus off her mother and back to herself. As she did this, she started listening to and giving loving attention to her hurts. This was the start of her own tender, compassion for herself. Giving herself the mothering she deserved. Validating and Loving Your Authentic Experience Getting better at listening to and validating her own needs helped my client take care of them better. She started to really listen closely to the needs of her inner child that needed validation, support, understanding and protection. Over time, the betrayal she had initially felt was the doorway to creating her own healing. She started to give to herself the mothering she had longed for. As she became more practiced at this, her need for validation from her own mother diminished. Step 4 Forgiving and Letting Go In the process of letting go of the type of mothering she was wanting from her mother, my client started to see much more clearly the mother she had. She also started to practice stronger boundaries around their relationship that made life easier for her. Knowing there were limitations in where she could go around their intimacy and this took time and patience. She practiced listening to her feelings, trusting them and responding to them. Is there recovery after betrayal? Getting over hurt requires recovery time. It is unrealistic to expect yourself to get over feeling your grief and hurt quickly. Recovery time means listening to your heart and allowing it to stay soft despite having been hurt. Listening to your heart and allowing it to guide you helps us recover our trust in our inner knowing. We can, however, reach out and get support and comfort from people we love – friends or family members. It can also be a good time to reach out for help from an experienced counsellor. Here are some key questions to help assess things for yourself: What, if anything, do you feel you need from the other person in order to gain some peace and closure. If they are unable or unwilling to do this how can you seek this for yourself elsewhere? What support and guidance do you need for this to occur.

Where might you be dismissing or diminishing your own feelings of hurt, anger, fear or caution? In order to keep a balance between an open heart and a clear head. Who is around you that you can trust and speak to? Friends, family members or professional help through counselling, social work, naturopath or GP. It includes a very beautiful healing heart meditation.

## 8: Betrayed by Work

*If you are the betrayed parent and your child expresses understanding or longing for the other parent, allow them to do so without interjecting your own bias. Listen to your child's questions and respond with the truth, even when it may not be pleasant.*

That is a rather shocking thing to admit. I have none of the selfless love of my mother. I have none of the plodding, practical love. I am, to be blunt and concise, in love only with myself, my puny being with its small inadequate breasts and meager, thin talents. I am capable of affection for those who reflect my own world. Plath herself indulged in the ultimate narcissistic act when she committed suicide by sticking her head in the oven while her two young children were asleep in the same apartment. She needed someone to live on to remember her and care that she was gone. Narcissistic mothers do not have children for the same reasons the rest of us do. No, they have children for one reason only: They have children so that the children will love them unconditionally, not the other way around. They have children to do things for them. They have children to reflect their false images. They have children to use, abuse and control them. For the narcissistic mother, each step away from her is an absolute act of betrayal. Children have emotions that they express quite freely. This annoying practice is squashed as early as possible since narcissists cannot handle emotions. These mothers end up resenting all the work that goes into raising a child, having no use for them unless they are achieving, doing something or otherwise reflecting their false image onto them. Children are a nuisance to them, taking precious time away from their own agendas. They will smother and overprotect their children under the guise that they are taking care of them. They will fail to provide age-appropriate information on such things as menstruation, personal grooming make-up, hairstyles, shaving, etc. This all serves to keep her children under her control as long as possible. If they are ill-informed and overprotected, they will not feel confident to grow or move further away from her. They will use their children as slaves. They will delegate all household chores to the children as early as possible. They will insist that they pay for their own personal items and clothing as early as possible. Older children will become responsible for younger children. No matter how many of her responsibilities her children take on, it will never be enough or be done well enough. They expect perfection and constantly remind their children that they fail to meet this expectation. Of course, they train their children to believe that they are the ideal mother. Any evidence to the contrary is to be kept secret at all costs. They will behave much differently toward their children in public than they do at home. They will vehemently deny any wrongdoing on their part and most likely blame their children, completely rewriting history. They will play siblings against each other. They will compare siblings. They will talk to siblings about each other. When they have a problem with one, they will talk to another about it. They will make snide comments if they think one of their adult children has a better marriage, house, job, etc. They are more than happy to assist when necessary because that makes them look good, plus, there is an added bonus of having favors to collect on. Asking a narcissistic mother for a favor feels like selling your soul to the devil. They will keep on taking and sucking the life out of their children for as long as they live, if their children allow it. It is incredibly difficult and painful to acknowledge that your mother never loved you without blaming yourself – she raised you to blame yourself for everything.

## 9: 13 Emotional Letters That Prove The Written Word Has A Power Like No Other | HuffPost

*Let's face it, if you are a good parent you will guide your daughter to the right decisions or destinations in her life, but she may hate you all the while for it. Being a good parent means you will guide your daughter and she will still love you, all the while. In fact, not only will she love you.*

This is her follow up book to *Why Dads Leave*: As a co-founder of the venerable Alliance for Transforming the Lives of Children and an attachment parenting advocate, Callander addresses the very real and frequent issues of infidelity and divorce and their impact on children in her books. The dark side of family life may be real, but, as Callander teaches, so are the many paths to healing. The Legacy of Infidelity and Divorce Infidelity—and the divorce that often follows—is a legacy passed from one generation to the next. As adults, these children of infidelity are more likely to be unfaithful to their own partner, and children of divorced parents have a higher than average divorce rate as adults. The worst symptoms often appear when children of divorce leave home and try to form intimate relationships and families of their own, but do so with much less ability to trust and little idea of what a lasting marriage looks like. In , one quarter of adults under forty-five in the U. This means that today, in the U. Yes, adults have greater freedom and more opportunity than perhaps ever before, but there are hidden costs—and the costs are escalating. It is for each parent to determine the legacy they will leave for their children. To Be or Not To Be? Relationships—like many things—are more easily disposed of than worked on. Do they take it to the junkyard or to the mechanic? What does it say of a person—of a culture—when their relationship is more disposable than their car? These dilemmas are exacerbated by the increased pressure we put on marriage. The expectations of marriage have grown as other social networks—with friends, extended families, neighborhood groups and so on—have broken down. In marrying, the expectation is that the couple will form a lifelong bond that is safe, nurturing, loving, financially stable, and exciting. We think if we are not happy we have the right to end our relationships. This raises the question: Psychotherapist Rachel Morris believes that our modern culture is counter-intuitive to sticking with marriage through the long haul; that to do so is totally at odds with modern messages of choice and freedom and ambition. Despite the seeming incompatibility between marriage and modern messages of choice and freedom, growing numbers of young adults are saying they want a monogamous marriage, and growing numbers of Americans are disapproving of infidelity. Yet we are more likely to accept infidelity in our own relationships, rather than see it as the automatic deal-breaker we saw it as in the past—and more likely to confront it directly with the help of therapists and counselors. While not all marriages can—or should—be saved, no therapist can save a marriage if either partner is not committed to working on the issues brought to the fore through the infidelity. Sometimes too much damage has been done, or reconciliation remains elusive, or the unfaithful partner is unwilling to leave the affair in order to work on the relationship. Couples who have a strong commitment to rebuilding their relationship and have the strength and determination to do so, have a high probability of staying together and renewing a relationship that grows in depth, honesty, and intimacy. From the viewpoint of the children, divorce is a cumulative experience. When the time comes to choose a life mate and build a family, the effects of divorce are exacerbated. Ultimately children benefit from parents who show them how a conscious and loving couple can grow together, through good times and bad. If two people are in a committed relationship, they owe it to one another to be honest. If they cannot stay committed, they need to extricate themselves from the relationship before pursuing other relations. The consequences of acting otherwise are tremendous—especially when children are involved. When a man is unfaithful to his wife, he is being unfaithful to his children as well. How will the children ever trust again? What kinds of relationships will they have? While the betrayed parent may not expect anything from the cheating spouse, their child is left with hopeful expectations as well as a host of fears. Children often find themselves in a nightmare that offers few viable options. One option is to accept the unacceptable: Another option is to express their outrage, and in doing so risk being abandoned by a person whose love they so desperately want and need. They may act out, regress, or withdraw. They may feel pressured to win back the love of the unfaithful parent or to become the caretaker of the betrayed parent. While every family is

different, and each child is unique, Nogales identifies the following core responses experienced by children of all ages—from young children to adults—when they find that one or both of their parents has been unfaithful. They very often learn not to put their faith in love, and may also develop the belief that they are not worthy of receiving monogamous love. If the child has been pressured by the cheating parent to keep the secret of infidelity from the betrayed parent, the child is left with the added and unwarranted burden of guilt. A child often draws the conclusion that marriage is a sham and love an illusion. Additionally, when parents stay married even while one or both continue having an affair, children are profoundly confused about the meaning of both love and marriage. Anger and ambivalence toward the cheating parent. Resentment toward the betrayed parent. Some children resent the betrayed parent for requiring them to be their emotional caretaker, for under-parenting due to preoccupation with the drama of the infidelity, or for not preventing the infidelity in the first place. Rather than confronting sad, angry, or confusing feelings directly, children may exhibit behavioral problems during childhood, sexual acting out during adolescence, and intimacy problems or sexual addiction during adult years. Issues of promiscuity may arise in an attempt to play out what a child perceived from their parents about the casualness of sex and the impermanence of love. In an attempt to protect children from the realities of infidelity, a parent may fail to offer any explanation, minimize the situation by telling a half-truth, or simply lie—this then becomes a second betrayal. It is best when the parent discusses the infidelity in a way that is both honest and age appropriate. The younger the children are, the less a parent needs to say about it. If the children have heard or suspect something is wrong, and are asking questions, then it is very important to recognize that a factual—rather than emotional—response is needed. It is worse for children to feel there are secrets being withheld from them, especially when these secrets are affecting them. When they have no idea about what has happened, it may not be necessary to tell them—even if they are adolescents. The caution here is that parents usually greatly underestimate what the child suspects or knows. It is best when parents who are separating agree what they will tell the children and then do this together, perhaps with the support of someone known and trusted by the family. It is easier on the children knowing that their intention is to continue to parent them together. The personal environment in which a child lives and from which she draws her sense of safety and security—namely her family—is fundamentally changed because the most important people in that environment have become unrecognizable. When children learn that the most important people in their world are untrustworthy, their ability to trust others can be seriously impaired. Wanting to avoid being hurt in the same way they witnessed a parent being hurt, they may do whatever it takes to protect themselves from being emotionally vulnerable. Learning to Trust Again Is it possible to relearn how to trust? Nogales believes that trust is a need and a feeling, but also a skill that can be learned. She outlines a process whereby even when a child has been subjected to infidelity, she can learn to trust again: Acknowledge the need to trust. We all need to trust and to feel safe, to develop and express ourselves, and to give and receive love. A young child learns to trust when there is someone she can rely on to provide structure and be there for her unconditionally. Without that sense of security, she is afraid and tentative. An older child and young adult needs to be able to trust in order to develop healthy relationships and the sense of security that allows her to fulfill her goals. Admitting to herself that she needs to trust others in order to be emotionally healthy, paves the way for her being able to do so. Each person goes through the process of developing trust at her own pace. With time, a person can learn to make wise choices about who she trusts, and to what degree. Trustworthiness is not black and white. While it is crucial to have people in our life that we can trust, we hurt ourselves if we allow ourselves to trust everyone unconditionally. Each of us needs to remember that we always have the option to trust, even when that trust was shattered by a parent. A person can decide to be trusting of those who deserve her trust. Being aware of how others demonstrated or failed to demonstrate their ability to make her feel respected, listened to, and safe will help her hone her skill at choosing who to trust. Anger is a normal human reaction and, expressed appropriately, it is healthy. If you are the betrayed parent and your child expresses understanding or longing for the other parent, allow them to do so without interjecting your own bias. Lying perpetuates the lies of infidelity. Be up front and direct—usually, details are not necessary. I remember my anger just grew realizing how my relationship with my son had been broken and contaminated by the whole sordid nightmare. I knew I protected him as a mother

from the world, but it was a horrible feeling to realize I had to protect him from my own rage and sorrow. The only good news is that I did heal. Often, expressing anger or hatred leads to deeper feelings of sadness, hurt, and fear. A Native American story tells of a grandmother talking to her granddaughter. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one. It is common for the betrayed spouse and children to stick together in the initial phase of the infidelity crisis. Once that time has past, children need also to relate to their own support system—friends, and extended family. Both parent and child can benefit from counseling during the crisis. Children of every age need to maintain a positive connection with both parents. If you need to vent your feelings of anger and hostility toward your unfaithful spouse, do so with a trusted friend or therapist, not in the presence of your children. I never thought that I would ever hate, or be disgusted by, the father of my children. But this is where I find myself. I am bewildered as to what to do. I just know how I feel. One side of a woman may say, I hate him.

Non destructive testing method and application Good Friends (Roly-Poly Lift-the-Flaps) Kvy 2017 syllabus Understanding and using english grammar 4th edition teacher guide Kermit's Mixed-Up Valentines Jammu under the reign of Maharaja Hari Singh The Evolution Of Conscious Faculties Reported sightings Monetary payments in federal EEO cases Work health safety regulation 2011 nsw Prayer Committee (Revival Preparation Guidebook) Report of the Joint Committee of 1860 upon the proposed canal to unite Barnstable and Buzzards bays I Cant Wait Until Christmas Hp vertica essentials Cats on a chandelier Encyclopaedia of witches and witchcraft. Understanding Citizenship 1 (Understanding Citizenship) Fill out for Dictionary of sacred and magical plants Corn at the factory The murder of Admiral Darlan Moral, but no compass Judith Turner photographs five architects Inside Songwriting Five strands of fictionality Representing the working man: The autobiography of a working man and Mary Barton Embattled shadows Ing practice book grade 5 The Cosmological Milkshake Archaeology of ancient Israel Nikon keymission 360 manual Bridge across the Saint Croix River. Social work skills workbook On Shakespeares learning Academic programs Mary Etta Mills and Dorothea McDowell Production and Storage of Dried Fish How low income undergraduates financed postsecondary education, 1992-93 Win Before You Buy The widening of Picassos circle We have moved beyond this God (havent we?): Jesus as the fulfiller of the Old Testament