

Dealing With Foolish, Critical People

Today's podcast is about dealing with foolish, critical people.

Most people have little patience for the obviously foolish people, such as those people who repeatedly make poor decisions & are shocked when those poor decisions don't turn out well for them. The older we get & the emotionally healthier we get, it seems that tolerance gets lower & lower. It certainly has for me. It doesn't take much for me to become very irritated at the obviously foolish. One particular feature of foolishness especially irritates me: people who are only interested in sharing their opinions while not wanting to listen to those of other people.

The Bible even addresses this behavior specifically. Proverbs 18:2 in the Amplified Bible says, ***“A [closed-minded] fool does not delight in understanding, But only in revealing his personal opinions [unwittingly displaying his self-indulgence and his stupidity].”***

This behavior is so common in society isn't it? It's all over social media but also people behave this way in person. If you have any doubts, mention your thoughts on politics. I don't care what your thoughts are, there will be people who tell you that not only are you wrong, but you're foolish for thinking as you do. If you site evidence that supports your thoughts, then your evidence will be criticized as well as where you obtained said evidence.

One very bad thing about this behavior is it can be excessively triggering for those of us who have survived narcissistic abuse. Whether you grew up with a narcissistic parent or two, were once married to a narcissist or have had narcissistic friends, you know first hand just how critical narcissists are. They love to pick apart every single little thing about their victims because it makes them so easy to control & manipulate. This is clearly very traumatic for victims. So traumatic that even years after the last episode of abuse, when someone is critical, even when that person isn't a narcissist, it can trigger intense rage, anxiety & even flashbacks.

Unfortunately, people like this are impossible to avoid, so you need to learn how to cope with them because at some point, you will be forced to interact with them.

The first step I have found to take is to accept that this is going to happen & ask God not only to help you accept that, but handle it when it does. If you think you can avoid people like this, you are sadly mistaken. That is impossible because these people are everywhere! The smartest thing you can do is accept that you won't have a choice but to encounter people like this sometimes.

This can be hard to do in the situation due to the triggering of old emotions, but if at all possible, remind yourself of what is happening. The reason this is so upsetting is simply because this person reminds you of the abusive narcissist you have experienced. Nothing more. Although this situation makes you feel awful, the truth

is that this person can't hurt you or control you because you know what is happening. You are safe!

While some people who are very firm in their beliefs periodically are open minded about listening to other input, not all are. A person who isn't that open minded is someone that God refers to as a fool. There is no reasoning with a fool. Instead, go your separate way from this person as soon as possible. The Bible says in Proverbs 14:7, ***“Leave the presence of a [shortsighted] fool, For you will not find knowledge or hear godly wisdom from his lips.”*** There is no point in wasting your precious time on someone like this.

Thank you for listening to my podcast!