

## When Narcissistic Parents Want Revenge

Narcissists are notoriously vengeful creatures. They can turn anything into them being wronged somehow & the person who did the wronging deserves revenge. When a girlfriend breaks up with a narcissist, he spreads lies about how unfaithful she was even though he was the unfaithful one. A narcissist who was fired lies about the company being unfair & a terrible place to work, even though the narcissist did a poor job. Narcissistic parents are no different.

If a narcissistic parent feels wronged by her child, no matter the child's age or what the child has done, the narcissistic parent will get revenge on that child. If she is angered by something her child did, she'll anger the child more. If she is hurt, she'll hurt the child more.

Narcissists are also extremely competitive, often mostly with their own children. If a narcissistic mother feels her daughter is prettier than she is, she'll do her best to convince her daughter that she is too fat or skinny, her hair is the wrong color, her skin is flawed, she is too tall or short, her body type is wrong.. a narcissistic mother will say anything she can think of to hurt her daughter for being prettier than she is.

Disobeying a narcissistic parent also brings out their vengeful nature. Just before I turned 17, I asked my narcissistic mother if I could date the man who is now my ex husband. All my life, my mother said I could date when I turned 16. I thought since I was almost 17, & my friends had been dating for a few years, all would be fine. Nope. My mother not only denied saying I could date at 16, but you would've thought I'd committed homicide by asking her if I could. I ended up sneaking around with him at school & work, & when my mother found out, the abuse escalated tremendously. She screamed at me daily, often several times a day, calling me horrible names & accusing me of terrible things I never did. This is the kind of thing that narcissistic parents do when their child disobeys them. As an adult, the abuse isn't usually so blatant, but it still happens. Narcissistic parents may give her adult child the silent treatment, say incredibly cruel & hurtful things or lie about the adult child to others, creating a smear campaign, & trying to turn other people against her adult child.

If you do something better than your narcissistic parent, she may opt to get revenge by disregarding your talent. My mother has always fancied herself a talented writer. Once I started writing, she did nothing but ignore me when I published a book or criticize my writing. She said it's a waste of time & no one wants to read it. Most parents in that situation would be glad to share in the joy of their child's talent. Narcissistic parents aren't most parents though, & will do their level best to ruin that for their child.

Possibly the thing that brings out the most vindictive acts in a narcissistic parent is going no contact. You have taken back your power & no longer will provide your parent with narcissistic supply—talk about a narcissistic injury! In the narcissistic parent's mind, you must pay for this. Chances are, your parent is going around telling

anyone & everyone that you are so mean to her. She doesn't understand why you won't speak to her. But, then you always were a difficult child & so hard to understand. By creating this smear campaign, your narcissistic parent is not only ruining your reputation & damaging relationships with people you care about, but she is also gaining narcissistic supply. People who believe her lies will pity her, & tell her she is a great mom & you had no reason to be so cruel to her.

When these things happen, the best thing you can do for yourself is to remember that this is about your narcissistic parent, not you. She has a problem or else she wouldn't act as she does! Normal, mentally healthy adults don't act like spoiled little brats!

You also need to pray. Keep grounded by keeping a close relationship with God. Ask Him often for advice, wisdom & strength to do whatever you need to do.

Keep your distance. Getting involved with your narcissistic parent after going no contact will NOT go well for you. It might for a short time, but it'll be back to a nightmare in no time.

Remember, your narcissistic parent can't hurt you anymore. You're an adult now & don't need to put up with her nastiness. If she starts stalking you or contacts your employer, talk to a lawyer or the police. You have every right to protect yourself!