

Sons of Narcissistic Mothers; How Johnny Depp's Mother Shaped his Relationships with Women.

Have you heard the old saying "judge a man by how he treats his mother?" Well, what if he has had an abusive and unfit mother? What then?

Maybe in a perfect world mothers are flawless but we don't live in that perfect world and there are thousands and thousands of narcissistic mothers around, harming their children every day.

As usual, since most women have not been emotionally castrated in childhood and most men have, more daughters of narcissistic mothers go to therapy and talk about the nightmare they have grown up with. Because of that there are many wonderful books written by therapists who specialize in working with daughters of narcissistic mothers and let me tell you those books are amazing and helpful because its easy to follow the narcissists' pattern of behavior. They are consistent in the way they reign terror and although impossible for a child to know, adults can learn how to predict the incoming assault, set boundaries and protect themselves. The more you learn about narcissism the better equipped you are to protect yourself. There are not many books however focusing on helping sons of narcissistic mothers.

I still recommend men who were raised by narcissist mothers to read those books and even though it's not specialized for sons there are many overlaps that will help them. This brings up the need in society to openly talk about the damage on boys who were raised by narcissistic mothers.

Recently Johnny Depp has bravely exercised his strength in vulnerability and opened up about his childhood in painful details. Even though it's in the context of a contentious and heartbreaking court case, I felt it's a good opportunity to start addressing and unraveling the damages to boys whose childhood has been shattered by their narcissistic mother's wrath and cruelty.

Narcissistic mothers in general are very unhappy people and no one around them is allowed to enjoy their lives either, they make sure of it.

These mothers steal their son's childhood & as much of his adulthood, as he allows. Instead of protecting her son which is her most important job, she becomes a source of terror for him.

Narcissistic parents are cruel, violent, and unpredictable. The unpredictable nature of a narcissistic mother creates a 24/7 terror in the household aaand it's actually the same with narcissistic fathers but historically mothers are the parent who is far more present in the household compared to the father.

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Some narcissistic mothers such as Johnny's are both physically and emotionally abusive and some only inflict psychological terror. Whether the narcissistic mother is the kind that gets her hands dirty or not, both kinds are known to impel the fathers to unleash additional physical assault on the child.

Johnny said the verbal and the psychological abuse was almost worse than the beatings. I tend to agree with him. Physical pain whether it's an ashtray being flung at your head or whether you are being beaten with a high heel shoe, is something the child learns to deal with, take it or stay out of the line of fire as best he can and the pain, the physical pain eventually subsides but the emotional and psychological damage can last decades if not a lifetime.

These mothers are also known to be very critical of their children's appearances. The barrage of nonstop judgment and dissatisfaction with their children's physical imperfection as they see it, is enough to break his spirit and demolish his self-confidence long before it's had the opportunity to even develop.

Johnny shared that his left eye has had a congenital defect and around age 3-4 yo they noticed as he called it that he had a lazy or wandering eye. His mother, Betty Sue would call him "cockeyed and one-eye" he recalled. This is very common and in other cases can manifest as obsession over the child's weight, height, facial characteristics, and even intelligence.

Another prominent characteristic of narcissistic mothers is how relentlessly demanding they are. They are never happy and nothing will ever make them happy. Maybe a piece of favorite dessert puts a rare smile on their faces which means the world to the children. They pray their little hearts out and hope that maybe, just maybe this time the smile lasts beyond the confection but sadly that never happens.

When a boy is raised by a relentlessly demanding mother who's never happy and never satisfied, he learns that he's not good enough and he can never keep a woman happy. Seems like a daunting and impossible task. In his future relationships with women, he feels as much of a failure and inadequate as he always did as a little boy with his domineering mother.

One of Johnny's coping mechanisms to escape his mother's volatility, and violence was to find a place to feel safe. As soon as his mother started being violent, he'd run and hide somewhere, often in the bathroom. That worked for him as a little boy but unfortunately, as a grown man automatically running away and disengaging in the middle of a conflict with your spouse repeatedly, is an absolute recipe for disaster.

All children need love, affection, & validation from their parents. Unfortunately, mothers with narcissistic disorder offer conditional love & affection depending on how much & how well and how long their sons serve them, but will never offer validation. Growing up with a narcissistic

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mother creates a lot of confusion with women when these boys grow up starting with a deep sense of mistrust.

A narcissistic mother has no empathy or respect for his individuality. He is an extension of her & exists to serve her.

These boys are

- neglected,
- manipulated,
- used and
- always left begging for a reward they'll never receive, **her approval.**

As her son gets older, she relies on him for emotional support far more than any mother should, she may even interfere in his relationship with other women

Sons of narcissistic mothers:

- Most likely have lower self-esteem
- Have trouble forming meaningful relationships despite their best efforts,
- Have difficulty regulating their emotions
- Have difficulty trusting women
- And almost always experience an underlying resentment towards women in general

Men who are psychologically possessed by their narcissistic mothers have great difficulty with emotional intimacies. In most cases, a woman is a mystery to these men. She is someone excessively demanding who's never happy and never satisfied and if he hasn't healed himself from his childhood trauma, he keeps finding women who will reinforce that image for him.

If you learn one thing from this podcast, please remember, a narcissistic mother will never acknowledge the pain she has inflicted on you and will never apologize and expecting her to do so just creates more heartache for you.

The conversation is far more extensive that can fit in one podcast episode but this is a great start if you have never thought about it before or didn't know where to start.

I want you to know there is hope. Even though it seems so hopeless most of the time. The path to recovery from one or even two narcissistic parents is difficult but possible and worth the effort. Usually, the most recommended and the safest plan of action is to cut all ties with the narcissist because it's very difficult to heal in the environment that got you sick in the first

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place. So removing yourself is the best option but not always practical. For those of you who can't fully cut off, the best you can do for yourself is to learn as much as you can about narcissism and understand what kind of narcissism your parents suffers from. Johnny's mother sounds like an overt narcissist. A lot of mothers are covert narcissists.

In my opinion, covert narcissists are far more dangerous because you don't see the assault coming the way you do with overt narcissists. They are the ones who flung an ashtray metaphorically that hits you upside the head and you start bleeding but you don't recognize it at the time so you keep bleeding. A covert narcissistic mother would never call her son cockeyed. She would constantly shame him in flowery language for looking the way he does by trying to "improve" his imperfection and constantly attracting attention to it to the point that the child can't see or notice anything else about himself other than what's not perfect in his mother's eyes. A covert narcissist always puts her abusive judgmental and shaming ways as "it's all for his own good". Meaning she is doing you a favor and you end up owing her even more.

After you determine what kind of a narcissist she is, if you choose to have a relationship with her, make sure to limit it to necessity only. Work on your self-confidence to create boundaries and be able to enforce those boundaries regardless of the pushback. If you lack confidence, when you get pushback on your boundaries you will give up on them and the abuse continues.

A great technique to learn is called the "Grey Rock method". Visit positive masculinity academy's Instagram page (I'll leave the link it in the show notes) as I've explained the grey rock method in the most simplified language there is for you to understand and learn how to implement it. I believe it was posted on October 15th, 2021 and I received lots of feedback stating that it was explained in the most understandable and practical way that many of my readers had ever seen. So I recommend that you first read it on our page, get a solid idea of what it is and then explore it using more extensive resources.

If you were raised by a narcissist, odds are throughout the years you have collected an army of them around you. Just like sharks, they smell blood in the water, and they're drawn to you. Scan around you, identify and cut ties with all the other narcissists that you've collected over the years to stop the bleeding. You'll be surprised that how many of your long-term childhood friends whom you have some amazing memories with are too narcissistic and chose you for a reason.

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As I said this is not easy by any stretch of the imagination, so you have to have a strong belief in yourself and your well-being to put yourself first and do what's necessary even if you have to cut ties 20 or 30 people out of your life. It'll feel lonely and terrifying but as long as you have one or two wholesome people around you (one could even be a good therapist or a counselor) who can support and love you and you continue loving yourself, it'll get easier I promise.

Now that you've stopped the bleeding, you need to work on 3 things, building your self-confidence from zero to as high as you can, learning unconditional self-love and most importantly something you've never received, giving yourself validation. It's important to understand that these are slow and lifelong goals. Be curious and enjoy the discovery and don't aim for a quick arrival.

If you don't heal your childhood trauma, as I said earlier you will keep recreating it. You will keep finding people who help you recreate it. That in and of itself is an attempt at healing albeit a failed one.

A daughter of an alcoholic father keeps attracting alcoholic men who end up treating her the same way and creating an unstable environment where she never feels safe. A son of a narcissistic mother can also find women who recreate his trauma the way he has experienced it. We all do it. Regardless of the kind of the abuse we have endured; a part of us has and still loves the abusive parent. There are many innocent, light, and fun memories tucked in between the daily horror shows, so we don't want to let go of our stories. By recreating our stories, our hope is to have a different ending this time. That makes sense, a lot of sense but it doesn't work that way. Otherwise, nobody would have the pattern of attracting women just like their mothers or men just like their fathers. They would attract one and be done with it with a happy ending.

You have to acknowledge that your parents although loving at times, were also extremely abusive. It's hard to do if we are in a habit of demonizing narcissists though. This is really important to pay attention to. Unfortunately, I have seen many great narcissist experts who can help tremendously in demystifying narcissism, but end up portraying the narcissist as a demon. A horrible person who should have been nice to you. A victimizer who should have known better. That's not true.

Narcissists themselves are extremely sick and unwell people but because they are highly functional and many times charismatic and intelligent, it's easy for some people to demonize them. If they're so functional, they can't be sick, so they must be evil. You can acknowledge the abuse they have unleashed on you, you can acknowledge that as a child you were victimized by them, you can choose to cut off all ties because you know they can't stop no matter what but at the same time understand that they do what they do because they can't do anything else. They are sick, and to add insult to injury, it's perhaps the only disorder that the patient doesn't know he/she is the sick one and won't seek therapy.

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We don't want to let go of the story and we keep recreating it to give it a better ending; because we don't want to think our mother and our father who were supposed to love us are the victimizing evil. Well they are not they were just extremely unwell and it's OK to let go of the story as is and create a brand new one for yourself and with a healthy person. It's very hard to do that if you keep holding the narcissist responsible, demanding apologies demanding explanations and demanding acknowledgment.

None of that is ever going to happen and you need to be OK with that or you will keep suffering and asking for something that you will never ever receive. I strongly suggest that you understand that a narcissist is an extremely sick person and the fact that they were highly functional doesn't mean they are not highly disturbed. I suggest that you stop demonizing the narcissist so you can come to peace with letting go of the story and stopping the urge to recreate it to give it a new, better and happier ending.

There is one good news for all of those with a narcissistic mother. Lets acknowledge, no one can hurt you more than she already has. Let me explain, a mother is the only person with whom we're physically, emotionally, & energetically connected. Our cells were made from hers; we have her blood in our veins, & we lived inside of her. That's why her rejection is the most devastating. If the woman who gave me life, rejects me, then who'd ever want me? Nothing is more painful than having that thought circling in your head. But as I said, there is good news.

If you can survive her brutality which you have if you put in the effort to heal yourself, no one else's hurt can match hers. No matter what else happens to you in life, pales in comparison. When you recover from her brutality and heal yourself, you become fucking BULLETPROOF.

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