

Fixing Your Narcissistic Parent's Problems Is Not A Good Idea

Boundaries are a very necessary part of life. Having them means you are free of the need to please others or take care of things that should be another person's problem. They are especially helpful for those of us raised by narcissistic parents since we grew up with very vague or even non-existent boundaries.

Even after you've learned about having healthy boundaries, & put what you learned into practice, sometimes it can be hard to maintain those boundaries though, especially with narcissistic parents.

A few years ago, I spoke to my mother on the phone one day. She mentioned how she & my father rearranged the living room furniture. Knowing them, this means she told him what to move & where to put it & he blindly obeyed her. Normally, I figured if he's willing to obey her & not stand up for himself, that's his problem. However, this time it bothered me. He was 77 years old at this time, & had back surgery shortly before this happened. He should NOT have done this!! But, this wasn't a first. Part of the reason he needed the back surgery in the first place was lifting something very heavy he shouldn't have been lifting, only because my mother wanted it moved. Why they didn't ask my husband or I for help, I still don't know.

Times like this can be very difficult for the adult child of narcissistic parents. Old habits tend to want to kick in & you want to fix things or take care of the parent that is being pushed around. However, this is NOT a good idea at all. Fixing things simply enables the dysfunction to go on while drawing you into the middle of it. Chances are it will go on no matter what, so why put yourself in the situation?

I know it's hard, but remember- it is ultimately that parent's choice to do or not do what he or she is told to do. That parent is most likely trying to avoid a narcissistic rage by doing whatever they're doing. Understandable to a degree, of course. But it's still his or her decision to obey rather than take a chance on standing up to their narcissistic spouse & maybe ending the control.

It is NOT your place to rescue your parent! Your parent is an adult, & needs to take care of his or herself, just like all adults do. Everyone's actions & choices are their own responsibility, & each person needs to reap the consequences of them, good or bad. Do not allow your parent to draw you into the position of standing up for him or her to the other parent! You will end up hurt & most likely, nothing will change anyway.

Do you really want to get drawn into that dysfunction? No, you don't. If you're having trouble with not getting involved, remember how it has hurt you when you've been in this type of situation before. Remember how badly you were treated. I've had to do this myself since I've been in the situation many times. It's a horrible position to be in. It makes you feel used, angry, resentful & hurt at how quickly you're discarded once the problem is solved.

This type of behavior is a part of emotional incest. Emotional incest, covert incest or parentalizing are all terms used to describe the same abusive behavior. When a child is put in a position of an equal or a partner to the parent, that is emotional incest. Being expected to listen to a parent complain about a loveless marriage or sex life, talk to another person usually the other parent on the parent's behalf or providing emotional support to the parent instead of the parent getting it from their partner, friend or family member are all examples of emotional incest. While this may not sound so bad, its effects can truly be devastating to the child. She grows up feeling overly responsible for other people, often becoming involved in co-dependent or abusive relationships. She grows up very anxious, depressed & constantly feeling guilty. You do NOT deserve to be abused like this! Put a stop to it immediately! Refuse to listen if one parent complains to you about the other or to get involved in their arguments. Emotional incest is detrimental to your mental health, & you need to protect yourself from it! You deserve that!