

Some Reasons People Try To Stop You From Talking About Narcissistic Abuse

I'm sure we've all tried to discuss some about our traumatic situations with a narcissist only to be met with someone trying to shut us down. They clearly don't want to hear about it & say things to invalidate your pain such as "Just get over it already," "Lots of people were abused by their parents but you don't hear them talking about it," or & possibly the stupidest one yet, "But that's your MOTHER/FATHER!!"

When this happens, it can make you feel ashamed of "whining", or like you're being petty or overreacting to little things, or it can make you feel like a bad son/daughter or even Christian for being upset about your parents abusing you.

I want to tell you today, please do NOT feel bad when someone treats you this way! The truth is their wanting to shut you down is about them, NOT you! These people have reasons for wanting to shut you down that have nothing to do with you.

The person may be gaining something from supporting the narcissist. Maybe they get money, things or even the narcissist's praise. If this person is also a narcissist as many flying monkeys are, that praise is especially important to them. This person obviously is not willing to jeopardize losing whatever it is he or she is gaining, so it is beneficial for them to shut you down.

The person also may have their own issues, & you facing yours reminds them of theirs. That can make them want to shut you down quickly, because you make them feel uncomfortable by reminding them of their similar situations.

If that person is raised in an emotionally incestuous/parentalizing environment, that person is going to believe it is a child's job to take care of & cater to their parent forever. At least until such time as they learn how unhealthy this situation is. But, if a person doesn't realize how unhealthy that belief is, they think everyone should cater to & care for their parents no matter what. They may even think it's loving & "Godly" to tolerate abuse. If you're standing up for yourself, setting boundaries or even saying your parents are less than perfect, to this person, you are committing a terrible sin. They want to shut you down so they don't have to hear about it. They think everyone should do as they do. That is their reality & it makes them uncomfortable if you threaten it in any way.

There are two other possibilities that God spoke to me when my father was dying in October, 2017. As I wrote about at the time, people continually harassed & tried to bully me into visiting my father. I mean, not only daily but often multiple times in a day. I eventually asked God why were they so cruel to me? He told me two things...

They wanted to believe my father was a good guy, & me refusing to speak to him threatened that denial. They wanted me to go to him so they could remain in denial. If I went, it would be proof to them that all was fine. People in denial will do about anything to protect their delusions.

God also said to me that they don't know me now. They remembered me as that scared of everything little kid I once was, who was blindly obedient to my parents. By that person being strong enough to face her own issues, it made them feel weak for not facing theirs. They wanted to push me back into being like I used to be so they didn't have to feel weak. If the person in your situation knew you when you were being abused, they knew a different version of you. They knew the beat down victim that we all have been at some point. It's very possible that they may want you to stay that way so they don't have to feel badly for not dealing with their own issues.

Just remember, when people invalidate you or try to shut you down, it's not about you. It's about them & their own issues.