

How Many Abuse Victims Process Negative Emotions

As I've mentioned before, I am a huge true crime buff. Pretty sure my poor husband is sick of it since when I turn the TV on, that's usually what I end up watching.

I've also never been a big fan of stories with happy endings. If it suits the story, that's fine but if it seems forced, I'm not a fan of that. I prefer real endings, even if they aren't happy ones.

Growing up, my mother always said how negative & pessimistic I was. She made me feel abnormal for liking such "negative" things instead light, fluffy things like she did. I assumed she was right & something was wrong with me. Yet, nothing changed even into adulthood. I still dislike fluffy stories.

I finally came to a realization about my so called negativity, & I think it may help some of you as well.

So many people I've spoken to who were raised by narcissistic parents also dislike light, fluffy stories. They prefer something real even if it is sad. Many also share my interest in true crime.

Many who were abused by narcissistic parents also share some similarities. We often are introverts, very down to earth & interested in the deeper things in life over the superficial, in particular what makes people tick. Knowing these traits, it only makes sense that we prefer what we do.

Another thing I realized is these things allow us to feel the emotions we never were allowed to feel growing up. Narcissistic parents deny their children the right to have emotions, in particular anger or hurt over the abuse. This often carries into adulthood. We grow up not comfortable showing or sharing certain emotions, & aren't sure how to deal with them. Feeling anything about the abuse perpetrated on us by our own parents is especially not OK, so those emotions are ignored. Since those emotions aren't felt, they need an outlet. Watching sad movies or true crime, reading sad or unjust stories or even listening to sad songs provides that outlet. They enable you to feel the sadness or anger without feeling it as it relates to the abuse.

Something else narcissistic parents can't tolerate is their child feeling sorry for themselves. This, too, carries into adulthood, & many struggle with feeling compassion for ourselves because of that dysfunctional teaching. Being able to feel the emotions because of songs, stories or whatever also help you to feel them while not feeling sorry for yourself. If you watch a story of a young woman who was abused & murdered by her parents, as an adult woman who was abused by her parents, you're going to be able to relate to her story. Your heart will go out to her, & you'll feel pity, sadness, anger at the injustice. You should be feeling such emotions for yourself, but can't. Instead it's redirected.

If you realize that you too behave in this manner, all hope isn't lost! At least you're feeling the emotions you need to. That is good. Emotions demand to be felt, so if you don't feel them in a healthy way, they will find another outlet. This outlet isn't as destructive as it could be, so that is a definite plus.

Some people think about themselves as a child.. if that child was in front of you, what would you tell him or her now? Wouldn't you want that child to be open about their feelings & heal? If it helps, talk to that child. Write letters to him or her. It may help you tremendously.

Most of all, never ever forget to talk to God. He truly understands even when we don't. He wants to help & comfort you, so why not let Him?