

Ways Flying Monkeys Silence Victims Of Narcissistic Abuse

Not only do narcissists want to silence their victims, but their flying monkeys want to do so as well. Whatever their narcissist wants is what the flying monkeys want, after all.

Flying monkeys use many of the same tactics as narcissists to silence victims. Personally, I believe that is because many of them are also narcissists, & frequently covert ones. I say this because it's obvious that they gain something from being flying monkeys. If they weren't gaining anything, they wouldn't be so willing to be flying monkeys. I think that something they gain is narcissistic supply. Often, they get to look like a good person, just trying to help, which is something that is extremely attractive to covert narcissists. They're also very manipulative, which describes all narcissists. If they can get you to do what they want, they're also obviously thrilled about that, & I think that is because it's narcissistic supply. Any time a narcissist can control another person, it makes them feel powerful, which gives them narcissistic supply.

One of the most common things flying monkeys do to silence victims is invalidate them. They have complete disregard for the victim's pain, & have no trouble letting victims know that frequently. Invalidating quickly shuts any person down. A frequently invalidated person feels like no one would want to hear anything they say because they are wrong, stupid or even crazy.

Another thing flying monkeys do is shaming their victims. They do their best to make victims feel ashamed of themselves for being upset that the narcissist abused them. They remind the victim that this is the only set of parents they'll ever have, or that her parents are elderly & won't be around much longer. If the victim is married, then it's "God hates divorce", "Love covers a multitude of sins," "all couples have problems." If the victim has already gone no contact with the narcissist in their life, there will be shaming for that too. Flying monkeys may say things like, "After all that person did for you, I don't know how you could treat her that way", or, "That kind of behavior isn't honoring your mother or father! If you're a Christian like you claim to be, you would..." If they can make you feel enough shame, you will suffer in silence, not confronting the narcissist or discussing the abuse she put you through with anyone.

Flying monkeys are also very good with gaslighting. They will let you know that they don't believe you. They will tell you that things couldn't have happened that way or they didn't happen at all because your abuser is too nice. They accuse you of lying or at the very least exaggerating. Anyone who they can make doubt themselves enough won't confront the narcissist or reveal the abuse. Why would they if they are unsure of what really happened?

Triangulation is another common tool flying monkeys use. They will recruit the services of other flying monkeys to gang up on you. If you stop speaking to one flying

monkey, then chances are excellent that another one will contact you with the same messages as the original flying monkey. The goal is to have as many people as possible give you the same message so you will do their will. This can be very effective. When you have a bunch of people who are extremely convinced that what they are saying is correct, it's hard not to think they are correct. Ganging up on a person definitely can shut down a victim & very easily.

Today's video is a continuation of last week's video on ways flying monkeys try to silence their victims.

Flying monkeys also love bullying, & can do it in many ways. I think the most common way is to call, text & email a person constantly in an attempt to wear them down so they do the flying monkey's bidding. One of my father's flying monkeys & I were once on friendly terms. She eventually got mad at me & stopped speaking to me. I later blocked her on Facebook in case she had any thoughts of wanting to contact me. When she couldn't reach me that way, she emailed me many times & also used her dead mother's Facebook to send me a message. Others have called my home, letting the phone ring for several minutes straight or called back many times in a short period of time or both. One of my mother's flying monkeys called my home three times in a row one evening, letting the phone ring between 20 & 30 times each time she called. My phone rang almost non stop for 5 minutes straight! If a person can be worn down like this, then certainly that person can be forced to do anything the flying monkey wants, which is why they find this weapon so effective. And believe me, it's not easy not to be worn down by this type of harassment!

Flying monkeys also experience a narcissistic rage, because as I mentioned earlier, I believe they are also narcissists. The rage of an overt narcissist is different than a covert one. Overt narcissists are very loud & abrasive while covert narcissists are much quieter & slyly manipulative. The end result is the same though- no one wants to be on the receiving end of any narcissistic rage. If a flying monkey finds out that you have confronted their narcissist or damaged their reputation by telling others of the abuse you have endured, rage will come upon you & it will be ugly. The hope is the rage will be ugly enough to stop you from doing what you did ever again. I've been on the receiving end of narcissistic rage of two flying monkeys & I can tell you, the rage is definitely enough to make you want to do anything to avoid it in the future! I was fortunate enough that they weren't in my presence when it happened at least. They both sent me emails, so I didn't have to read what was said. Unfortunately though, my email provider lists mail so you not only see who the mail is from & the subject line, but a little of the content of the email. The little bit I saw was very cruel. One flying monkey attacked me for being "a bad Christian" & the other told me what a terrible daughter I am. I'm glad I didn't see more of the emails- that little bit was more than enough.

Smear campaigns are an extremely common tool of both narcissists & their flying monkeys. If nothing they have done to silence you works, the smear campaign is their last resort. They will talk trash about you to every single person they talk to, from their best friend to their hairdresser. Everyone they meet will know what a terrible person you are, even if they have to make up wild accusations to make that happen. Smear campaigns serve two purposes. One is simple revenge. You made the flying monkey's narcissist look bad, so the flying monkey wants to make you look bad. The other purpose is to discredit you, so if you tell anyone the flying monkey knows about the narcissist's abusive ways, you won't be believed.

Just remember, you don't have to be silenced. You have every right to speak about whatever you want & to confront whoever you feel needs confronting. Don't let anyone stop you!

Thank you for watching