

## How Untruths Can Become A Part Of You

One especially devious, creative way narcissists abuse their victims is cementing facts in their brains. What I mean is, a narcissist can imply something once, then reinforce what they said by their actions instead of words. The result is you feel a certain way, & if you say anything to the narcissist, they will say they don't know what you're talking about or deny that they ever said anything like that in the first place.

As one example, I have a terrible time admitting I don't feel well, taking time to recover or asking for help. I feel like I need to be OK at all times so I don't upset or burden anyone. I even wonder if I'm faking it or do I really have whatever problem I am dealing with at the time even when I have obvious symptoms.

Do you have some false belief cemented in your mind too? If so, you're not alone! This sort of thing happens all the time to victims of narcissistic abuse. There are ways to cope.

As always, I recommend starting with prayer. Ask God for wisdom, to help you heal & anything else you can think of.

With healing, I firmly believe in getting to the root of the problem. It's the most effective way to resolve the problem permanently. To do this, try to remember the earliest time in your life when you felt a certain way, & then deal with it from there. I'll tell you what I did.

When considering my situation, I thought back to times I was sick or injured. I remembered many, many times when my mother didn't believe I had a health problem unless it was something very obvious. I also thought about how she complained about taking care of me when I was sick. Like, when I was only 5 years old, my mother woke me up one morning by tickling me. In trying to get away, I hit my head on the headboard. Long story short, the result was several stitches in my scalp at the local ER. Afterward, my mother took me to the mall & bought me a coloring book & crayons, something she complained about having to do for years. During the experience, my mother didn't comfort me. She was upset & I felt completely responsible for that.

These experiences taught me that I shouldn't burden anyone with my health, I should be "ok" at all times so as not to upset anyone & my problems aren't important.

To undo this warped thinking, I found it very helpful to look at things very logically, ignoring feelings for the moment. They should be dealt with later.

One thing I considered was why did my mother take me to the mall after a trip to the hospital?! I had a head injury! I should've been home, resting quietly. She could've asked my father, a friend or neighbor to pick up the coloring book & crayons instead.

My mother should never have complained to me about how hard that incident was for her or having to take care of me when I was sick. That is what parents do. It's a part of the job.

Since narcissists love projection, it makes me think my mother didn't believe me when I've been sick or injured because she has either exaggerated or even faked her own health problems & thinks other people do the same.

I can't honestly say that I'm 100% ok now. I can say though, that since thinking about these things, I've already gotten some better at admitting when I don't feel well. I haven't needed to ask anyone for help yet, but I think that will be easier too. When you face things, they lose much of their power over you. When you examine them & realize how wrong they were, they lose even more power.

I would like to encourage you today to face the false beliefs cemented in your mind. The things I mentioned earlier did hurt me when I first thought about them, & made me angry. However, I'm still glad I faced them because that enabled me to remove the false beliefs I've carried around my entire life & replace them with healthier beliefs. I firmly believe the same thing can happen to you!