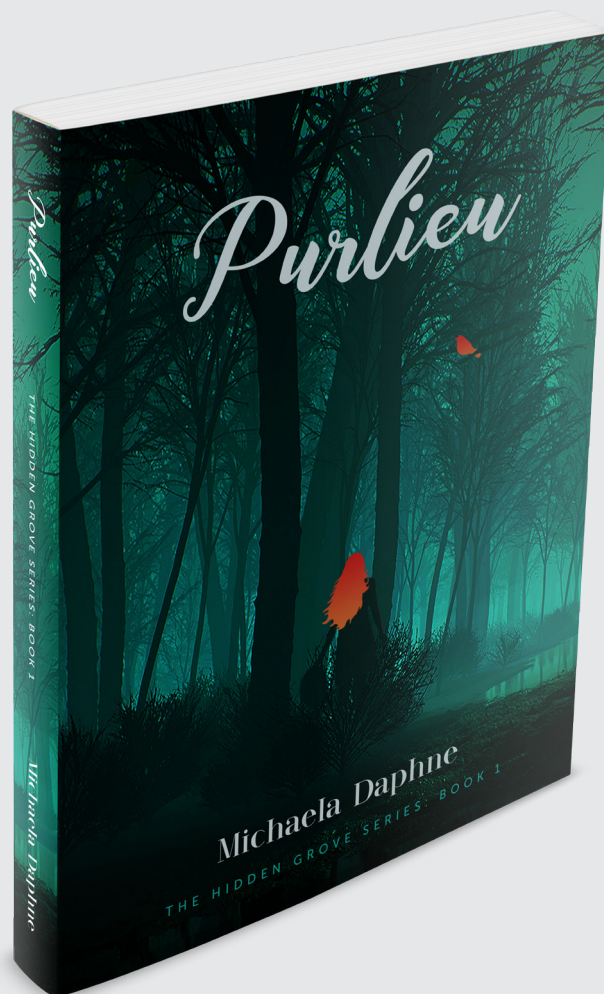


Michaela Daphne

Parents Guide to Reading Purlieu

Chapter Fourteen



Chapter Fourteen

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Questions to Ask Yourself

- » Is my daughter unable to make decisions without consulting her partner first?
- » If things got dire, what could I do to help my daughter? What would I be willing to do?

Talking Points

- » In a relationship, don't ever let anyone tell you to do something you don't want to do. Healthy relationships aren't meant to be painful.
- » (If your daughter wants to break up with her partner) Do you feel in danger? Is there anything I can do to help? I will always be there to take care of you and protect you.

Additional Resources

- » American Psychological Association: Love Doesn't Have to Hurt (for teens)
- » Lindsay Dodgson from Business Insider: What is Gaslighting
- » Shahida Arabi, M.A. from Psych Central: Recovering from a Narcissist
Gaslighting phrases translated