



Is My Parent a Narcissist? — Guided Checklist

A narcissistic parent is someone who is primarily focused on their own needs, desires, and image, often at the expense of their child's emotional wellbeing. They may lack empathy, expect constant admiration, and manipulate or control their child to maintain their sense of superiority. Growing up with a narcissistic parent can lead to feelings of invisibility, confusion, and difficulty in setting healthy boundaries.

This checklist is meant to support reflection and clarity—not to diagnose. Many adult children of narcissistic or emotionally immature parents carry confusion and guilt. This tool offers a space to gently explore your experience.

1. Did your parent often make everything about them, even when you were in pain or needed help?
2. Were your accomplishments ignored or overshadowed by their needs?
3. Did they emotionally invalidate or ridicule your feelings?
4. Were you expected to meet their emotional needs as a child?
5. Did you fear their reactions or feel like you had to walk on eggshells?
6. Was your parent often critical, shaming, or controlling?
7. Did they lack empathy for your struggles or boundaries?
8. Did you feel invisible, unheard, or emotionally abandoned?
9. Did they become defensive or play the victim when you expressed hurt?
10. Did you feel like you existed to serve or protect their ego?

Reflect:

How does reading this list make you feel in your body? What stands out?

You are not alone.

Healing begins when you name what was never acknowledged. You deserved emotional safety, and it's never too late to learn it now.

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