

## About False Strength

Society values the strangest things. For example, being busy is admired these days. Strange thing to admire since being too busy is unhealthy physically & mentally.

It also seems to me a false strength is admired. What I mean by false strength is when a person feels unable to continue doing something, but goes on anyway. Like when a loved one dies, the surviving people are expected to just go on like nothing happened. People seem to think once the funeral is over, their grief should be too. It's time to go on with life. They don't realize that for most people, that is when their grief really begins.

Another kind of false strength people admire is if a person is physically ill or disabled yet pushes him or herself to the point of extreme pain &/or fatigue.

Yet another type of false strength that seems to be admired in society is going on as if nothing happened after being abused. "It's in the past," "let it go," "stop wallowing in the past," "get over it" & other heartless comments are commonly made to abuse survivors. What many people fail to realize is we want to let it go & get over it, but we can't. We have to process things fully before we can truly let things go.

The simple fact is childhood is an extremely important time in a person's life. All things, good, bad or indifferent that happen to children make a very deep imprint on them. Much deeper than on an adult. When bad things happen to a child, that child carries that into adulthood, possibly even for their entire life.

Many people who suffered child abuse also have PTSD or C-PTSD. These are disorders where the victim has experienced so much trauma, their brain has physically changed, broken even. Neither disorder is something that can be shaken off, & they should be taken seriously. Many, many people with PTSD or C-PTSD have committed suicide & many consider suicide on a regular basis - these are potentially life threatening disorders!

If you too suffer with PTSD or C-PTSD, then I am particularly talking to you today.

Growing up with a narcissistic mother, I was told constantly how lazy I was. This has stuck with me - I still battle feeling lazy constantly even though I'm in my 40's. Many other adult children of narcissistic parents I've spoken with share similar stories with similar results. I believe for many of us, this is at the root of this "I always have to be strong & productive" behavior. As a result, we continue pushing ourselves beyond our physical & mental limits constantly rather than be "lazy" like Mom always said we were.

No matter what the reason, continuing to push yourself beyond your limits isn't being strong- it's unwise, because you're putting your physical & mental health at risk!!

I hope to encourage you to learn to take better care of yourself. The fact you have made it this far shows you are strong - you have nothing to prove to anyone. Listen to your body & mind. If they feel stressed, then it's time to rest. There is no shame in resting your body & mind. Even God rested. Genesis 2:2 states, "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made." In fact, there are also several accounts in the Bible where Jesus took off to be by Himself. There is NOTHING wrong with rest. It helps you to renew your strength. In fact, if you incorporate rest into your life as you need it, you will be stronger. In 2000, I was my narcissistic grandmother's main caregiver, & she ran me ragged. Once I stopped being at her beck & call, & started making time to rest & take care of myself, I was better able to take care of her. She was unhappy with this but it was a healthy & reasonable boundary for us both.

If you truly want to be strong, practice self care & abandon pushing yourself too hard!  
It really does make a difference!