## The Emotional Impact of Narcissistic Founders on Family Members During Establishment and Succession

Narcissistic founders are a common phenomenon in the business world. They are driven by an insatiable need for admiration and attention, and they often have a grandiose sense of self-importance. While they can be charismatic and visionary leaders, they can also be incredibly difficult to work with. Their behavior can take a heavy toll on their family members, both during the establishment and succession of the business.

During the establishment of a business, family members often play a vital role. They may provide financial support, work long hours, and sacrifice their own personal time to help the business succeed. However, when the founder is narcissistic, these sacrifices can come at a great emotional cost.

Narcissistic founders often demand complete loyalty and obedience from their family members. They may be critical, dismissive, or even verbally abusive. They may also be unwilling to share power or decision-making with their family members. This can create a climate of fear and insecurity within the family, and it can make it difficult for family members to feel valued or appreciated.



Succession or the death of the family business?: The emotional impact of narcissistic founders on family members during succession planning by Judy Wesener

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In addition, narcissistic founders often have a distorted sense of reality. They may believe that they are the only ones who can save the business, and they may be unwilling to listen to advice or feedback from others. This can lead to poor decision-making and, ultimately, to the failure of the business.

The succession of a family business is a complex and challenging process. When the founder is narcissistic, this process can be even more difficult.

Narcissistic founders often have difficulty letting go of their power and control. They may be unwilling to relinquish their position as CEO, even when it is clear that they are no longer able to lead the business effectively. This can create conflict and division within the family, and it can make it difficult for the next generation of leaders to take over.

In addition, narcissistic founders may be reluctant to groom their successors. They may be afraid that their successors will not be able to live up to their expectations, or they may simply be unable to accept that they are not the center of attention anymore. This can leave the next generation of leaders unprepared and unqualified to take over the business.

If you are a family member of a narcissistic founder, it is important to understand the emotional impact that they can have on you. You may feel like you are walking on eggshells around them, constantly trying to avoid their wrath. You may feel like you are never good enough, no matter how hard you try. You may even feel like you are losing your own sense of self.

It is important to remember that you are not alone. There are many other people who have been in your situation. There are also resources available to help you cope with the emotional impact of a narcissistic founder.

Here are some tips for coping with the emotional impact of a narcissistic founder:

- **Set boundaries.** It is important to set boundaries with a narcissistic founder. This means letting them know what you will and will not tolerate. For example, you could tell them that you will not tolerate being criticized or verbally abused.
- Don't take it personally. It is important to remember that a narcissistic founder's behavior is not about you. It is about their own need for admiration and attention.
- Focus on your own well-being. It is important to focus on your own well-being when you are dealing with a narcissistic founder. Make sure to get enough sleep, eat healthy foods, and exercise regularly.
- Seek professional help. If you are struggling to cope with the emotional impact of a narcissistic founder, consider seeking professional help. A therapist can help you to understand your situation and develop coping mechanisms.

Remember, you are not alone. There are people who can help you cope with the emotional impact of a narcissistic founder.

Narcissistic founders can have a significant emotional impact on their family members. They may be demanding, critical, and dismissive. They may also be unwilling to share power or decision-making. This can create a climate of fear and insecurity within the family, and it can make it difficult for family members to feel valued or appreciated.

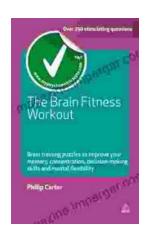
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