

Don't Let Anyone Silence You

Have you ever noticed how people, narcissists in particular, love to put other people in a box, including what we talk about? So many people don't like to deal with topics outside of their comfort zone, so if you discuss those topics, you are told you're weird, too serious, too negative, too bitter, dwelling in the past, & other nonsense.

I've experienced this quite a bit first hand. When people find out what I blog & write about, many people feel free to open up to me about their own narcissistic mother, father, in-laws or former spouse. But there are also many other people who are immediately uncomfortable. They say things like, "You need to let that go." "Why don't you focus on positive things?" "The past doesn't matter, so why talk about it?" Statements like this are very frustrating, invalidating & hurtful!

Some people are so uncomfortable talking about abuse in any form! They want victims to forgive & forget, & to understand that their abuser is a wounded person which is why he/she hurt you so you can't be angry. Victims are the ones who are supposed to do all the work—all of the forgiving, understanding & healing, while the perpetrator receives no blame. Not many people confront abusers, especially narcissists. Instead, many people insist on silencing the victims or denying abuse ever happened, especially if the abuser is a family member.

If you have been abused, I encourage you to talk about it! Break the silence! Talk to safe people, blog publically, or write a book—whatever you are comfortable with. Talking about your story releases its power over you. It also helps to raise awareness of the signs of abuse, & the symptoms of someone being abused. Telling your story also encourages & helps others who are suffering in silence, possibly even giving them the courage to open up about their pain.

This is how I started to heal. I started talking on a message board & meeting other women who have experienced abusive mothers. This led to me healing & then learning more, eventually learning about Narcissistic Personality Disorder. Eventually, God graced me with the ability to speak openly about what I have experienced, which has helped quite a few other daughters of narcissistic parents. I now know that speaking about narcissistic abuse is what God wants me to do, to raise awareness of this insidious form of abuse & to help others heal. So now when people tell me to be more positive, stop living in the past, etc., although it may hurt a bit, I ignore them. Writing about what I write about is a calling, & I am blessed to be able to help others with this calling.

Don't let other people dictate what you talk about. If you feel the need to share your story, then by all means, share it however you want to! Blog about it, write a book, speak to groups, but do whatever you feel you need to do.

When you do speak out though, know it may be difficult. Speaking about such intimate details, especially when you have been scared into secrecy, is scary at first.

But remember- this is your story & you have every right to share it as much or as little as you wish. Author Anne Lamott said, “You own everything that happened to you. Tell your stories. If people wanted you to write warmly about them, they should have behaved better.” Her words are so very true! They also helped me to write my autobiography “Emerging From The Chrysalis.”

If you are looking to share your story in order to heal only, which is a great step, then I strongly encourage you to be wise with whom you share it. Oddly, most people closest to us are also the ones who are the least supportive in these situations. You may be better off finding a caring therapist, support group or even an online group. Strangers are often more validating than those closest to us in these situations.