

Estrangement is about Safety

Today we will have an honest and vigorous conversation about estrangement – how we got here, how we feel about it and the processes we've all gone through. This can be a difficult conversation, but an important one for our communities. Our panel will discuss the below questions and then we will have questions from the audience.

Panelists: Justin Hvitfeldt-Matthews – Adoptee; Lily Wood – NPE; Cassandra Adams – DCP; Lora Alegria – Adoptee (moderator)

- What was the role you played in your family. How did siblings factor into that. Parentification? Feeling like an experiment?
- Were your parents emotionally immature - were there narcissistic tendencies? Did they have enablers who helped them and did not protect you.
- This journey of estrangement can be lonely/isolating, riddled with guilt. Can you discuss your journey – guilty feelings, mixed feelings? And explain how estrangement allowed you to heal and grow?

Resources:

- Adoptees On Estrangement Series - <https://www.adopteeson.com/estrangementseries>
- Adoption Mosaic October 2023 Estrangement Panel - <https://membership.adoptionmosaic.com/offers/4693e1b4-bbab-4b13-82e0-d5a4d4e221c0>
- We Can Do Hard Things – Podcast Episodes that discuss emotionally immature people/narcissism – Episodes 263, 264, 284 and 285 - <https://wecandohardthingspodcast.com/>
- NPE Stories Podcast – Hosted by Lily Wood <https://podcasts.apple.com/us/podcast/npe-stories/id1464478802>
- Right to Know webinar – Interacting with Narcissistic Family - <https://mpe-education.org/product/interacting-with-narcissistic-family/>
- Severance Magazine - Q&A with Lily Wood, Host of NPE Stories <https://severancemag.com/q-a-with-lily-wood-host-of-npe-stories/>
- Article by Jodi Klugman-Rabb about Motherly Narcissism in the NPE/MPE discoveries <https://www.psychologytoday.com/us/blog/finding-family/201907/motherly-narcissism>
- Article by Elizabeth Wurtzel about NPE/MPE and immature parents <https://www.thecut.com/2018/12/elizabeth-wurtzel-on-discovering-the-truth-about-her-parents.html>

- Article by Bethany K about anger in donor conception <https://www.wearedonorconceived.com/personal-stories/why-im-angry-about-being-donor-conceived/>
- Nate Postlethwait <https://natewrites.com/>
 - https://linktr.ee/natepost?utm_source=linktree_profile_share&sid=59b9cae4-d595-4ae8-967c-7ee34275687c
- Stephi Wagner/The Mother Wound Project <https://www.motherwoundproject.com/about>
 - https://linktr.ee/motherwoundproject?utm_source=linktree_profile_share&sid=e0ee9c52-f106-4553-8ee5-d85b4afd3cef
- Whitney Goodman <https://www.instagram.com/sitwithwhit?igsh=MXA1NDBodm42dGw3bg==>