

Ways To Support Someone With C–PTSD

Many people who have survived narcissistic abuse develop PTSD or more commonly C–PTSD as a result of the constant abuse. As the c in the name implies, it's very complex, which makes it very difficult to live with & to manage the symptoms. Often, due to the complex nature of C–PTSD, people in the lives of someone with C–PTSD don't have a clue how to help & the person with the disorder isn't always sure what kind of help to ask for. There are a few basic things that can help almost anyone who has C–PTSD though, & I'm going to explain them in this video.

If someone you love has C–PTSD, to help them at all, you need to know some about triggers. Triggers are things that can “trigger” a flashback or an emotional flashback or at least remind you of something traumatic that upsets you. Sometimes triggers are obvious. The scent of the cologne the man who sexually assaulted you was wearing would be an obvious trigger. But, sometimes they aren't so obvious. In fact, we may not even know that something is a trigger until it happens. A while back, I had a flashback when a character in a TV show said a phrase. Didn't even know that was a trigger until that moment.

Also, triggers are unavoidable. We can't avoid them entirely & you can't protect us from them all the time. It'd be nice if those things were possible, but they aren't. No matter how much we try, triggers will happen sometimes. When they do, please just be patient & understanding, even if you don't understand what we're going through.

Listen to us. To process trauma completely, people have to talk about it. A lot. Sometimes over & over again. If you want to help us, please listen patiently & don't say “You told me this already” or “I've heard this story about 10 times.” We aren't trying to annoy you—we're trying to work out our pain.

Let us know you're willing to listen. If you see us getting upset, ask why we're upset & if there is anything you can do to help.

Validate us! Saying something as simple as, “What happened to you is unfair & I'm so sorry you went through it” can go a long way for us. Part of our problem is never being validated, but invalidated instead. We want & need validation, so please provide it.

Unless we ask for advice, please don't give it. Aside from the fact it's just rude, it's annoying. Some problems can't be fixed or we would've fixed them already. Sometimes, we just need to vent, not try to fix something. Since those of us with C–PTSD live with it, we're trying to make ourselves better & healthier all the time. Maybe we need a break from fixing & just want to rant for a few minutes. Let us & don't judge us for what we feel & say.

Do NOT encourage us to fix the relationship with the person or people who are the reason for us having C-PTSD. Just because it bothers you we don't have our parents in our lives doesn't mean that is a good enough reason to set up ourselves to be abused. Besides, one person alone can't fix a relationship no matter how hard they try or may want to.

Please understand that we don't want or mean to be difficult. If we can't explain what we're feeling or why we need to stay home instead of going out, please know it frustrates us too, not just you. We're trying, but sometimes, the disorder gets to be overwhelming & debilitating.

Be sure to let us know you're in it for the long haul. You will leave us alone when we need time to ourselves or help us when we need help. Most of us with C-PTSD have trust issues so unfortunately for you, you'll have to prove this over & over. Sorry about that—it can't be helped!

Learn about C-PTSD. There are tons of good websites with information, including my site at www.CynthiaBaileyRug.com Knowing that you cared enough to read up on C-PTSD will go a long way with anyone with the disorder.