

## About Complex Post Traumatic Stress Disorder

People who develop Complex Post Traumatic Stress Disorder, also known as C-PTSD were abused over a long period of time & experienced many traumas, such as in situations like being a prisoner of war, a hostage & even narcissistic abuse.

C-PTSD has a long list of symptoms such as:

- a) Flashbacks, which are feeling like you're reliving traumatic events, during which it is difficult to tell reality from memory.
- b) Emotional flashbacks where you experience all of the emotions of a traumatic event without the feeling of reliving it.
- c) Intrusive thoughts. These thoughts are bad memories that usually can't be controlled or thoughts of being depressed or anxious
- d) Anger, which can be either aimed at oneself such as with eating disorders, substance abuse, allowing oneself to be used or abused or aimed at others by being abusive or violent.
- e) Depression is a huge part of C-PTSD, & can include suicidal thoughts.
- f) Anxiety even to the point of having panic or anxiety attacks, or agoraphobia which is a fear of leaving home.
- g) Avoiding social situations & places that remind the person of traumatic events.
- h) Moodiness, often beyond the person's control.
- i) Trying to keep your mind busy constantly, like by watching a lot of TV, or surfing the net.
- j) Hyper-vigilance, which is an unhealthy extreme awareness of surroundings & of other people for fear of being hurt either physically or emotionally.
- k) Low self-esteem, even self-hatred.
- l) Physical symptoms such as inflammatory disorders like Crohn's disease, irritable bowel syndrome, arthritis, pain with no known physical cause mostly in the back, digestive problems, heart troubles, high blood pressure, diabetes and more.
- m) Nightmares which can involve replaying traumatic events. Some don't though, but instead they trigger similar emotions to what was experienced in traumatic situations.
- n) Trouble falling & staying asleep.

C-PTSD is a very difficult disorder to live with, but symptoms can be managed.

If you opt for therapy, it's best to find a counselor who specializes in trauma.

Also, you need to distance yourself from the source of the abuse, such as your narcissistic parents. Whether you opt for low or no contact is naturally your choice, but you do need at least some distance from them.

You also need to accept that the abuse was real & it was bad. Many children of narcissists were raised not to think anything that happens to them is important. They are to focus on the narcissist instead. This often leads to trivializing their pain &

problems. That needs to stop. It was abuse & it was bad. If it wasn't you wouldn't have this disorder!

You also need to grieve. You need to grieve the loss of your childhood, the fact you had parents that abused you rather than loved you & more. In my experience, this wasn't a one time thing. The bulk of grief happened, but once in a while something happens that makes me sad for a short time again.

You will need to focus on getting to know yourself, the real you & not that person your narcissistic parent raised you to be. This can be fun. Try things you never tried & see what you think of them, not caring what anyone else thinks. The things you normally do, get brutally honest with yourself & see if you actually like them or do them just to please your parent.

Also focus on repairing the damage that you can repair. Regaining yourself is an excellent start. Work on your self-esteem too. To repair damage, also I suggest getting to the root of the problems. Ask God to help you if you are unsure. Getting to the root may be difficult but it's the only way to truly heal.

If you have flashbacks, they can be difficult to deal with. Make sure you ground yourself by touching something with an extreme texture like a very coarse fabric or hold an icecube, or smelling something with a strong scent such as lavender or maybe a perfume. These can help you to stay in the here & now, rather than the flashback.