

Narcissistic Families Are Similar To Cults

Have you ever considered the similarities of cults & narcissistic families? There are quite a few similarities...

Cult leaders & narcissists demand unquestioning, blind devotion to them, no matter what.

Cult leaders & narcissists demand how those under them should act, think & feel. Anything that doesn't agree with the cult leader or narcissist is not tolerated.

The cult leader & narcissist are always right, period. By default, cult members & the narcissist's family are always wrong, period.

Questioning cult leaders & narcissists is discouraged, & often severely punished. Isolation is extremely important for cult leaders & narcissists both. Relationships with those not in the cult or immediate family of the narcissist is discouraged, & often the leader or narcissist demands others to sever ties in those relationships. Any sort of life outside of the cult or narcissistic family is not tolerated.

Leaving the cult or narcissistic family is looked at as a betrayal, & the person leaving is often spoken badly about.

Mind games & gaslighting are the norm.

Independent thinking is not allowed in a cult or narcissistic family. The leader believes that he or she has done all the thinking necessary so those in so called inferior positions need only to submit to his or her will.

Pretty scary how similar they are, isn't it?

The characteristics I just mentioned are precisely why it is so hard to heal from narcissistic abuse. Living in this cult type environment is detrimental to your mental health! People who have escaped both cults & narcissistic families work on their healing for many years, often their entire lives.

When people say you should "just cut ties" or "I would just leave if I were you", don't feel bad for not doing that as easily as these people think you should. The reasons I mentioned previously are exactly why that is so hard. Not only are they talking about abandoning your family or someone you once loved, but thanks to the cult mentality, leaving them is much harder than one might think.

You feel as if you're committing a horrible act of betrayal, as if you're committing some unpardonable sin by thinking of your own mental & physical health. You were trained to think only of the narcissist, & any concern for your own needs is incredibly

selfish & wrong. Going against that deep seeded belief is very hard to do! It makes you feel incredible shame.

You also may be afraid of the backlash, because the narcissist will send out a smear campaign to destroy your reputation if you go no contact or even simply defend yourself to her. Most people who stand up to their abusers end up alone because of losing most, if not all, of our friends & even families.

Not to mention, the unknown can be scary! All you know when raised by a narcissistic parent or two is their warped mentality & way of life. Even though it's awful, it's familiar, & there is a degree of comfort in what is familiar. Things have to be really, really bad to take that leap of faith by leaving the familiar & treading into the unknown.

If you were raised in a narcissistic family, please understand that the damage done is incredibly severe. Never get mad at yourself for taking too long to end the relationship, to heal, or for having so many issues. Narcissistic abuse is incredibly insidious & pervasive. It's only normal to have a lot of problems after surviving in such an environment, even for years after the abuse. Be patient with yourself. Remember, healing doesn't happen overnight & neither does the ability to escape an abusive relationship.