

A Message For My Younger Followers

Those of you young men & women who are still living at home with your abusive parent (or parents), this podcast is for you today.

You are in a rough place, as you well know. I've been there too, & I wouldn't wish that on my worst enemy. Until you can move out, no doubt you could use some advice to help you cope.

I hope those of you reading this share my faith. Knowing God has been the most important part of my life, including helping me to survive the abuse. When I was living with my parents, however, I didn't believe in God because of the abuse. No doubt many of you feel the same way & your parents also have misused religion as an excuse to abuse you. Please know that God is nothing like what abusive parents say He is! He is loving & kind, & will gladly help you through this! If you'd like to learn more, visit my website at www.CynthiaBaileyRug.com

Learn everything you possibly can about Narcissistic Personality Disorder. The more you understand it, the more it will help you to figure out ways to cope with your parent's behavior. It also will help you to remember that you are NOT the problem, your narcissistic parent is. While that may seem obvious when you first learn about NPD, narcissists can be very manipulative. Even to the point of making others believe they are the real problem in the relationship. That happened to me with both my parents & my ex husband. I honestly believed I was the problem in spite of them clearly being the abusers. Not only did I feel awful but they used that as another way to control me. Since I thought I was so awful, I trusted them to tell me how to be better. Learn from my mistake! Abusers are always the problem!

When dealing with your parent, try to show as little emotion as possible. The reason being narcissists use people's emotions against them. Are you happy? The narcissist will try to make you sad. Are you sad or angry? The narcissist will try to make you sadder or angrier, then tell you that you're crazy because of how you feel. Always remain unemotional around your parent.

Save up money as best you can. Be frugal with your money & save as much as you can, because you are going to need quite a bit to get a car & to move out. Also, stash your money somewhere where your parent can't get to it. Many narcissistic parents steal from their children, so you need to be careful about where you hide your money.

Move out to somewhere safe as soon as possible. A roommate helps financially, so that may be an option. You'll need someone who has a steady job & is responsible, as well as someone you get along well with. Some folks rent out rooms in their home, too. Or, maybe a friend or relative would let you move in with them. Consider your options & make plans as best you can. Don't share your plans with anyone that might tell your parent about them, however.

If at all possible, buy what you can to prepare for moving out. If you plan to live with a relative or rent a room, you probably won't need much. A bedroom set, toiletries, towels.. things like this. If you have a friend or relative that knows your situation, they might be willing to hold these items for you until you need them so your parent doesn't find out about your plans.

I know all of this must seem overwhelming, but really you got this! You have survived so much up to this point which shows you are strong! You can do it!!