

## Narcissistic Parents Who Abuse Their Adult Children

Growing up with abusive parents, most kids think that once they turn 18 &/or move out, all their problems will be over. Many victims marry very young trying to rush this process along, & who can blame them?

The problem is though, this mindset is wrong. The abuse merely changes, it doesn't stop.

In my experience, I left home at 19 after my first nervous breakdown. Although I didn't know exactly what had happened to me at that time, I knew in my heart that I had to leave or lose my sanity. I moved back in 6 months later for only four days. On the last day, my mother & I got into an argument which escalated quickly into a physical fight, & she slammed me into a wall. I believe she wanted to kill me that night. I also believed that since I determined never to live in that house again, the abuse was a thing of the past. My mother never laid another hand on me again after that night, November 28, 1990. That didn't mean she never abused me again, however.

After that horrible night, my mother continued to verbally abuse me. Everything about me was subject to her harsh judgment & criticisms, just as it had been when I was living with her. When I had to quit work a few months later due to my back pain from her assault, my mother made it clear she was convinced I was faking the pain because I was too lazy to work. She never said those words exactly, but she would slap me in the back where my pain was, hand me heavy items or tell me I needed to help her move something heavy.

As my parents got older & frailer, my mother expected me to help them. When I did help, my parents were cruel, especially my mother. One day, she gave me a diet soda when I was there. The cruelty was the artificial sweetener in it was known to cause a laxative effect in some people. She waited until I emptied the bottle to tell me this & how it negatively affected my father. For the remainder of the visit, she & my father continually asked me how my stomach felt or did I need to use the bathroom.

My mother had irritable bowel syndrome. After having an issue, she called to tell me I had to wash her clothes the next day because "I owed it to her since she took care of me as a baby." The next day I took rubber gloves along in case I had to touch any laundry since I'm not good with body functions. My mother watched me take off those gloves, then told me to hold out my hands. With a smile, she put her nasty clothes in my bare hands & said "I forgot, these need to go in the washer too."

The point of these stories is this: narcissistic parents don't stop abusing their children when they become adults. They merely change the ways in which they abuse them.

As narcissists age, they can't be the physically intimidating presence to their child anymore. And, their child has grown up, so even if they were able to magically stay the same, their child probably wouldn't be intimidated like they once were. Also, threats of punishment from a parent don't work on an adult as they would on a child. Due to losing so many of their once successful ways of abusing their child, narcissists have to come up with new ways to abuse.

Some of those new ways may involve financial abuse, guilt trips to make their child think they owe the parent, misusing their medications to make themselves ill, or even threatening suicide.

If such things are happening to you, you're not alone! You also have nothing to feel ashamed of! The shame lies with your parent, not you! Do what you need to in order to protect yourself. You do NOT deserve to be abused!!