

Victims Of Narcissistic Abuse Have Super Powers

I recently saw the most interesting conversation on television! In this particular scene, a younger lady was talking with an older lady. The younger lady was deaf, & discussing how things went when she began to lose her hearing in her teens. She said she was afraid & angry, naturally, but her older sister told her being deaf was her super power. She learned how to adapt to this new life which obviously wasn't easy. She also mentioned how people in their community were learning sign language, & that it was all because of her.

Immediately I began to think of those of us who have survived narcissistic abuse. We have super powers too!

We survived some pretty horrific stuff! Simply surviving narcissistic abuse definitely fits into the super power category! Many people don't. They end up committing suicide, & quite honestly, who can blame them? Like many others, I sure considered it plenty when I was going through it.

We also not only survived, but we did so with our sanity & humanity in tact. Narcissists pull out all the stops when they abuse their victims in an attempt to utterly destroy them. Surviving that without becoming angry or bitter or continuing their abuse is really impressive! Many people who survive narcissistic parents simply don't have the strength or courage to break the cycle of abuse, & they abuse their children.

Many of us go on to talk openly about our painful experiences, & by doing so, help other people. We create awareness of narcissistic abuse, which is desperately needed. And, we help other victims to learn what is happening with them when we discuss our experiences. I'm sure you remember how it was prior to learning about narcissistic abuse. You felt like you were going crazy, maybe the narcissist was right & you were causing all of the problems in the relationship & more. Learning about Narcissistic Personality Disorder is incredibly freeing because you learn the narcissist is the problem, not you like the narcissist said. By discussing your experiences openly, you're helping other people obtain that freedom! Also, by discussing narcissistic abuse, we are able to show others what does & doesn't work with not only dealing with narcissists but the healing process as well.

If you have C-PTSD as a result of the narcissistic abuse, you aren't exempt from having the super powers. I know many who have it consider themselves weak or seriously flawed, but that isn't the case at all! You simply have a scar that shows yourself & others you survived some pretty horrific stuff. I know C-PTSD is horrible, I live with it too. But living with something so painful & challenging is a super power!

And you know something else? By being open & honest about your struggles with C-PTSD, you're helping others. You may help some people who may not yet realize they too have the disorder. They may hear of your struggles & realize this is what's been

happening with them. While naturally no one wants to be diagnosed with any illness, mental or physical, if you're suffering with symptoms & have no clue why, learning what is happening is incredibly helpful! Having answers means you know what you're dealing with & can find the proper treatment.

Also, by discussing your symptoms openly & how you cope with those symptoms, you help others find ways to manage their symptoms. It can be so hard to come up with ideas to help yourself, especially when symptoms are flaring up, which means learning what works & doesn't work for others can be extremely helpful!

Please never forget that you have super powers. You survived some of the cruelest abuse a human can survive & are going on to help others. Those are some impressive super powers! That is amazing & you should be very proud of yourself!