

Unknown Parentage or Child (NPE, DCP, Adoptee)

DISCOVERY / FOG

from a consumer DNA test, someone spilling the beans, finding paperwork, monochopsis

EMOTIONS / IDENTITY

shock, shame, anger, betrayal, loss, grief, genetic bewilderment, and identity crisis

SECRECY & LIES

medical info, request for existential gratitude for your existence, transactional origins

GHOST KINGDOM

imagining what could've been, editing past memories, and creating new experiences

RELATIONSHIP DYNAMICS

impacts on your nuclear family, raising family, new family, and friendships

There is no right way or order to process genetic identity issues or surprises—emotions come in waves. Take time for yourself and get support.

YOU ARE NOT ALONE!

A complete identity is important in order to feel a sense of belonging and stability. Two main contributors to identity formation are social identity, which is first formed through our families of origin, and personal identity, which is informed by the quality of social identity obtained. Genealogical bewilderment and the lack of clear genetic information create identity crises that if left unresolved my research shows leads to identity crises, grief and trauma, as well as unwanted changes in family dynamics. Identity crises can be resolved if individuals obtain that precious genetic information about which social group (culture, religion, race, etc.) they belong from an early age. It is improved even further if they are able to make positive connections with newly discovered family. Jodi Klugman-Rabb, PsyD, LMFT



We support people impacted by genetic identity issues, DNA surprises, and misattributed parentage experiences (MPE) and we promote understanding of the complex intersection of genetic information, identity, and family dynamics.

www.RightToKnow.us

It is a fundamental human right to know your genetic identity



adoption



assisted reproduction



non-paternal event (NPE)



family



professionals



**RIGHT TO
KNOW**

www.RightToKnow.us

Knowing your genetic identity is a privilege—an unearned advantage that unless taken from you, you are blind to its benefits. Genetic identity issues, a DNA surprise, or an MPE is a lot to process. Many do not understand what the big deal is but we are here to tell you this is a life changing event (big or small) and there's no right way to handle it.

A **Misattributed Parentage Experience** (MPE) is the discovery of a change in a person's perceived genealogy from a:

- Non-Paternity Event (NPE): Extramarital Affair, Tryst, Rape, Assault, or encounter where paternity is hidden or unknown;
- Adoption: Hidden, Orphan, Foster Care; Late Discovery Adoptee (LDA); Black-market Baby, or Stepchild
- Assisted Conception: Gamete Provider (Sperm or Egg), Donor-Deceived, Embryo Provision; or Surrogacy.

DNA Surprise
Genetic Identity Matters
PAUSE before you do anything.
This is YOUR journey and your truth.
You are not alone. . .
First, focus on the
Basics

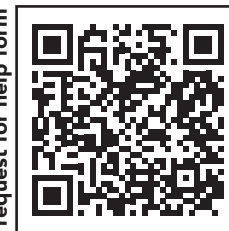
Family secrets are still felt even if unspoken

HEALING STEPS

www.RightToKnow.us • info@RightToKnow.us



request for help form

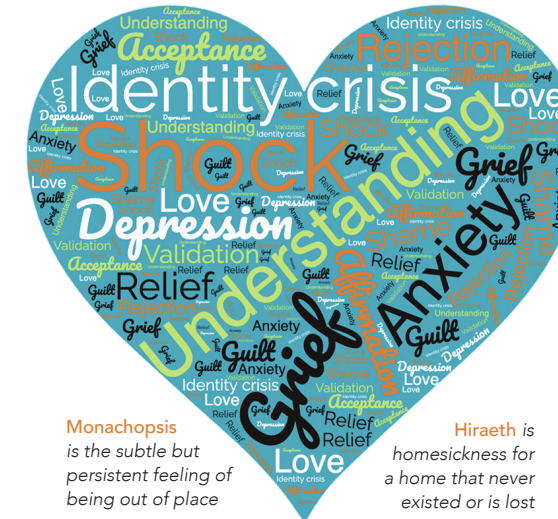


www.righttoknow.us/connect/contact-request-form

Genetic identity issues impact individuals and families - Right to Know (RTK) is here to help!
ALL SERVICES ARE FREE

Give us a call or fill out the on-line request form (QR code):

- for help identifying family
- to be paired with a vetted mentor
- to find an MPE-competent therapist
- for answers to other questions pertaining to your genetic identity discovery



Monachopsis
is the subtle but persistent feeling of being out of place

Hiraeth is homesickness for a home that never existed or is lost

Keeping a secret about parentage can erode trust and create a sense of betrayal that can be difficult to repair. It strains family relationships, particularly if the adult child discovers the truth later in life. This can lead to a sense of disconnection or estrangement from family members and can make it difficult to build or maintain healthy relationships.

John Moyer, M.Ed., LPC

Understanding Your DNA Results

Trying to interpret your DNA results and matches is confusing. There's a lot of new lingo. Make sure you understand centimorgans (a unit to measure genetic linkage between people) and DNA relationships. Take a class at www.MPE-Education.org, look for info on your DNA testing company's website, or check out articles at www.SeveranceMag.com.

DNA Painter can assist you in determining how you might be related to a match. WATO (What Are The Odds) is also an excellent tool.

www.DNAPainter.com

Identifying Your Genetic Family

Identifying who we are is a BIG step in the path to healing. A **DNA Search Angel** is a volunteer who will assist you with finding your genetic family for free. You can also hire a **Genealogist** or a **Genetic Genealogist** (works at the intersection of DNA and traditional genealogy resources) to assist you in your search or to confirm or refute the conclusions you've found.

Right to Know can pair you with a **DNA Search Angel**.



genetic identity matters

Finding Support

RTK Mentor Program

We have a robust mentor program. We pair you with our screened & trained volunteers who've had a similar experience as you but are a little further along in their healing journey. Mentors offer an empathetic ear, understanding of your experience, and can help guide you forward. Reach out if you are interested in volunteering as a mentor.

On line & In Person Events

We offer an on-line monthly community and connection with licensed therapists that guide us in discussion on MPE themes and a webinar with professionals to discuss their areas of expertise related to issues of genetic identity and an annual in person conference; other organizations offer retreats and on-line opportunities too.

Information

Reading other people's journeys can be cathartic but it can also be triggering. RTK posts a new story every two weeks. There are lots of podcasts available too. There is a lot amount of information on various topics related to genetic identity, DNA surprises, and MPEs. Dive in, but remember to take breaks. Severance Magazine has an abundance of resources. www.SeveranceMag.com

Check out www.MPE-Education.org for classes on various MPE-related topics.



Directory Mental Health

www.MPECounseling.org is a list of licensed **Mental Health Professionals** with experience treating people with genetic identity issues. RTK also offers continuing education classes for therapists about MPE-related topics to help them help you.

Create Your New Narrative

Unknown Medical History

Worried about missing medical history because you can't find your genetic family or they don't wish to have contact? Ask your doctor about meeting with a **Genetic Counselor**.

Online Peer Support

Lean on the support you have in your life: significant other, parent(s), siblings, best friend, etc. Dealing with genetic identity issues ebbs and flows - be kind to yourself. Do the things you need to take care of you: yoga, cooking, exercise, reading, baths, writing, projects, listening to music, mindfulness practices, the sky's the limit here.

Facebook Support Groups are a great place to confirm you are not alone and what you are feeling is normal. You can get advice from others with similar experiences. However, such groups cannot take the place of professional mental health providers. Below is a list of RTK groups—we recommend you try out different groups—your needs may change over time.

- Cross Cultural Connections from a DNA Surprise or MPE
- DNA Surprise Support Group For MPE Family & Friends
- MPE Jewish Identity & DNA Surprises
- MPE Life: Adoptees, NPEs, Donor Conceived, & DNA Surprise

you are not alone