

When Your Family Refuses To See You As Anything But A Dysfunctional Child

Today's podcast is about when your family refuses to see you as anything but a dysfunctional child.

When you grew up in a dysfunctional family, one of the most frustrating parts of it is that your family never sees you as a mature, independent adult. If you have done your best to escape the dysfunction & live in a healthier way or have decided to live your life for Jesus, this is especially common & frustrating. The dysfunctional family never will see you as a healthy, God fearing adult. Instead they only see you as the dysfunctional child you once were.

This is so incredibly frustrating! Even when you know that they're content remaining in their dysfunction, it seems like they could at least acknowledge that you have changed. Even if they disagree with your changes, that doesn't seem like to much to ask, yet sadly it really is for the most dysfunctional of people.

People who are content living their dysfunctional lives hate those who are a threat to it in any way. Anyone who doesn't condone or enable the dysfunction obviously is a problem. Anyone who is a part of this toxic family & doesn't condone or enable the dysfunction is especially problematic for such people.

A member of a family like this who dares to live their life in such a way as to be different from the family or the family's expectations for them is absolutely a problem for these people. That behavior is seen as being rebellious or even betraying the family. It's as if they think, how dare someone be so arrogant & think that they're so much better than the family as to live life on their own terms rather than fit onto the mold the family has made for them!

Even Jesus faced this problem. His own family didn't take Him or His work seriously. Imagine that. *The family of Jesus didn't take Him seriously!* Isn't that amazing?! In Matthew 13:57-58 in the Amplified Bible, Jesus says, "***And they took offense at Him [refusing to believe in Him]. But Jesus said to them, 'A prophet is not without honor except in his hometown and in his own household.'***" ⁵⁸*And He did not do many miracles there [in Nazareth] because of their unbelief."*

If you're from a dysfunctional family & they treat you as they always have in spite of you growing up, getting healthier & even turning to God, then you are truly not alone! Even Jesus experienced this.

I know it hurts when your own family treats you so poorly. It can seem like the best choice would be to return to your old, dysfunctional ways so they stop mistreating you, but I promise you, that isn't best! I have been in this position since my family never saw me as anyone but the dysfunctional, blindly obedient & foolish child I once was. Returning to those behaviors may have made them tolerate me, but I would

have been miserable! What is best is to keep walking the path that you know God has for you.

It also helps to remember that when people treat you in such a manner, it isn't personal. It literally has nothing to do with you, even though it certainly feels personal. It has everything to do with the person behaving this way, their toxicity & their desire to avoid becoming healthier at all costs. They are so truly toxic that they have zero problem with hurting another person if that will protect their dysfunctional ways & help them to avoid facing what made them this way. That is pretty terrible! There is no shame in being dysfunctional of course, so long as you are willing to work on it & improve yourself! Being determined to live that way forever, no matter how much pain it causes other people, however, is absolutely toxic.

If at all possible, do your best bet it to avoid such people. If that isn't possible, then do your best to minimize contact with them, stay true to yourself & your beliefs, & never forget to ask God to help you find creative & effective ways of dealing with such people.

Thank you for listening to my podcast!