



I SURVIVED **35** YEARS OF NARCISSISTIC ABUSE!

*How the Virginia Satir Family Systems
Model Gave Me Healing, Peace, and
Understanding*

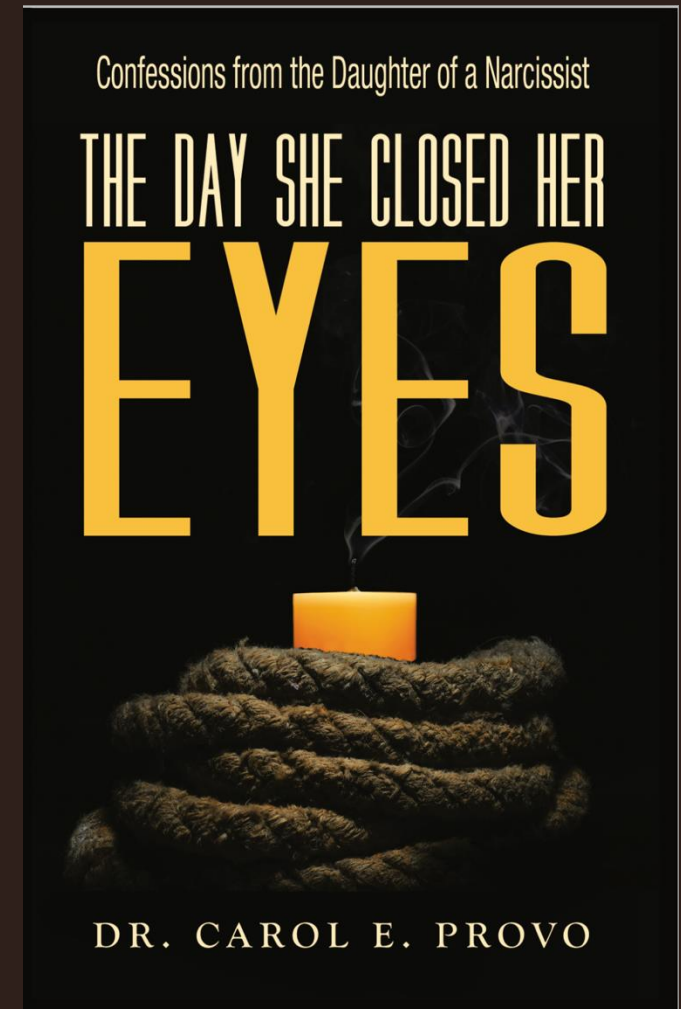
By Dr. Carol E. Provo, Member, Virginia Satir Global Network

Introduction

Presenting My New Book:

“The Day She Closed Her Eyes:

Confessions from the Daughter of a Narcissist”



Why I Wrote This Book?

Two Reasons:

- First: To Free Others**
- Second: To Free Myself**

Let me explain...

What I Need from You Today?

Two Things:

- Support and Validation**
- Encouragement for the Future**



SETTING THE FOUNDATION

Major Types of Abuse

- Physical Abuse/Intentional Harm
- Emotional (Psychological) Abuse **
- Sexual Abuse – Exploitation and/or Assault
- Neglect and /or Parental Abandonment **
- Financial (Economic) Abuse
- Digital (Cyber) Abuse
- Spiritual (Religious) Abuse **



*Under Emotional and Psychological
Narcissistic Abuse*

KEY CONCEPT:

MOST NARCISSISTS ARE

HARMFUL...



Narcissistic Abuse

KEY TERMS:

Intentional

Grooming

Manipulative

Long-Term

Disruptive

Dangerous

Hidden

Subtle

Narcissistic Abuse

Narcissistic Parents, especially MOTHERS

Possess the FOUR P's:

- **POWER ****
- **PROTECTION**
- **PRIVILEGE**
- **PRAISE**

*** The archetype of the mother may contribute to the longevity and severity of symptoms, hopelessness, and suffering...*

Transcendent Power

(Even from the Grave)

- **What do I mean by this?**

- Power of Personality *(Appeared to be kind, loving, and giving)*
- Power of Position/Title in the Family *(the mother – the martyr)*
- Power of the Purse *(Financial Wealth)*
- Power of Influence *(Trusted and Sacrificial)*
- Power that even transcended her death...

** It's not that you have POWER that matters, but how you use it...Dr. Carol Provo*



Narcissistic Abuse

Focus for Today:

GRIEVING THE LOSS

(of a Narcissist Mother)



The Companions of Grief

Fear

Denial

Confusion

Sadness

Guilt

Shame

Bargaining

Anger

Stress

Withdrawal



Relief

Acceptance

Happiness

Forgiveness

Understanding

Hope

Moving Forward

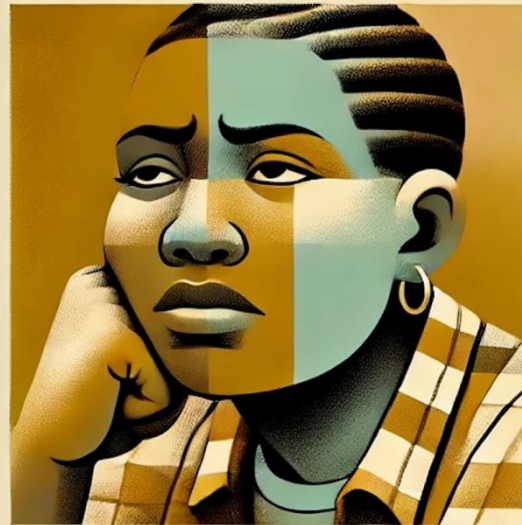
New Beginnings

Self-Awareness

Growth

My Personal Companions of Grief

DENIAL



FEAR




GUILT

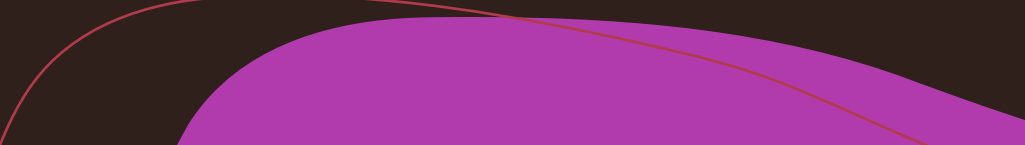


SHAME





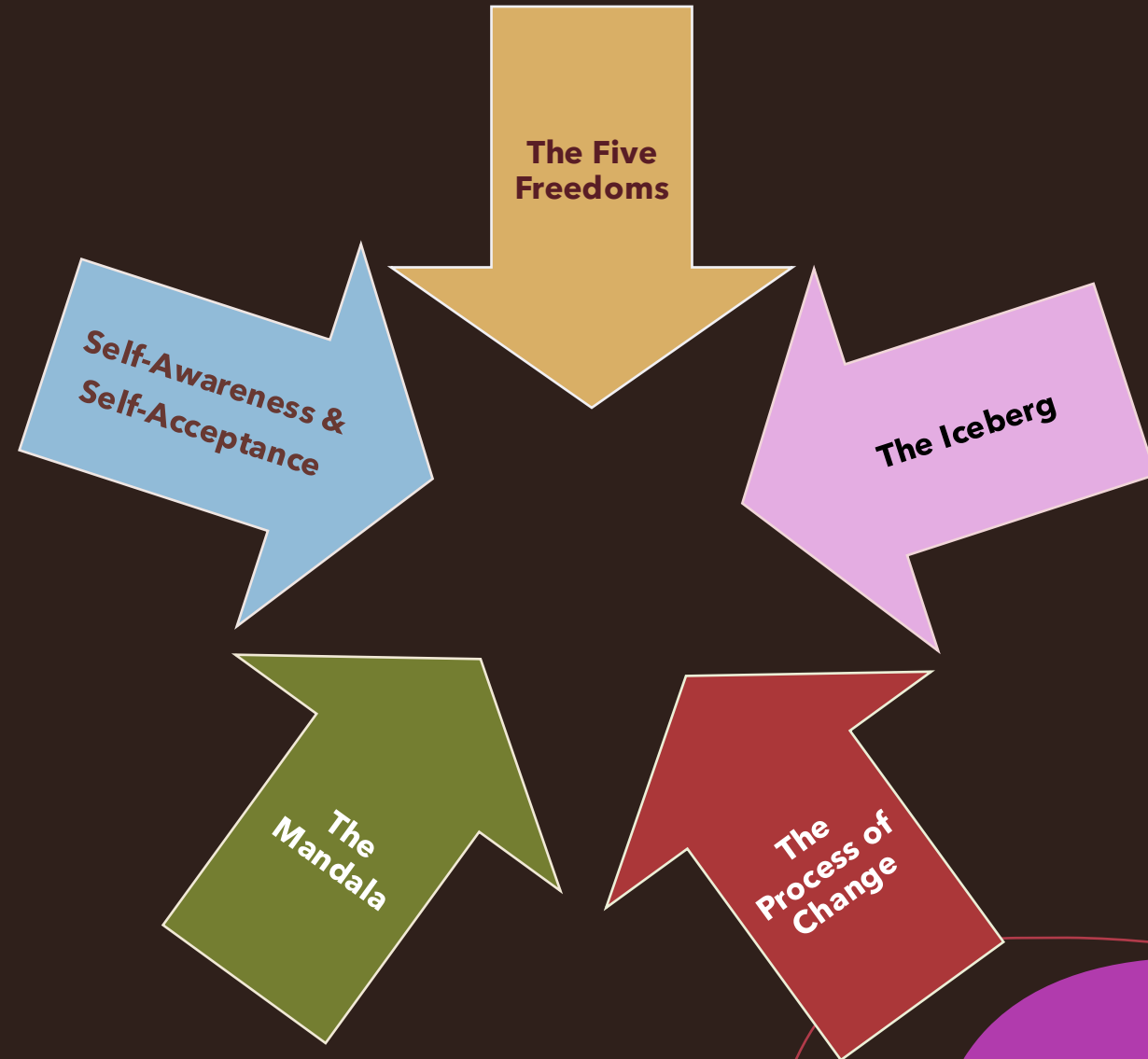
↪ SATIR TECHNIQUES ↪
HOPE AND UNDERSTANDING



FIVE SATIR TECHNIQUES

- **The 5 Freedoms**
 - Cultural, Religious, Societal Limitations
- **The Iceberg**
 - Tainted Hidden Content
- **The Process of Change**
 - Trapped by Guilt and Shame
- **The Mandala**
 - The Missing Pieces
- **Self-Awareness and Self-Acceptance**
 - What I've Come to Realize that...

Satir Family Systems Model



THE FIVE FREEDOMS

THE FREEDOM TO SEE AND HEAR

THE FREEDOM TO SAY

THE FREEDOM TO FEEL

THE FREEDOM TO ASK

THE FREEDOM TO TAKE RISKS

By Virginia Satir

The Five Freedoms

*“Easier said than done with
abusive parents.”*

How Abuse Obliterates Your Freedoms

- *After the death of an abusive and toxic parent: Adult-child victim is conflicted because they cannot trust themselves:*
- **Familiar environments may not be safe:**
 - Freedom to Say: Truth – can be limited and difficult to access
 - Freedom to Hear: Lies are predominate among family, friends, church, work
 - Freedom to Feel: Safe Place – Nonexistent
 - Freedom to Take Risks – Could be difficult and/or dangerous**

THE ICEBERG

Behaviors = Manifest Content that Is Above the Surface

BEHAVIORS

Cognitive, Emotional, & Psychological (Latent) Content = Beneath the Surface

FEELINGS

PERCEPTIONS

EXPECTATIONS AND BELIEFS

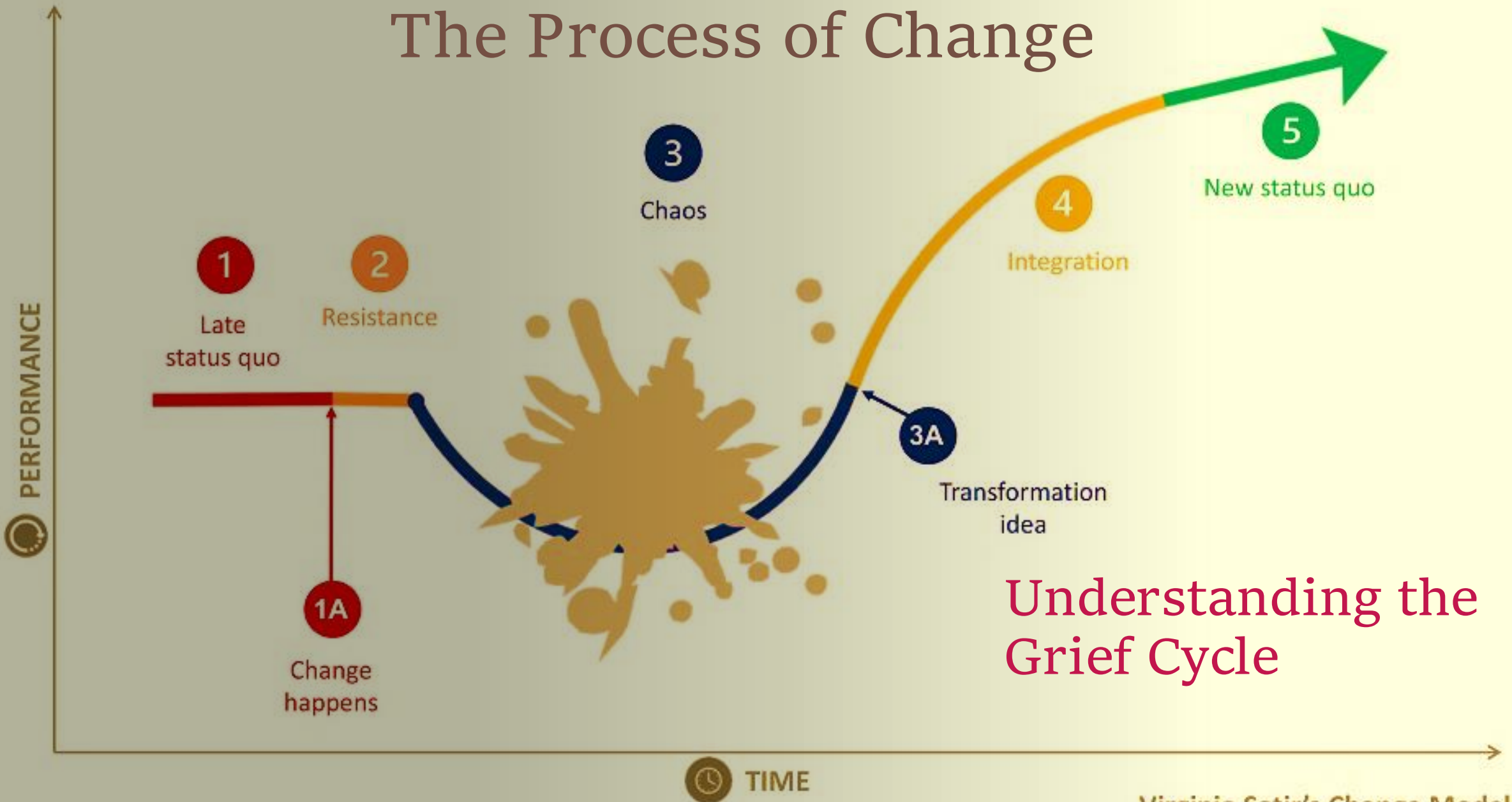
YEARNINGS

THE ICEBERG

How Abuse Distorts Your Hidden Desires

- *After the death of an abusive and toxic parent: Adult-child victims may become confused and may not trust their own memories:*
- **Recollection of facts are manipulated and used against victim by many others – because the REAL truth is so unbelievable:**
 - *Behaviors: don't tell the whole story – no one would believe the story*
 - *Feelings: deemed ridiculous and don't match the masks of the narcissist*
 - *Perceptions: laced with doubts and no longer make sense to the masses*
 - *Expectations: used to scapegoat the victim as mentally unstable*
 - *Yearnings: tainted by the length of time – unhealthy seems healthy and vice versa.*

The Process of Change

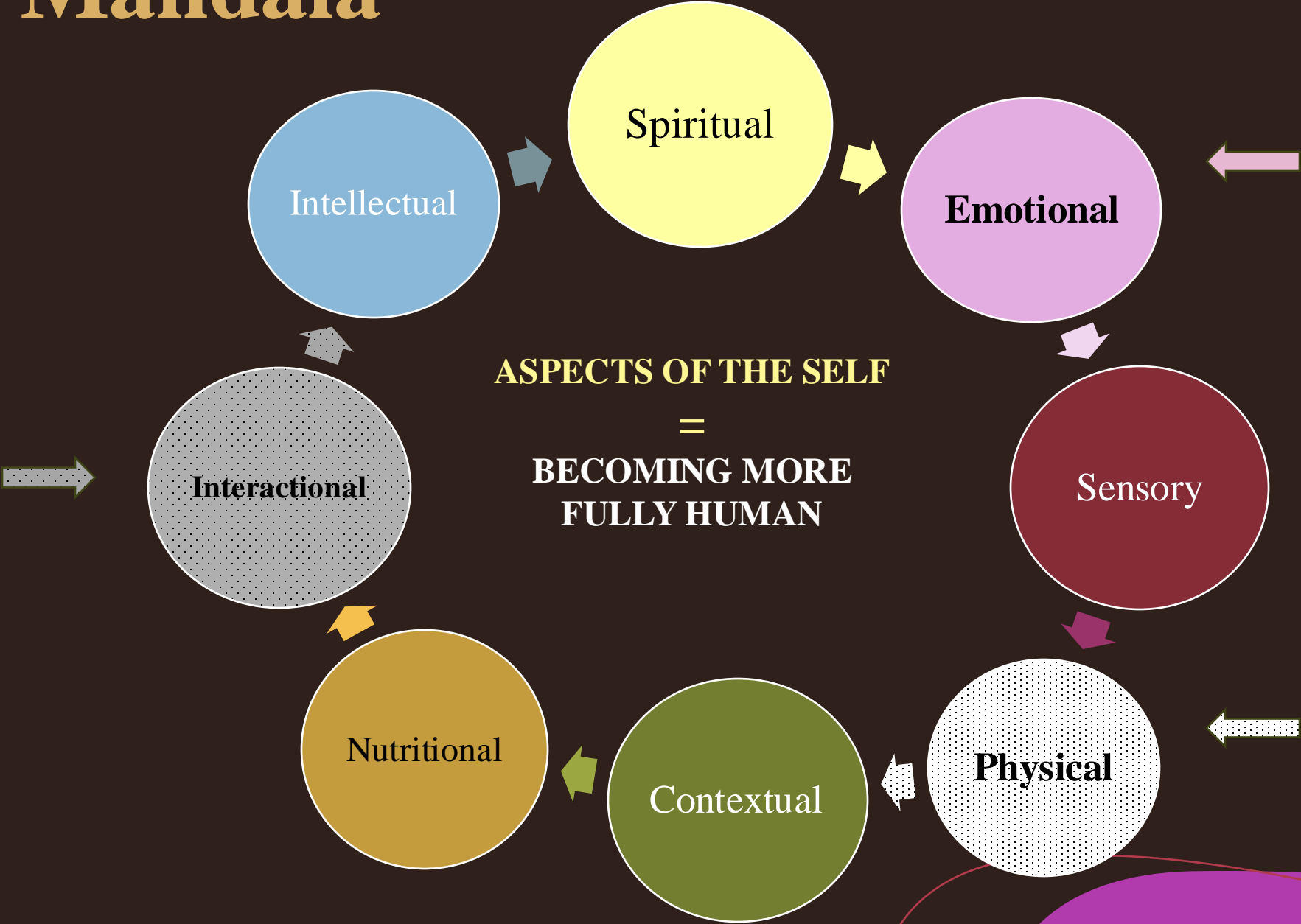


Understanding the Grief Cycle

How Abuse *Skews* The Change Process

- *After the death of an abusive and toxic parent: Adult-child victim's change process may occur outside of familial, religious, social, and mentally-functional norms.*
- Gathering and sharing with others to acknowledge the loss may be absent – victim finds him- or herself alone with deeper suffering:
 - Status Quo – abnormal existence was the norm, isolation → then the death
 - Resistance replaced by - freedom, relief, joy, strong need to share
 - Chaos: enters because no one to turn to for validation. Trapped within!!
 - Transformation: to a deeper suffering = toxic parent wins again!!
 - Integration and New Status Quo: Acceptance Can go from BAD to WORSE!

The Mandala



How Abuse *Impacts* the Dimensions of the Self

- *After the death of an abusive and toxic parent: Adult-child victim may have aspects of the self that are missing or have been completely ignored.*
- *At the height of narcissistic abuse, the victim has become so hypervigilant for self-protection that it is impossible to manage each dimension of the self.*
- The Missing Pieces of My Self:
 - Emotional Aspect – Very poised, intellectual, and successful; but it finally overwhelmed me!
 - Interactional Aspect – I withdrew from all types of relationships due to trust issues
 - Physical Aspect – Abused my body with extreme workout routines.

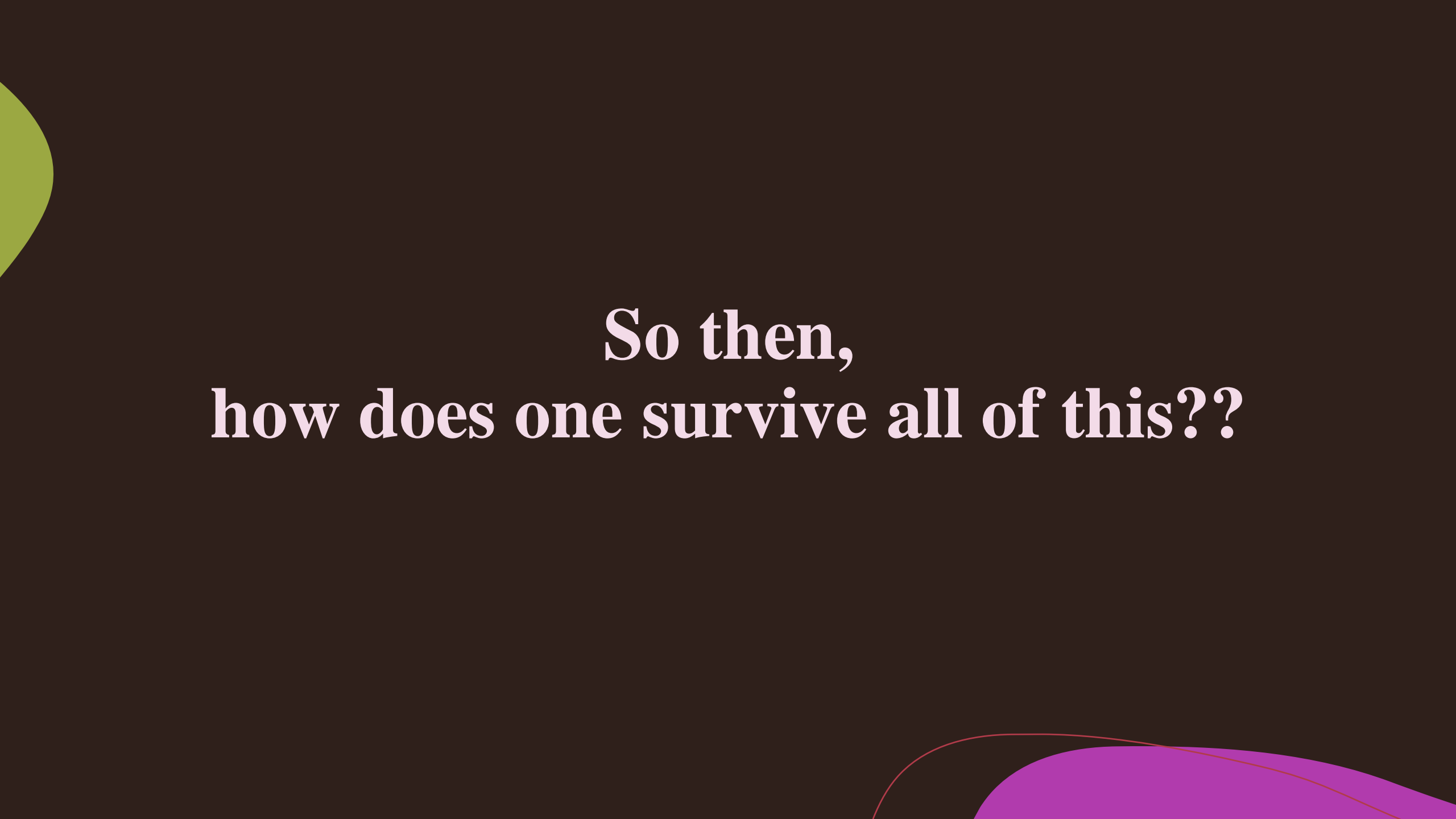
Self-Awareness

- **VIRGINIA SATIR HELPED ME LEARN:**
 - **Minor and adult children often blame themselves**
 - *What did I do so wrong and how can I correct it? I had the “Try-Harder-Syndrome”*
 - **Parents can be manipulative and malicious = HAVE EVIL INTENT**
 - *DIFFICULT because what part of them is in me (could be unconscious)? Why did she pick me to hate versus my siblings?*
 - **NOT All Parents are LOVABLE or WORTHY TO BEING OBEYED**
 - *THIS WAS MAJOR FOR ME!! IT FREED ME FROM RELIGIOUS BONDAGE!!*

Self-Acceptance

VIRGINIA SATIR HELPED ME ACCEPT THAT:

- *I AM STRONG AND FEARLESS*
- *I AM FREE FROM EMOTIONAL AND MENTAL BONDAGE*
- *I AM THE OUTLIER IN MY IMMEDIATE FAMILY*
- *I AM LOVED AND APPRECIATED BY THE FAMILY I CREATED*
- *I AM EXACTLY WHO I DREAMED OF BECOMING*
- *I AM ME AND THAT IS ENOUGH!*



**So then,
how does one survive all of this??**



**STOP HIDING
and
DO IT AFRAID!**

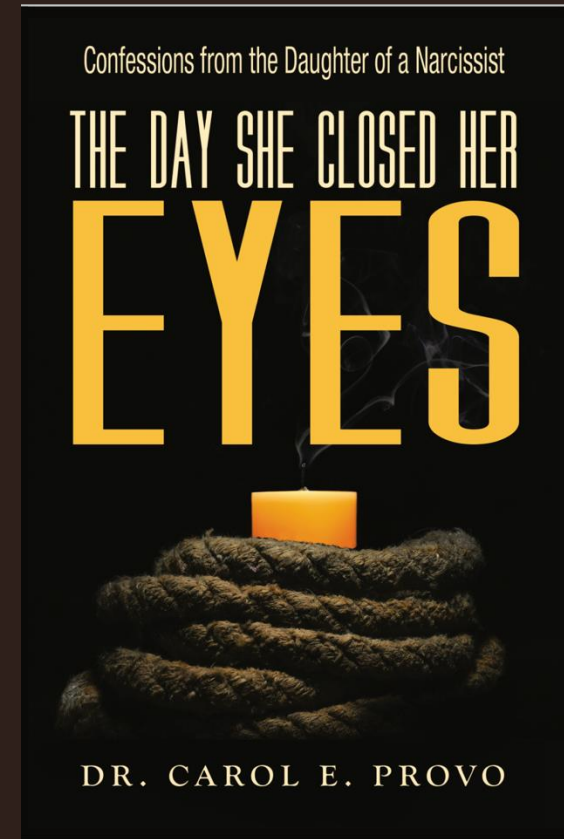
“Hiding My Pain Through Giving,” Dr. Carol E. Provo



To Order Your Copy Now!

- For Satir members and friends:
 - To order from the Satir Bookstore, [Click Here](#)
 - Or go to my website at <http://breakthroughwithdrprovo.com/>

Thank you for your support!





THE END