

Help For When Places Or Items Trigger Painful Memories Or Flashbacks

I saw a quote on Facebook that got me to thinking. It was long, so I'll summarize. It suggested that you talk to nature. Before cutting a tree or plant, tell it what you have in mind to do, & talk to animals with respect. That sort of thing.

Having some Native American Indian heritage in me, I tend to do this. It just seems to be in my blood. I never thought much about it though until reading the quote.

I've always talked to my pets as if they were people, & treated them with love & respect. Many people including many at their vet's office have commented how well behaved, smart & loving they are.

After my mother died, I took over some of her house plants. I've never been particularly good with plants, but decided to try with them anyway. I started talking to them when I decided to bring them home. I told them I was taking them home soon & I'll do my best to take good care of them. They're doing surprisingly well!

Before reading this Facebook post though, I began doing this more, & that even includes talking to inanimate objects. Reading the post only confirmed to me that I was onto something. I know, it sounds like I'm crazy, but please keep watching.

When my mother died, & I learned I was to be her personal representative, I was less than thrilled to put it mildly. I hated going into her house for years, because of all the awful memories it held. It seemed every room had some bad memories attached. Knowing I'd have to spend a great deal of time there triggered horrible anxiety & even anger in me. I had no idea how to deal with this, so I asked God for help. He told me, "Talk to the house." I thought I must be imagining things... then my very logical husband said the same unusual thing a day or two later.

One day when I went to my parents' house, I started talking to it. Obviously, I felt strange, talking to this inanimate object, but I did it anyway. I told the house I realized I was wrong for being upset with it for things that people who lived in it did to me. It wasn't fair to blame the house for the actions of people, & I was sorry. Let's get to know each other better. Suddenly I began to feel a lot more comfortable in the house. I'm not angry at the house & I don't cringe every time I see a location in it where something bad happened anymore.

I also did this with my mother's car, which is now mine. There were a lot of pretty bad memories of times with her in that car, so I dreaded dealing with the car. The first couple of times I got behind the wheel, I talked to the car much like I did with the house. And you know something? I don't mind driving that car now. My mother's & my taste in cars was completely different, but even so, I'm comfortable with the car now.

My mother named her car Peaches, so when I take her out I often say things like, "Hey, Peaches.. ready to go for a drive?" I also told her she was getting new tires recently. I do the same for the house, saying hi & good bye, or telling the house what I'll be doing today in what room.

I firmly believe a lot of us who have experienced narcissistic abuse have similar feelings. Some things & places can offer reminders of awful situations, or even trigger flashbacks. I suggest talking to the item in question. It really can help you! I know it sounds crazy, but isn't it worth a try? Whatever helps you to remove some pain is a good thing. So please, give it a try.. what do you have to lose?