

Discrediting The Victim

One of the main things all narcissists, be they overt or covert, have in common is that they discredit their victims to anyone who will listen.

Discrediting may be done under the guise of concern. A narcissist may claim to be worried about their daughter because she has serious mental problems. The parent may say she's depressed, anxious, bipolar or whatever when the truth is, she has no mental illness. Or, it may be more direct, a smear campaign, where a narcissist outright lies about the victim & says awful things that the victim has never done.

Discrediting starts early with narcissistic parents. They plant seeds of disdain among family members & friends, who believe this innocent child to be anything but. Instead, they believe the child to be whatever the parent said she is, & the parent to be completely innocent when nothing could be further from the truth. My narcissistic mother did this to me in my childhood. When her abuse was at its worst, her friends suddenly no longer liked me or would even speak to me.

Discrediting also may be done as preemptive lying. Narcissists know sometimes when they go too far with a victim. Not that they feel any remorse over that, but they do know. When it happens, they may reach out to others before the victim can. This is an attempt to make themselves look good somehow by either expressing concern about the supposedly irrational actions of the victim or saying the victim is acting bad or abusive somehow. The purpose of this preemptive lying is that so others won't believe the victim when she shares what really happened. My narcissistic father has done this. I asked him repeatedly not to call past 9PM, & he ignored my request. One night he called at 10 PM. I wouldn't take his call because he called too late. He then called my in-laws & one of my cousins. He told them he was extremely worried about me because I didn't answer the phone when he called that night. He even asked them to tell me to call him immediately. Both were concerned, & didn't understand why I was so "mean" to my father by not taking his call.

Preemptive lying also may be done as revenge. If a narcissist thinks that she has a chance of someone the victim knows well believing her, she may reach out in an attempt to hurt the victim. Again, my narcissistic mother has done this. Many years ago, my husband's work downsized, so he lost his job. My father took some money from his & my mother's savings account, & gave it to me, even though I didn't ask him to. My mother was extremely angry with me about this. She called my in-laws. A few days later, my husband visited his parents, & his father told him about the call. He said my mother said I was doing something terrible, so he told her never to call back. Whatever it was, it was so terrible, he refused to repeat it to my husband. My mother wanted to hurt me so she tried to start trouble with my in-laws.

If these types of things are happening to you, I'm sorry. It's hard, I know. Unfortunately, there really isn't anything you can do about it. If you defend yourself, chances are, people will see you as the crazy, irrational, awful person the narcissist

said you are, no matter how calm & collected you are when you speak. People in these situations often look for any tiny piece of evidence that the narcissist is right, so no matter how justified your anger or upset, it will be taken as the narcissist being right.

Rather than actively defend yourself when these situations arise, it's best simply to let your character shine. The truth has a way of coming out no matter what, so if you are consistently a good, caring, loving, rational person, sooner or later, people will realize that. I know it can be frustrating doing nothing to defend yourself, but truly, it's your best course of action. Pray- ask God to help you through this hard time & for the truth to be made clear. You will need God's help during this hard time, so never hesitate to ask for it. He'll be more than glad to help you!