

Were You Raised by a Narcissistic Mother?

5 signs the damage runs deeper than you realized

Most daughters don't recognize the damage until they're adults. Read through each sign below and notice which ones feel familiar.

1. You feel responsible for other people's emotions

You learned early on that keeping the peace was your job. If mom felt upset, everyone felt it. So you became hyper-vigilant to other people's moods and needs, while ignoring your own.

2. You struggle with self-worth

No matter how hard you tried, it never felt like enough. Good grades, achievements, sacrifice, success — the goalpost always moved, leaving you constantly seeking validation.

3. You second-guess yourself all the time

When your thoughts, feelings, and experiences were regularly dismissed, you learned to doubt your own reality. Even now, you may overthink decisions and look to others for reassurance.

4. You feel guilty for having boundaries

Saying no feels uncomfortable. Putting yourself first feels selfish. You were taught that your needs came last, after everyone else's.

5. You confuse control with love

When criticism, guilt, and manipulation are normalized, healthy love becomes unfamiliar — and peace can even feel strange.

None of this means you were broken.

These are survival skills you learned in an unhealthy environment. What was learned can be unlearned — awareness is where healing begins, and recognizing the pattern is the first step toward breaking the cycle.

Ready to start unlearning it?

UNBECOMING is a guided healing app built from my own recovery — meditations, an audio library, and “Sit With Me” for the 2am spirals. First 7 days free.

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— Jennifer Elizabeth Masters