

## **Breaking Free From Being The Family Scapegoat**

When you're the family scapegoat, not only do your narcissistic parents abuse you, but other relatives as well. It seems that people think if your own parents abuse you, doing so much be acceptable behavior. It's a miserable life! It doesn't have to stay that way though! You can break out of the scapegoat role!

**To start, you're going to need to get to know yourself so you know what you will & won't tolerate.** Pay attention to how you really feel about everything. Question yourself. Do you like or dislike things because that is genuinely your taste or because your parent told you to? Writing things down may be a big help to you.

**Look at yourself objectively, & recognize the truth about yourself.** The more you do this, the more you'll learn to reject the terrible things your abusers have told you about yourself & the healthier your self esteem will become. If it helps, write things down. Maybe write down what they have said about you, & what you observed about yourself.

**Learn to stop explaining yourself.** Your abusers don't deserve to know why you do or don't do things. It isn't their business. If you feel you must offer an explanation, keep the explanation to a minimum, such as comments like, "I already have plans." The less information narcissists have, the less they can use to hurt or control you.

**Learn about boundaries.** When you grow up with narcissistic parents, you have absolutely no concept of boundaries. Narcissistic parents & their children often blur together. Their children are merely extensions of their parents. That is terribly unhealthy! Make healthy changes & learn about boundaries. Learn where you end & other's begin, & what is & is not your responsibility. Narcissists hate boundaries because they make a person much harder to control, so at first the narcissist in your life may fight your new boundaries. Keep learning & growing though! Your mental health will appreciate it!

**Learn about Narcissistic Personality Disorder.** You can't possibly fully understand it, I don't think anyone can. You can get a decent grasp as to what motivates narcissists & what they do, however, which will help you to cope with them. You will learn what to expect from them which will help you to figure out ways to deal with the behavior when it happens. And, when you get a revelation on the fact that they have some serious problems, you won't take their abusive behavior as personally. You will recognize that they act as they do because they have issues. This makes their behavior hurt less, & makes you less easily manipulated.

**As a bonus, learning about Narcissistic Personality Disorder also helps you when it comes to the narcissist's flying monkeys.** I firmly believe many flying monkeys are narcissists since they display so many narcissistic behaviors. Plus, whether or not they are, when you realize that people are blindly supporting someone as wicked as a narcissist, that also gives you a new perspective on them. You realize their opinions

on your life are worthless because anyone who would want you to maintain such a horrible, destructive & dysfunctional relationship clearly doesn't care about you.

Breaking free of the family scapegoat role can be intimidating at first, but I promise you, it is well worth the effort you put into it! You can't help abusive people live their lives in a healthy way, but at least you can prevent them from putting their dysfunction & abuse on you!