

# Co-parenting with a Narcissist Worksheet and Journal Response

- 1) Describe some methods narcissistic parents use to emotionally harm their children and co-parent.

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- 2) What are some differences among various subsets of narcissist parents?

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- 3) What specific challenges do codependents endure when co-parenting with a narcissist?

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4) What can we do to protect our children?

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5) What is parallel parenting, and can it work?

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Journal: What are some of your takeaways from this lesson? Do you have personal experience, either as a child or as a partner, with a narcissistic parent? How does this information illuminate your understanding of those relationships?

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