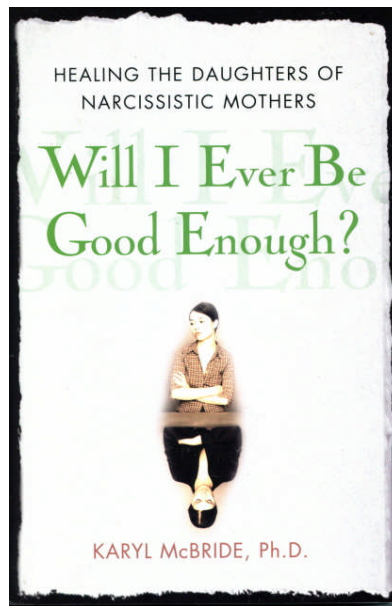




## Home Study Continuing Education Program



## **Will I Ever be Good Enough? By Karyl McBride, PhD**

**Certification Number:**



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
3. Complete the test with a score of 75% or better.
  - a. You may take it online if you wish. Please refer to the instructions on the registration page of the test packet.
  - b. You may take the test more than once at no cost.
4. Sign the test form.
5. Send/fax the test and evaluation to:

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**Approved for Social Workers, Psychologists, Licensed Mental Health Counselors, LADCs, Certified Counselors and NAADAC members.**

# Commonwealth Educational Seminars

## Certification Exam

### Will I Ever Be Good Enough? Healing The Daughters of Narcissistic Mothers. By Karyl McBride, Ph.D.

Select one response for each question below.

1. The narcissistic person requires excessive admiration.

- a. True     b. False

2. The narcissistic person is not often envious of others.

- a. True     b. False

3. Without empathy and love from a mother, a daughter lacks a true emotional connection and therefore feels that something is missing.

- a. True     b. False

4. Narcissistic mothers never feel that their daughter is a threat.

- a. True     b. False

5. Separating emotionally from the mother as a daughter grows older is not crucial to psychological growth.

- a. True     b. False

6. The daughter of a narcissistic mother sees herself essentially as her mother sees her.

- a. True     b. False

7. When a daughter achieves a goal, the narcissistic mother is often not supportive because it takes away from her and the time her daughter has to spend with her.

- a. True     b. False

8. The parent with a substance abuse problem will never seem narcissistic.

- a. True  b. False

9. Most daughters of narcissistic mothers report that if they had good relationships with their fathers, their mothers were intensely jealous of them.

- a. True  b. False

10. When two daughters are being raised by the same narcissistic mother, more times than not, they take on the identical roles.

- a. True  b. False

11. The narcissistic family hides profound pain.

- a. True  b. False

12. Workaholism does not, like addiction, numb the pain.

- a. True  b. False

13. The self-saboteur is the high achiever's internal twin.

- a. True  b. False

14. Self-sabotaging behavior is not an internal struggle within the daughter of a narcissistic mother.

- a. True  b. False

15. Typically, the daughter of a narcissistic mother will choose a spouse who can meet her emotional needs.

- a. True  b. False

16. Overachievers often find men who need to be taken care of.

- a. True  b. False

17. Often the main reason that daughters of narcissistic mothers seek therapy is because of relationship failures with their partners.

- a. True     b. False

18. The daughter begins to heal when she accepts the fact that that her mother is narcissistic.

- a. True     b. False

19. In true narcissism, the narcissist rarely experiences something called a narcissistic injury.

- a. True     b. False

20. If a mother has a full-blown narcissistic personality disorder, the chances of effective treatment for her are slight.

- a. True     b. False

21. Many people misconstrue forgiveness as condoning the original offending behavior.

- a. True     b. False

22. Daughters of narcissistic mothers rarely report that they have difficulty with female relationships.

- a. True     b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

23. I have completed all the requirements for this home study course without any assistance from others.

- a. True     b. False

24. The content of this course was appropriate for my profession.

- a. True     b. False

25. The course information was relevant and can be applied to practice.

- a. True     b. False

26. The course information contributed to achieving personal, professional goals.

- a. True     b. False

27. I would recommend this program to others.

- a. True     b. False

**Will I Ever Be Good Enough?  
Certification Test**  
**You may take this certification test online.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Will I Ever Be Good Enough?* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.  
Please fill in the following information and Mail/fax it to:**

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1020 West Barnstable Rd  
Marstons Mills, MA 02648**

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**I am seeking CE credit for the following profession(s):**

<b>Profession</b>	<b>License Number</b>	<b>State</b>
_____ Psychologist (APA):	_____	_____

\_\_\_\_\_ Social Work (ASWB): \_\_\_\_\_

\_\_\_\_\_ Certified Counselor (NBCC): \_\_\_\_\_

\_\_\_\_\_ LMHC (NBCC): \_\_\_\_\_

\_\_\_\_\_ Drug/Alcohol Counselor/LADC:(NAADAC): \_\_\_\_\_

\_\_\_\_\_ Licensed Marriage/Family Therapist (NBCC): \_\_\_\_\_

**Certification Number**