

## **C-PTSD Is A Real Mental Disorder, Not About Seeking Attention Or Pity**

Today's podcast is about how C-PTSD is a real mental disorder, not about seeking attention or pity.

Living with Complex Post-Traumatic Stress Disorder, or C-PTSD, is a daily battle that many of us face. It's not a disorder we seek attention or pity for; instead, it's a lifelong struggle that stems from our traumatic pasts, most commonly child abuse or other domestic violence type situations. Today we'll talk about the misconceptions surrounding C-PTSD.

Childhood should be a time of innocence & joy, but for those of us with C-PTSD, it was a dark & tumultuous period. We grew up in households where abuse was the norm, where love & support were foreign concepts. Our parents, who were supposed to be our protectors, were instead our tormentors. The emotional, physical, & psychological abuse we endured left lasting scars that continue to haunt us.

Surviving the horrors of narcissistic abuse shapes our worldview & impacts our ability to trust others. We constantly question our worthiness & struggle with feelings of intense shame. These wounds run deep, & healing becomes a lifelong journey.

Sometimes, the trauma we experienced is too overwhelming, forcing us to consider seeking outside help. However, we battle with the belief that we don't deserve help, & asking for it makes us a burden. The fear of being labeled as attention or pity seekers also prevents us from reaching out for the support we desperately need.

Living with C-PTSD means constantly navigating a demanding & compulsive internal struggle. The invisible wounds manifest in various ways, affecting relationships, careers, & overall well being. Some days, the weight of our past becomes unbearable, & we find ourselves drowning in a sea of anxiety & depression. Other days, we may appear perfectly fine on the surface, masking our inner turmoil with a smile.

We also experience debilitating flashbacks that transport us back to the traumatic moments of our past. These flashbacks can be triggered by seemingly innocuous events, leaving us feeling trapped in a never ending cycle of fear & helplessness.

There are also constant nightmares that either relieve trauma or stir up the same emotions experienced during trauma, insomnia, inability to stay asleep, intrusive thoughts & memories. In addition, there are many physical & cognitive symptoms that accompany C-PTSD as well such as fatigue, headaches, body aches without a known cause, memory problems, trouble focusing & more.

Furthermore, our ability to trust & form healthy relationships may be compromised due to the lasting effects of narcissistic abuse. We may struggle with boundaries, constantly second guessing ourselves & fearing rejection or abandonment.

Everyone needs to understand that people with C-PTSD don't fake these problems as a cry for attention or pity. We need understanding & support, not judgment or disbelief.

Living with C-PTSD is a complex & arduous journey. It requires a close relationship with God, immense strength, vulnerability, & the support of understanding individuals, not superficial attention or pity. Dismissing us as melodramatic or attention seeking is cruel, & only adds to the trauma.

As victims of narcissistic abuse, we understand that our healing journey may be marked by setbacks & failures. We don't need to be judged when we stumble. Instead, we need forgiveness & compassion. We are doing our best to navigate a disorder that drives many strong people to thinking suicide is the only answer.

Ultimately, we just want to be treated with dignity & respect. We want people to recognize that our battle with C-PTSD is not a choice but a consequence of the trauma we endured. We don't want to be treated as if we are faking our pain or as if our struggles are insignificant. It's time to dispel the misconceptions surrounding C-PTSD, to foster a culture of empathy & compassion.

Thank you for listening to my podcast!