



Are you or someone you love the son of a *toxic* mother?

Has your mother's toxic behaviors negatively affected your life?

Answer these questions honestly, considering your overall interactions with the mother in question. Generally "Yes" or generally "No."

If you are wondering whether the question applies to your personal situation, read what your mother might say or do and check YES if you can relate to the suggested scenarios.

Check "Yes" next to each question if it describes you...

YES

Does your mother blame you for the grief and pain she causes you and your loved ones, making you feel ashamed of yourself for every bad thing in your life?

Your mother might say...

"You can't keep a girlfriend for more than THREE months before you break up. You don't know the meaning of commitment!"

Your mother might do...

Your mother sabotages your relationships with women.

YES

When you confront your mother about something she did to hurt you or those you love, does she dismiss it or you, sometimes to the point of criticizing you for things you can't even control? If you typically would NOT confront her out of fear, anxiety or frustration, check "Yes."

Your mother might say...

"I never butted into your relationship with your pot-smoking son. You just don't know how to handle your own children."

Your mother might do...

She walks away from a conversation in disgust and dismisses what you say.

YES

Does your mother pit you against your siblings or anyone else when you are trying to find out the truth in a situation?

Your mother might say...

"Well your SISTER believes me.... I don't know why YOU don't. Do you have a problem with me? SHE doesn't!"

Your mother might do...

Your mother flashes her will in your face and threatens to cut you out of it if you continue down the same path.

YES

Do your mother's angry outbursts, aggressive language and violent reactions take the focus away from her wrong doing?

Your mother might say...

"You always accuse me of that ONE time I hit you! You just CAN'T let that go, can you? All you do is hold grudges!"

Your mother might do...

After lying to your children about how great you had it growing up as her son, she cries manipulatively over her own childhood turmoil.

continued...

Check "Yes" next to each question if it describes you...

Does your mother expect you to read her mind and emotions during your interactions?

YES

Your mother might say...

"So, you are abandoning me, moving away for a measly job and a lateral promotion."

Your mother might do...

She gets angry and blames you for not knowing she is upset?

When you disagree with your mother on an issue, does your mother's reaction leave you feeling dejected and unloved?

YES

Your mother might say...

"After all I've done to raise you Catholic, how could you believe that the Presbyterian church is better than the Catholic?"

Your mother might do...

Many times toxic mothers withhold affection when their sons disagree with them.

Do you walk away from negative interactions with your mother and only much later realize how hurt you feel about her abuse toward you or others?

YES

Your mother might say...

In front of her friends she says, "I was a great mother! Don't you think so, son?" Later on, you are angry realizing you agreed just to get your mom off your back.

Your mother might do...

She knowingly preys on your vulnerability and emotions.

Do you lie to your mother and others to hide your feelings and protect theirs?

YES

Your mother might say...

MOTHER: I really need you to come home for Thanksgiving this year. You never spend it up here. We're your family, too, you know!

SON (lying): Oh, Mom, I'm on call that whole weekend. I can't get off. I took off a holiday weekend to visit colleges with my daughter, and it's my turn to take the holiday shift.

Your mother might do...

She constantly criticizes how much you go out to eat instead of cooking healthy meals and you lie and tell her it's because your wife gets off work at unpredictable times, or you tell a half-truth that you and your family need time to bond without the demands of cooking and cleaning.

continued...

Check "Yes" next to each question if it describes you...

Do you get anxious, edgy or irritable when your mother calls you?

YES

Your mother might say...

"Well, as usual, I called and it rolled right over. I know you weren't working. Was I just not as important as your friends or your hobbies?"

Your mother might do...

Toxic mothers know when to gaslight a situation and have a pattern of using the telephone as a tool to complete their own agenda.

Does your mother overreact, become passive-aggressive or give you the silent treatment when you challenge her perception of an event, especially a personal encounter with her?

YES

Your mother might say...

"I did NOT yell at you and I was NOT drunk. If you think I behaved inappropriately, then we can't have this conversation. I was right. You were wrong."

Your mother might do...

When experiencing pushback, toxic mothers either attack or they withdraw, knowing in both situations, they have the upper hand in manipulating the situation.

If you answered yes to any of these, you may be experiencing the negative effects of your toxic mother.

If reading these questions and scenarios has provoked anxiety or anger in you, and you are looking for a way to sort out the emotions and learn better responses to your mother, read *Toxic Mothers: A Son's Guide to Healing and Moving On* and find out the essentials to healing, including:

- How to identify the source of your mother's abuses
- How the toxic environment has affected you
- A clear explanation of how to prevent becoming toxic ourselves
- A roadmap to find healing, including a simple-to-understand illustration and guide
- Encouragement and tips for healing
- Practical exercises for healing and moving on
- A way to determine if you are, indeed, healing your wounds...loving others **boldly!**
- Resources to help you find deeper information on topics important to you
- References to find professional help

After you purchase the book (www.guyarcuri.com), you will receive the code to unlock workbook exercises, on-line professional help recommendations, and other ways to continue the path to healing and moving on.

Thank you!

Guy Arcuri