

Feeling Like You Must Forget Yourself To Focus On Others In Relationships

Today's podcast is about the feeling that you must forget yourself & focus on others in relationships.

When I was growing up, I remember feeling like my entire purpose in life was only to serve people no matter any personal cost, never burden anyone, never inconvenience anyone in any way or even cost anyone anything. This continued into adulthood where it was reinforced by the extremely toxic narcissists I have known.

The result of this was me believing some pretty dysfunctional things. One of those things was that if a relationship I was in was to succeed, I "only" had to forget all of my feelings, wants & needs, & focus completely on the other person.

While this may sound utterly impossible to believe, I assure you it is quite true. I also can assure you that such dysfunctional beliefs are ingrained in many victims of narcissistic abuse.

If you are someone who has thought this way, I am speaking to you today.

Whatever any narcissist told you that ingrained such beliefs in you is utterly **WRONG!** You aren't responsible for other people. Of course, doing for others is good but not to the extent you hurt yourself. By doing too much for other people, you are distracting them from God & focusing their attention on you. When they have a need, rather than pray, they'll simply expect you to meet that need, which in a way makes you a god in their life. This is **NOT** good!!

It also isn't healthy to be so completely self reliant. That is a trauma response that stems from being hurt too much by other people. I know - I struggle with this myself on a very regular basis, so I have a lot of experience in this area. God made human beings to need relationships, to need other people. A relationship with Him should be first & foremost, of course, but also we should have healthy relationships with other people. Healthy relationships involve two people being there & doing for each other.

There is nothing wrong with accepting help from someone. Whether the help is someone giving you money, doing something for you or helping you to do something, none of this is bad at all! As I said, God made people to need relationships.

You aren't burdening anyone or even inconveniencing them. You are **NOT** a problem in any way! Don't believe this lie that the narcissist told you!

In fact, the fact the narcissist has told you this is proof that there is something pretty wonderful about you. Narcissists don't choose average or even below average people to abuse. They choose those who they see as attractive, loving, intelligent, talented or successful. People who they believe will make them look good, in other words.

The narcissist saw something special in you, which is why he or she chose you to abuse.

If your parent is the abusive narcissist in your life, you may think that doesn't apply to you but it still does. Yes, you were a convenient target, but your parent also thought there was something special about you.

When you have moments where dysfunctional thoughts like I have mentioned come to mind, then please remind yourself that these thoughts are wrong. They were planted there by someone who only did so for self serving reasons, not because these things are true. You have all the same rights that other people have, no more or less. You are worthy of expecting to be treated with love & respect. You aren't a burden to anyone, & anyone who truly loves you appreciates the special person that you are!

Thank you for listening to my podcast!