

For Adult Children Who Went No Contact With Narcissistic Parents

This podcast is for those of you who have made the bold, painful step of going no contact with your narcissistic parents.

All of us who have gone no contact with our narcissistic parents know that in such situations, the relationship had become utterly intolerable & that pushed us to the desperation of no contact. The constant control, vindictive criticisms & abuse became too much from the overtly narcissistic parent. The constant shaming, manipulation, childish behavior & abuses so subtle most people didn't see them from the covertly narcissistic parent also were too much. Who can live with this indefinitely?! No one with any normal human emotions could!

Upon ending the relationship, the shock of the flying monkeys & their despicable abuse was next. The constant comments of, "But that's your mother or father!" "You only get one set of parents!" "They're getting up in years. How do you think you'll feel when they die?" & other venom comes from their mouths. When guilt & shame don't work, they attack your character. They call you ungrateful, spoiled, a brat, evil & more. If you're a Christian, your faith will be attacked, too. As they like to claim, by severing ties with your abusive parents, you obviously have no idea what it means to honor your parents. You must be a hypocrite!

Trauma doesn't end with no contact. Thanks to flying monkeys, it often continues for quite some time until they find a new target.

The time immediately after no contact is a very difficult time. The guilt, the doubts & the abuse from flying monkeys are all incredibly hard to deal with! Also many times, C-PTSD goes into overdrive after no contact. No longer needing to function in survival mode seems to make the brain think that since you're safe now, it's time to deal with all those old issues you put on the back burner for so long. All of these things can make you wonder if you did the right thing by going no contact. Sometimes it seems easier to remain in the relationship just to keep the peace, but it truly isn't easier.

Once you are no contact, you're finally free. Free from the barrage of abuse from your narcissistic parent. Free from your parent trying to make you into whatever they want you to be. Free to do what you want without your parent trying to tell you how wrong you are & shaming you for your so called bad decisions. Free to be the wonderful person God made you to be. You're finally free!!

From day one, narcissistic parents try to make their children into whatever sick fantasy they have. They don't care one iota about the child's talents, interests or anything like that. They are narcissists, after all, so all that matters to them is what they want. Growing up like this, finally experiencing freedom can be scary. The assaults of the flying monkeys & often the harassment from the narcissistic parents can add to the fear. You know something though? Going through the fear is totally

worth it. On the other side of that fear are peace, joy & bravery like you have never known!

And, you don't have to walk through that fear alone. God will be right by your side! Remember, Psalm 23 says that He walks with us through the valley of the shadow of death. I have experienced that first hand, & I can tell you that as painful as those times were, especially after going no contact with my parents, it was all worth it. I ended up closer to God than ever, & He enabled me to do the unimaginable. He will do the same for you if you allow Him to.

As hard as no contact with narcissistic parents can be, don't give up. Don't go back. Don't listen to the absurd ramblings of those who don't know your situation like you do. Lean on God. Let Him support & guide you through this process.

Thank you for listening to my podcast!