

Traits of Adults Who Grew Up With Narcissistic Parents

The adverse effects of being raised by a narcissistic parent can last well into adulthood. These are some traits you may notice as an adult.

If more than half of these apply to you, consider reaching out for professional support:

- Symptoms of depression
- Symptoms of anxiety
- Trouble with intimacy – emotional and mental
- Difficulty setting healthy personal boundaries
- Health problems or a weakened immune system
- A need for control
- Perfectionism
- Low self-worth
- People-pleasing tendencies
- Difficulty connecting with others
- Trouble sustaining meaningful relationships
- Self-doubt
- Difficulty understanding and regulating emotions
- Desire for external validation
- Trouble prioritizing your own wellbeing
- Unhealthy coping mechanisms like avoidance, withdrawal, substance abuse, suppressing emotions

If you need further guidance or support, you are not alone.
Trust Mental Health can help. Reach out to us for a
free 15-minute consultation at 833-878-7864.

This worksheet is for educational purposes only. It is not for diagnostic purposes, nor does it substitute for professional advice. Please consult a professional healthcare provider if you have concerns.