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Final Paper

Takeaways from the video Relationship with a Narcist person.

A relationship with a narcissist undoubtedly harms one's emotional well-being. In addition, the partner of a narcissist has to deal with feelings of insufficiency or failure due to the lack of recognition, distorted beliefs about their own values, and the possibility of being considered a lovable person in the face of the partner's lack of interest, since they are only interested in themselves.

Most people in a relationship with a narcissistic person hope things will change. Unfortunately, it is unlikely that a narcissistic person will change to what the other person expects. It's hard for them to recognize they need to change; it is all about themselves; you are only good if you are pleasing them. The problem with treating a narcissist is not the idea that they cannot change but the difficulty of convincing them that they need to change since they will not accept that something is wrong with them. They are proud of their ways. Narcissistic people often resist therapy because they believe they are superior to others and therefore see no reason to receive help. Thus, the person in this type of relationship has to realize that they will be the one that will need to make the changes. Change is risky; It means that the relationship as it was will end.

In the face of a breakup, clients may resist grieving because it makes them feel helpless, powerless, and hopeless - giving away the hope that the person will change and realizing that it will always be about themselves.

It is the death of a dream and the idealized person's loss. They start to mourn something that still appears to be present. When the person decides to walk away from the relationship – the other person is still there; he is not gone as when someone dies. The person who walks away does not always understand why they are grieving. They may start questioning themselves: Why am I grieving? They are grieving what the relationship could have been. People who live with a narcissistic person- grieve the past – the present – and the future.

Narcissistic parents Criticize their children's personalities and attitudes and humiliate them at all times. They blame their children for their own decisions and frustrations and overcharge them. They never recognize or appreciate their efforts. Children of narcissists grow up in a family context of aggressiveness, manipulation, and hostility, with many impairments in their psychological development. Narcissistic parent blames their children for their emotions, are abusive and cruel, and see their children as their property. There is a constant longing for a loving parent for children who deal with this narcissistic relationship with their parents. It is ambiguous to have the parent but not have the loving relationship of most parental relationships.

Takeaways on the grief summit video about mother loss

Claire Bidwell Smith talks about how maternal loss affects individuals' sense of identity and changes their world forever. She also mentions that the individual who loses his mother in a sudden death may have a reduced ability to cope with the loss when compared to someone who anticipated the loss. Of course, grief is not different, but the gift of time that allows the person to say goodbye and anticipate the death may help to cope.

As the speaker discussed different types of mother loss, I realized that I have never thought about maternal loss in any other way other than death. So the talking was really an eye-opener for me to also consider maternal loss that comes through maternal abandonment, mental illness, substance abuse, neglect, and many other ways a mother ceases to be present in her children's life.

In addition, many people actually go through double loss, death, and ambiguous loss. For example, for people growing up with an absent mother, or dealing with the sense of rejection, having to deal with the anxiety of having a parent physically present but not being available emotionally, resulting in disenfranchised grief, and also losing that mother to death. In this case, they lose a mother and the dream of having a loving and nurturing mother in their lives.

The role of a mother is to provide nurture- protection, and guidance for her children. Maternal care is our first life experience; if we are deprived of it, we struggle with insecurities throughout life.

It was also interesting to see that a mother influences the son and the daughter in particular and distinctive ways. The relationship between mother and son affects his development and emotional health and gives him security and confidence. It also influences his future relationship with partners and friends. Depending on how secure he is with his attachment to his mother will determine how emotionally intelligent he is, how to regulate his emotions, how he respects or treat women, and how easily influenced he is by his peers.

While with the daughter, a present mother will affect her daughter's self-esteem, empathy and compassion, and communication skills; the mother will be her role model; she will also play an essential role in future relationships with partners. The more secure the daughter is in her relationship with her mother, the more confident she will be with her future husband. She will also be able to regulate her emotions and be emotionally intelligent.

Males and females also grieve a mother's loss distinctively. Unfortunately, there are cultural differences in how both sexes deal with loss. It is almost as if a man cannot experience his grief, as society does not validate the expression of his pain. Since childhood, men are "trained" not to show their emotions, but that does not mean they do not feel pain.

Usually, the woman expresses herself more effectively; she shares her pain more and seeks help. Conversely, men control their feelings more and avoid talking about their pain, a more action-oriented way of dealing with grief. We can say that mourning between men and women is not different in terms of suffering but in the way of dealing with it.

Another takeaway from the video was realizing how the media portrays maternal absence in a romanticized way. I have never realized how so many movie characters do not have their

mother present or tragically lose their mother. But, the media portrays their loss in almost a positive way, showing them powerfully overcoming their challenges, neglecting the pain and struggles accompanying the loss.