

## Flying Monkeys

If you've seen the movie "The Wizard of Oz", you probably remember the flying monkeys. They were ugly, scary little monkeys that the wicked witch sent out to do her bidding. As a kid, I thought they were awful. I had no idea that there was a real life version which was a thousand times worse!

Flying monkeys are the narcissist's evil minions. They think the narcissist is wonderful & there must be something terribly wrong with you since you don't. They will work hard to get you to "see the light" & realize how wonderful the narcissist is, even if what they do shows them to be completely foolish.

If you & your narcissistic parent have a disagreement or you sever contact with your parent, you can count on flying monkeys coming into your life in droves to try to make you fix this relationship.

I have found most flying monkeys to be covert narcissists rather than genuinely caring people who honestly have been duped by the original narcissist. A caring person wants to hear both parties version of the situation, & they know when they're getting too involved in a situation. They also don't tell anyone what to do. They may offer advice, but they don't bark out orders. Covertly narcissistic flying monkeys however, have no interest in hearing any information on the situation other than what the narcissist says. They will shut you down if you try to tell your side. They will order you &/or use guilt to try to force you to fix the relationship.

Flying monkeys are basically a big nuisance! If at all possible, it's usually best to cut them out of your life. Unfortunately I realize this isn't always possible for many various reasons. If you must deal with them, I have some pointers that can help.

I recommend prayer as the first place to start, as usual. Ask God to give you effective & creative ways to deal with the flying monkey as well as to help minimize the effects of their toxic & abusive behavior on you.

You need to make sure the flying monkey knows that the narcissist is NOT a topic that you are willing to discuss with that person. State that boundary clearly, & change the subject. Change the subject repeatedly & even be rude about it if you have to, but don't discuss the narcissist with a flying monkey! There are infinite other topics you two can discuss, like shared interests, the weather or current events. Talk about those things instead. Anything you have heard the flying monkey say about the narcissist, let it go in one ear & out the other.

If you & the flying monkey are friends on social media, think before you post. If you absolutely need to share something about the narcissist, then block the flying monkey from seeing it. Also block the flying monkey's friends from seeing your post so no one can accidentally slip & mention what you said. And, if the flying monkey says something to you on social media, you can delete the comment or simply ignore it.

Whichever you do, don't give the flying monkey any response because that will only fuel their fire. Remember what I said earlier, flying monkeys are often covert narcissists, & all narcissists take any attention, good or bad, as narcissistic supply. Once they find they can get a reaction from you, they'll continue doing it more & more just so they can get that supply.

Lastly, don't let yourself be swayed by anything the flying monkey says. I know they can be very convincing sometimes, & it can be hard, but they don't have your best interest at heart! Their motives are purely selfish! Selfish people don't care about what is best for you. They don't care if what they want will hurt you either. All they care about is getting whatever it is they want. You cling to the truth & ignore whatever the flying monkey says. Ask God to give you strength!