

# From Scapegoat to Self-Trust

How Scapegoat Survivors Stop Rumination,  
Self-Doubt and “Feeling Defective”

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**Jay Reid, MS, LPCC**

Monthly Webinar | February 19, 2026

[jreidtherapy.com](http://jreidtherapy.com)

# During Our Time Together Today...

1

## **The Myths Around "The Core Flaw Fiction"**

Why the belief that something is fundamentally wrong with you is not a fact — it's a distortion imposed on you.

2

## **The Serious Problem With "The Scapegoat Spell"**

The internalized belief system that keeps survivors feeling defective, undeserving, and to blame.

3

## **The Role of Relational Disconfirmation**

How current safe relationships can gradually undo the damage from narcissistic abuse.



**Hosted by:**

Jay Reid, Licensed Psychotherapist  
Specialist in recovery from

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# You Can Do This

*Even if you are absolutely convinced that...*

- ✓ You're not sure if your experience counts as abuse
- ✓ You feel discomfort in group settings
- ✓ You think it's too late to change
- ✓ You believe you've already tried everything

*These are common concerns — and they don't have to stop you from healing.*



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# Did You Buy Into These Trauma Recovery Myths?

## **X "Healing should feel empowering and linear"**

Healing often feels destabilizing at first. The process of change is incremental, and discomfort is part of it.

## **X "I should be able to do this on my own"**

Relational trauma happened in the context of relationships — it often requires relational experiences to heal.

## **X "If I feel confused, something is wrong"**

Disorientation can actually signal that old beliefs are being challenged. It's uncomfortable, but it's not failure.



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# Relational Disconfirmation Challenges These Myths

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*Without it, these myths can lead to what many survivors experience:*

Persistent self-doubt

Isolation

Lack of agency

Stuck

**BUT: That all changes as of today...**



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# What Becomes Possible

*When relational disconfirmation is part of your recovery, outcomes can include:*



Feeling more grounded in your body and more trusting of your own perceptions



Connecting with others without having to erase yourself or perform to stay safe



Developing a coherent sense of who you are — separate from who you were told you were

*These outcomes can seem abstract at first — but they become more real through relational experience.*



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Training Overview

# The 3 Things That Make All The Difference

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- 1 The Myths Around The Core Flaw Fiction**

Dismantle the belief that something is fundamentally wrong with you
- 2 The Dangers of The Scapegoat Spell**

Recognize the internalized belief system keeping you trapped
- 3 Relational Disconfirmation**

The relational process at the heart of lasting change



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# A Quick Detour

*I'm going to cover #3 first — Relational Disconfirmation — because it provides the foundation for everything else.*

- Relational Disconfirmation — this is the core mechanism of change in recovery from scapegoating
- Understanding it first will help the other two points land more clearly
- I'll circle back to Points 1 and 2 near the end of the seminar



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# All About Relational Disconfirmation

*Seeing your real self when you are with someone who feels emotionally safe.*

- 🌸 When you are in a friendship or relationship that does not depend on you being inferior to the other person.
- 🌸 Example: Genuine praise at work that conflicts with the spell — two realities clash
- 🌸 Present-moment reflection says you're worthy; the inherited story disagrees



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# Why Relational Disconfirmation Matters

## Challenges Negative Beliefs

It provides experiences that actively contradict your negative beliefs about yourself — rather than reinforcing them.

## Addresses Isolation

Recovery attempted in isolation can unintentionally reinforce the original wound — that no one can truly understand you.

## Grounded in Research

Control-mastery theory demonstrates that clients seek relational disconfirmation in therapy and get better when they find it.



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# Why Relational Disconfirmation Feels Disorienting

## The Old World

- The scapegoat spell is the only organized world you've known
- In it, you believe you're defective and undeserving
- It's painful — but it's familiar, and familiarity feels like safety

## The New World

- A safe person treats you as adequate and deserving
- That information has no place in the old world
- To receive it, you have to step toward something new — but it's still under construction



*This is why staying in contact with the safe person matters — so the disorientation can diminish over time.*



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# An Example of Relational Disconfirmation

- 💡 I realized these positive relationships were not anomalous — I just saw them that way
- 💡 I changed my framing: "What is getting in the way of me seeing myself the way others see me?"
- 💡 I stopped trusting how I saw myself as defective and undeserving
- 💡 It became clear that I needed more of these experiences to find an identity that felt correct



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# Helpful Relational Disconfirmation Tips

*Tip 1: Your system is protecting you, not getting in the way.*

- ✓ Old beliefs feel like "home base" to your system — kindness can feel confusing or wrong
- ✓ This is not a sign you're failing — it's your nervous system staying loyal to what it has known
- ✓ Treat relational disconfirmation like collecting data, not trying to instantly believe a new story



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# Helpful Relational Disconfirmation Tips

*Tip 2: Name the disorientation.*

- 🌀 Expect suspicion or shutdown when kindness shows up unexpectedly
- 🌀 Quietly name it: "This is disorientation. My system is noticing something new."
- 🌀 Your system is confused, not proving you're defective
- 🌀 Even a little space between you and the old belief helps new data start to land



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# What Recovery Can Look Like

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- A stronger sense of your own voice and internal reality
- Less emotional reactivity and shame in relationships
- Boundaries that come from a grounded place, not just an idea
- Connection without self-betrayal
- A more coherent self-narrative that reflects who you actually are



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# Why This Approach Fits Scapegoat Survivors



## Designed for Scapegoating

Addresses the specific psychological structure of scapegoat survivors — not just generic trauma recovery.



## Nervous System Aware

Grounding practices help keep the nervous system regulated enough to do the relational work.



## Real-Time Relational Work

Provides relational disconfirmation in the moment — not just talking about it, but experiencing it.



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# The Scapegoat Spell Recovery System

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*A step-by-step system to break the spell  
in your nervous system*

*So you can feel safe, worthy, and wanted in real relationships.*



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# What's Inside the Recovery System

*A full recovery system that meets you in your mind, your body, and your relationships.*

## The Scapegoat Spell

The complete map for how the spell was cast in your family and how it still runs in your nervous system today.

## Companion Workbook

Structured weekly practices to catch the spell as it operates, interrupt it in real time, and build new patterns.

## Guided Meditation

A 23-minute meditation that helps your nervous system register safety and supports breaking the spell at a body level.



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# Inside the Book

*The Scapegoat Spell: How Narcissistic Parents Cast It — and How You Break It*

- 🌀 How your family needed a “problem” and how your nervous system learned to scan for danger and blame
- 🌀 How your mind started turning every neutral moment into a verdict against you
- 🌀 The framework for relational disconfirmation — where new experiences directly contradict the old story
- 🌀 How to find and use safe relationships as the exact tool that breaks the spell



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# Inside the Workbook

*Track and interrupt the spell in real time*

- ✓ Track where the spell shows up this week
- ✓ Catch the spell in your body
- ✓ Name the old script as a system rather than a personal failing
- ✓ Practice small, concrete moments of staying with yourself in connection instead of disappearing into shame



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# The Guided Meditation

*23 minutes to help your nervous system register safety*

- ♥ Designed specifically for adult scapegoat survivors
- ♥ Supports breaking the spell at a body level — not just intellectually
- ♥ Feel what it's like to relax your guard and hear a kinder inner voice



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# How Your Story Starts to Crack

*With this work, the old story begins to lose its grip.*

- ★ Notice the first spark of “I must have done something wrong” and pause instead of confessing to a crime you didn’t commit
- ★ Feel your body’s guilt response and recognize “this is old training” rather than “this is proof”
- ★ You let the right people close enough that their care, consistency, and honesty start to rewire what “relationship” means
- ★ Your identity stops being defined by how well you absorb blame and starts being defined by how deeply you belong



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# What You Get

## The Scapegoat Spell

**\$9.99 value**

Step-by-step map for understanding how the spell was cast and how to break it.

## Companion Workbook

**\$9.99 value**

Structured weekly practices to track and interrupt the spell in your actual life.

## Guided Meditation

**FREE BONUS**

\$9.99 value — A 23-minute meditation to register safety in your nervous system.

**Total value: \$29.97 — Get the complete Recovery System for just \$9.99**



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# Q & A Session

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*Thank you for your thoughtful questions.  
I've chosen three that broadly apply to many scapegoat survivors.*



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## Q & A

*“How do I move from needing to give 100% in a relationship and becoming exhausted and then avoidant while never requiring anything of the other person and then becoming enraged?”*



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## Q & A

*"Can we ever really get past this?"*



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## Q & A

***“I had a very qualified therapist tell me: "that just for me to smile & for me to be happy, I was abandoning my mother, my family & the scapegoat role which I was beaten into both psychologically & physically. That, because I was no longer the angry, crazy, adolescent & HS dropout scapegoat which they all needed me to be. Then, after 5 jails, multiple hospital stints & homelessness in 3 states, on my own-to go back to school at 28 for 4 years & to earn a degree at a great university I was abandoning my mother & my family role again. Furthermore, for me to build a prosperous career, I was abandoning my mother & my family role all over again. My intense, desire to prove my family, the neighbors, the teachers. the police, the judges, the Dr's & the hospitals of my adolescence/early 20's wrong about me have driven me to these successes. Growing up in the 70' & 80's, starting with my family, each of these entities had a vested interest in me being the problem. Self sabotaging behaviours have plagued me. It truly requires heroic efforts much of the time for me to not sabotage myself in seeking the safety, acceptance & love that was never proffered to me in my youth. My life will be as good as I can grieve so it appears. There much more to my journey. Can you please talk about how to surrender self sabotage? It has been a very destructive, mis-guided attempt at self-care.”***

# Next Steps



## Come Back Next Month

Free webinar on Thursday, March 26 @ 5pm PST



## Explore More

Visit [jreidtherapy.com](http://jreidtherapy.com) for additional resources and information



## Review Today's Webinar

Check your email for the recording, a free tool, the presentation slides, and information about Breaking the Scapegoat Spell



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