

For Anyone Who Has Gone No Contact With Their Abusive Parent

Those of us who have gone no contact with abusive parents most likely have heard the same invalidating, nonsensical comments.

"But that's your MOTHER!"

"Your father can't help it... that's just how he is!"

"You need to let what they say roll off your back."

"You need to forgive & forget/honor your parents!"

"You only get one set of parents!"

Statements like this make me cringe. People who say such utterly moronic comments truly have zero clue what it's like to be in the position of feeling no contact is the only option left to protect our sanity.

If you have gone no contact, then today's video is to remind you of some things.

First, no one has the right to tell you how to feel about anything, let alone your abusive parent's actions. You know how it feels to you, & that is all that matters. Just because it may not bother someone else so much doesn't mean you're automatically wrong. It means you two are different.

Second, no one has the right to dictate how you should handle the relationship with your abusive parent. They aren't in the relationship so they don't need to have an opinion on it, let alone share that opinion with you as if it was the Gospel.

Third, just because you are no longer speaking to your abusive parent doesn't mean you aren't honoring that parent. There is absolutely NO honor in tolerating abuse.

Forth, you have every right to protect yourself from abuse from anyone, including your own parent. There is nothing Godly or holy about tolerating abuse. Nothing.

Fifth, remember that the person saying these things has absolutely zero clue of all the heartache you have endured, all the tears shed, all the prayers & begging God to change things & to show you what to do. This person is talking out of sheer ignorance, & is NOT someone whose advice you should listen to.

Sixth, many people who say such invalidating nonsense come from their own dysfunctional backgrounds. You facing your pain reminds them of their own pain that they are trying to ignore. Seeing you face your pain makes them feel cowardly for not facing theirs. Or, it threatens their denial. If they had a decent relationship with your narcissistic parent, you clearly showing the truth about your parent threatens their delusion that your parent is a good person. Either way, they want to shut you down because of their own issues & lack of courage.

Lastly, if you have doubts about whether or not you've made the right decision to go no contact with your parent (which we all do at some point), ask God to tell you. He will tell you nothing but the truth & it will help you greatly. Some time back, I was starting to have doubts about being no contact with my mother. Elderly, widowed & on her own for the first time at almost 80 years old, it's natural I felt badly for her. I asked God one morning if I should resume contact. Immediately, I knew what would happen if I did. I could see it kinda like a movie playing in my mind. At first, she was nice & not very demanding. As time wore on though, she expected me to come by a couple of times a week, then three times a week, then daily. She would do her best to force me to be at her beck & call, unable to take care of my own family & home, & even my writing would be neglected. I knew in my heart God was right, & this is exactly what would happen, because it happened before. My mother's mother was this same exact way. Physically & mentally, there is no way I could handle this, plus I can't allow my calling & family to suffer just to provide someone with narcissistic supply. God helped me to stay on the right track, just like when He told me it was time to go no contact with my parents in the first place. He can do the same for you. All you have to do is ask.