

## Going No Contact Doesn't Fix Everything

There is a large amount of information out there about going no contact with narcissists. Many people make it sound like going no contact will solve all of your problems. And truthfully, it definitely solves some. No longer having a narcissist in your life means you are no longer abused, which of course is a great thing. However, even so, it doesn't solve all of your problems!

When a person has eliminated a relationship from their life, people always seem to have very definite opinions that they feel they must share. There are even more opinions when the relationship in question is with a parent. The adult child is often referred to as selfish, spoiled, ungrateful, unreasonable & more, & often by people who the victim barely knows. So many of these people often act as though you made this choice on a whim, when nothing could be further from the truth!

The worst part is when this judgment often comes from people close to you. People that you never expected would behave like this towards you. Not only does what they say hurt a great deal, but some people will side with the narcissistic parent & abandon you. Rarely does a person who severs ties with a parent have many allies.

Going no contact with an abusive person also doesn't heal the wounds that were inflicted upon you. Those wounds are still there. You still are going to wake up each morning with C-PTSD, anxiety &/or depression.

In fact, I found in my experience & in talking to others that after implementing no contact, suddenly they felt they had many more issues to deal with than they had previously. Repressed memories came up, they had more nightmares &/or flashbacks than usual, anxiety was much worse, they were very depressed & more. I firmly believe the reason for this is because when you're in a relationship with a narcissist, that narcissist basically takes up almost all of the space in the relationship, & also all of your thoughts. You're so busy trying to figure out ways to please them or at the very least not trigger their wrath. You also may be trying to find a way to escape the relationship unscathed. At the very least, you're definitely trying to maintain your sanity in an insane situation. Once the relationship is over, those awful things are gone. Your mind is suddenly free of a huge burden. Now it's time to process all of what you have been through, & your emotional floodgates let loose. It really can be pretty scary & overwhelming at first, but it serves a good purpose.

I have learned to try to make the best of it, & remember these things that have come up are doing so for a reason. It's my mind's way of saying that it is time to face these ugly issues. I talk to God about them, & write about them in my journal as ways to help me heal. When this happens to you, then you need to cope with them in whatever ways help you to cope.

Also when going no contact, flying monkeys may attack you. They may judge & criticize you. They think you are so mean or unreasonable as to end your relationship with the narcissist. Flying monkeys can be brutal to deal with, especially when you feel in a weakened state, such as right after going no contact with the narcissist who was close to you. You need to find ways to deal with them, & usually the best way is not to deal with them. No contact is often the best solution, but if you can't, simply refuse to discuss the narcissist with them. Tell them you refuse to discuss the topic with them, you have nothing to say to them or whatever works to shut them down. Really, the situation isn't their business anyway!

No contact is certainly a very viable solution when dealing with narcissists. Often, it is also the only solution. However, it isn't an easy one. If you're considering going no contact, please know that it won't solve all of your problems, although it definitely will help to alleviate many of them. It certainly will help you a great deal, but don't expect it to be easy. You can handle the situation though. Yes it will be hard, but you can get through it all.