

## Shock And Abuse

Sometimes when abuse gets especially bad, it can put a person into shock. This can be expected when someone is beaten or raped, especially by someone known to the victim, but it comes other times as well.

In cases of narcissistic abuse, a narcissist can be much like a machine gun of abuse-shooting out abuse after abuse in a short period of time. A victim doesn't have the time to cope with one episode before another comes along, then another & another. Or, the abuse can be so outrageous that it is unbelievable. When either situation happens, victims can go into a state of shock.

I believe this happens because the brain is trying to protect the victim. A state of shock gives a person time to come to terms with what has happened. Unfortunately though, it still can be difficult to go through. Focus & concentration can be hard to come by. You may feel very "spacey". You also may miss things you normally notice such as if someone is making a joke. And, you may not be able to identify your emotions. You know you feel a lot, but identifying exactly what you feel can be very difficult.

During the last few weeks of my father's life in 2017, due to the constant inundation of abuse my so called family inflicted on me for not saying good bye to him as well as my own grief, I experienced shock like I've never experienced before. That's really saying something too because I experienced shock on a regular basis growing up due to the constant abuse from my mother in my late teens. At least on a positive note, I learned about shock caused by abuse, & I thought I should share what I learned in the hopes it will help those of you watching this video.

I don't think it's a good idea to try to get over shock right away. It happened for a reason & that reason was to protect your mental health. Don't try to force yourself to get over the shock or get better right away, because obviously you aren't ready to cope with what happened just yet. Shock kinda reminds me of repressed memories- forcing them to come back to the forefront of your mind can cause you more suffering than is necessary. Just let the shock work itself out. It really will. It will lift when you are ready, willing & able to face what the shock is protecting you from.

Try to take good care of yourself. I say try because as an adult child of narcissistic parents, I know self care isn't easy. Try it anyway. Get plenty of rest, eat good & healthy food, & don't neglect your physical health. Shock can take a toll on your body as well as your mind, so treat both well.

Do things that make you feel nurtured. Drink herbal tea, coffee or cocoa. Spend a day curled up in your favorite blanket & watch funny movies all day. Buy yourself little treats like that new book or CD you've been wanting. Simple little gestures really can help you to feel better.

In time, the shock will lift, & you will need to face what you're feeling after your trauma. Don't forget to continue taking good care of your physical & mental health when that happens! Emotional work takes up a lot of both physical & mental energy, so you need to take care of both your physical & mental health as you heal.

I noticed something about my situation that I can't help but think that others have faced as well. During the worst of the shock I experienced in 2017, I stopped remembering my dreams. This was very odd for me as I've always had very vivid dreams & nightmares that I clearly remember. I believe that is because my brain was trying to come to terms with the daily traumas I endured for that time. The brain constantly processes all information, good & bad, & even in dreams. I believe the dreams we don't remember are simply a part of that processing, whereas the dreams we do remember are trying to tell us something we need to know. I finally started remembering some of my dreams again about five weeks after the last traumatic episode surrounding my father's death happened, as some of the shock was beginning to lift.

Speaking of dreams, I find dreams to be extremely helpful in understanding my emotional health. I strongly advise paying attention to your dreams once you begin having them again. Write them down. Look up dream symbols to help you to understand what your dreams are about. Also ask God to help you to understand them. You may find some valuable insight in your dreams.

Anyway if you are experiencing or have experienced a state of shock after times of extreme abuse, you're not alone. It's ok- you aren't crazy or wrong. You're normal. Just let things work out on their own, don't force anything, & you will get through this just fine.