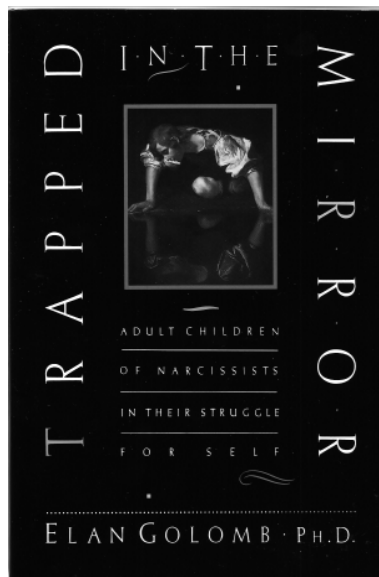




Home Study Continuing Education Program



Trapped In The Mirror

By Elan Golomb, Ph.D.

8 CE Hours Credit

Commonwealth Educational Seminars

1020 West Barnstable Rd

Marstons Mills, MA 02648

800 376-3345 Fax: 508 420-3360

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Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 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 at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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Commonwealth Educational Seminars Certification Exam

Trapped In The Mirror.

Adult Children of Narcissists and Their Struggle For Self.

Select one response for each question below.

1. The narcissistic character is defined as having all of the following characteristics:

- a. an inflated sense of self-importance.
- b. fantasies of unlimited success.
- c. a need to be looked at and admired.

a. True b. False

2. In the adult, health means, among other things, recognizing that although you are not perfect, you are still worthy of love.

a. True b. False

3. The child who will eventually turn into a full-scale narcissist rarely has a narcissistic mother.

a. True b. False

4. A narcissist attempts to define his/her childrens' reality.

- a. True b. False

5. In a home where the narcissistic parent was sadistic, and his/her child was the victim, the child may emulate the sadistic role.

- a. True b. False

6. The child part of the adult mind refuses to surrender the wish to win the love of the internalized narcissistic parent.

- a. True b. False

7. When the parent is a narcissist, most of the child's natural behaviors are met with approval.

- a. True b. False

8. In the chapter concerning John, the only moment of tenderness he recalled from his father, occurred after he (John) was significantly beaten.

- a. True b. False

9. Early experience with a narcissistic parent, particularly one of the opposite sex, can lead to choosing similar types to love. For example, if a parent forgot appointments and holidays, the child – as an adult – chooses a partner with similar types of forgetful behavior.

- a. True b. False

10. In the chapter concerning Delores, there was an obvious connection (in Delores's mind) between her relationships with violent men and her past with a violent father.

- a. True b. False

11. A child of a narcissistic parent presumes the parent's intentions are good.

- a. True b. False

12. A child of a narcissistic parent develops a powerful negative introject. This means that the child develops an inner representation of the rejection parent.

- a. True b. False

13. Even for the child of a narcissist, love is never in short supply.

- a. True b. False

14. In the chapter concerning Victoria, it states that the center of her existence was food.

- a. True b. False

15. In the chapter concerning Nick, the author states that Nick has no respect for any friendships.

- a. True b. False

16. Nick's overall apathy and numbness have been converted into depression.

- a. True b. False

17. A child of a narcissist is frequently wed to the notion that he or she must be right and the other wrong.

- a. True b. False

18. The true narcissist lives in grandiose isolation and manipulates rather than experiences his/her dependency on other people.

- a. True b. False

19. Children of narcissists are subjected to parental abuse that they come to associate with hate.

a. True b. False

20. In the chapter regarding Marie, it is stated that her overweight protects her from having an experience of what life could offer if she were to accept herself.

a. True b. False

21. No children of narcissists act as badly as their parents say they do.

a. True b. False

22. Addiction is a common response to being the child of a narcissist.

a. True b. False

23. Sometimes certain experiences are needed to show children of narcissistic parents what they (the children) lack. Travel is outstanding because it teaches about how people can live in non-narcissistic ways.

a. True b. False

24. Children of narcissistic parents become themselves by emerging from their parents' need for them (the children) to be a certain way – resulting in developing a point of view independent of the one held by their parents.

a. True b. False

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

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

a. True b. False

26. The author, Elan Golomb, Ph.D., was knowledgeable in the content area.

a. True b. False

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

a. True b. False

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

a. True b. False

29. The course information contributes to achieving personal, professional goals.

a. True b. False

30. I would recommend this program to others.

a. True b. False

Trapped In The Mirror 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 *Trapped In The Mirror* 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.**
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Certification Number