

TAKE-AWAYS FROM THE BROKEN TIES MEETING WITH

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- It's all about validation, acceptance, and acknowledgment
 - You have to feel like a survivor to survive
 - The narcissist will never give empathy, but they'll suck it up
 - The narcissist always needs to be right
 - The worst thing you can do to a narcissist is attack his ego
 - It's evil, it's abuse, it's a cult
 - A kiss is control
 - Any gesture from your child should be recognized as courageous as they are controlled by the narcissist
 - The children deserve our sympathies for their struggles
 - The narcissist does not deserve our sympathies
 - They (the narcissist) know exactly what they are doing
 - You have to be proactive
 - Small stuff gets exaggerated
 - If you promise something make sure to do it
 - To get through to your grandchildren you need their parents
 - Don't discipline until some attachment is formed
- and the big one - you've got to let yourself down to get into their lives (hopefully, it will be temporary).

THANK YOU TO THE GROUP MEMBERS FOR SHARING THEIR NOTES.