

How to Navigate Religious Narcissistic Parents



Minor Children

- Find supporters you can trust and confide in.
- Find someone safe that you can stay with if you are able to get out of your parents' house
- Be careful to choose your battles wisely. Don't fight about it if it isn't critical in the long term

Both

- Keep yourself safe!
- Stay calm when engaging
- Have a good stream of books and resources
- Get a counselor that understands narcissism



Adult Children

- Make sure to establish and keep healthy boundaries
- Understand how your abuse as a child affects your life as an adult
- Give yourself grace to navigate the road ahead the way you need to for your own health