



Right to Know can pair you with an **MPE Mentor**

A **Misattributed Parentage Experience (MPE)** occurs when you discover a change in your perceived parental genealogy due to a previously unknown or undisclosed:

- Non-Paternity Event (NPE) from an Extramarital Affair, Tryst, Rape, or Assault;
- Adoption: Hidden, Orphan, Foster Care, or Late Discovery Adoptee (LDA);
- Assisted Conception: Gamete Provider - Sperm, Egg, or Embryo; or Surrogacy; or
- Any other event which resulted in unknown parental genealogy.



### Directory

#### Mental Health

www.MPECounseling.org maintains a list of licensed **Mental Health Professionals** with experience treating people with MPEs.

Trauma Identity Anxiety Rejection Grief Loss

## DNA Surprise

Learning you have an MPE is traumatic, **PAUSE** before you do anything. This is **YOUR** journey and your truth. You are not alone. . . First, focus on the **Basics**

### MPE Information

Reading other MPE narratives can be cathartic but it can also be triggering. There is a significant amount of information on various topics related to MPEs. Dive in but remember to take breaks. Severance Magazine has an abundance of resources. [www.SeveranceMag.com](http://www.SeveranceMag.com)



### Identifying Your Genetic Family

A **Search Angel** is a volunteer who will assist you with finding your genetic family. Or hire a **Genealogist** or a **Genetic Genealogist** (works at the intersection of DNA and traditional genealogy resources) to assist you in your search or to confirm or refute the conclusions you've found.

Right to Know can pair you with a **Search Angel** through DNAngels.



### Understanding Your DNA Results

Trying to interpret your DNA results and matches can be confusing. Make sure you understand centimorgans (a unit to measure genetic linkage between people) and DNA relationships. Start with your DNA testing company's website or check out articles on this topic at [www.SeveranceMag.com](http://www.SeveranceMag.com).

**DNA Painter** can assist you in determining how you might be related to a match. [www.DNAPainter.com](http://www.DNAPainter.com)

## Create Your New Narrative

### Unknown Medical History

Worried about missing medical history because you can't find your genetic family or they don't wish to have contact? Ask your doctor about meeting with a **Genetic Counselor**.

### Finding Support

Lean on the support you have in your life: significant other, parent(s), siblings, best friend, etc. Dealing with an MPE ebbs and flows - be kind to yourself. Do the things you need to take care of you: yoga, cooking, exercise, reading, baths, writing, projects, listening to music, mindfulness practices, the sky's the limit here.

**Facebook Support Groups** are a great place to confirm you are not alone and what you are feeling is normal. You can get advice from others with similar experiences. Such groups cannot take the place of professional mental health providers.

- Adopted Adults Support Group
- Adoptees, NPEs, DC & Other Genetic Identity Seekers
- Adult Adoptees Support Adopted People
- DNA Surprises Support Group
- Donor Conceived People, Siblings, Parents, and Donors
- Donor Deceived
- Forum for Late-Discovery Adoptees
- Late Discovery Adoptees & Family
- The Mindful NPE
- MPE Cross Cultural Connections
- MPE Jewish Identity Surprise
- This MPE Life
- Unknown Fathers DNA
- Watershed DNA
- We Are Donor Conceived

**MPE FIRST STEPS**  
[www.RightToKnow.us](http://www.RightToKnow.us) • [info@RightToKnow.us](mailto:info@RightToKnow.us)

# 7 KEY CHARACTERISTICS

Parental Identity Discovery™

## Handout

Identity & MPEs  
with Jodi Klugman-Rabb



### 1 THE STRANGER WITHIN

The outcast of known family, feeling the stranger.



### 2 DISCOVERY

How and why discovery is made of misled or falsified parentage



### 3 THE GRIEF EFFECT

The natural grieving process of losing biological affiliation and emotional connectedness.



### 4 INTUITION

Felt sense process of inalienable bond of biology, connectedness through synchronicity.



### 5 THE NEW IDENTITY CRISIS

Enormous scary change in identity contribute to emotional challenges and dysfunction.



### 6 FAMILY MATTERS

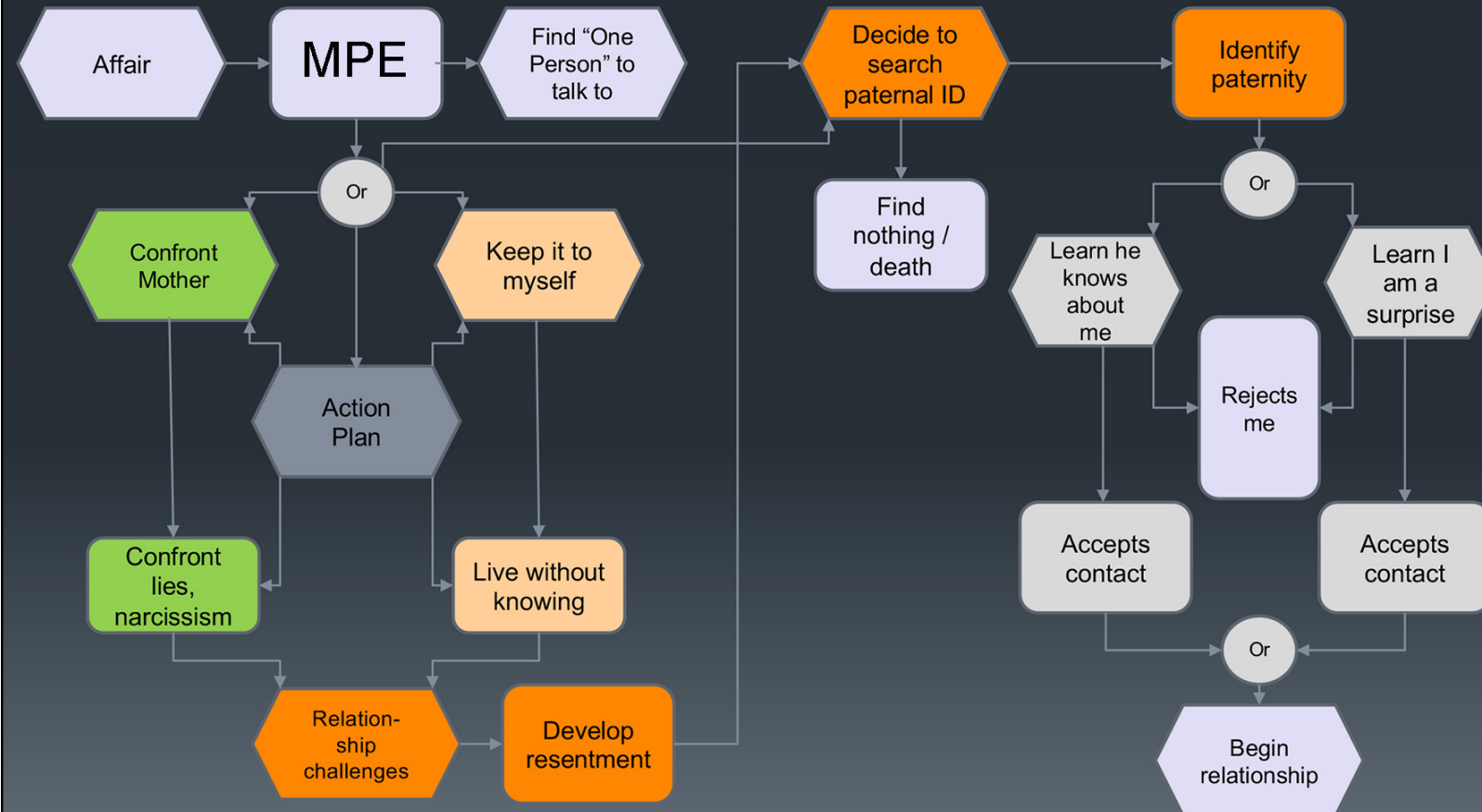
Family dynamics are tested with either the known or newfound biological family, resentments, lashing out and narcissism.



### 7 IN REUNION

The process of establishing connection with and bonding to newfound biological family.

## If/Then Flowchart



### Erikson's Stages of Psychological Development

STAGE	PSYCHOLOGICAL CRISIS	OUTCOME
Infancy	Trust vs. Mistrust	Develop a sense of trust
Early Childhood	Autonomy vs. Shame & Doubt	Develop a sense of personal control
Preschool	Initiative vs. Guilt	Assert control over environment
School Age	Industry vs. Inferiority	Cope with new social demands
Adolescence	Identity vs. Role Confusion	Develop a sense of self and identity
Young Adulthood	Intimacy vs. Isolation	Form intimate and loving relationships
Middle Adulthood	Generativity vs. Stagnation	Nurture things that will outlast you
Maturity	Ego Integrity vs. Despair	Feel a sense of fulfillment and success

VISIBLE DIMENSIONS	INTERNAL DIMENSIONS	INVISIBLE DIMENSIONS
Age	Education	Historical Moments/Eras
Culture	Geographic Region	
Race/Ethnicity	Hobbies	
Gender	Military Experience	
Language	Relationship Status	
Appearance (physical/mental)	Religion/Spirituality	
Sexual Orientation	Work Experience	
Social Class		

