

Protecting Your Spouse From Your Narcissistic Family

Today's podcast is about protecting your spouse from your narcissistic family.

If you are in a long term relationship or are married to someone & at least one of you has narcissistic parents or family members, there is something you should know. Standing up for your partner to your narcissistic parents is one of the most important things you can do in your relationship.

When a couple makes a commitment to each other, a big part of that commitment is taking care of each other. Part of that involves not tolerating anyone hurting your partner. If you stand up to someone on behalf of your partner, you show your partner that this person's well being & safety are extremely important to you. You prove that you love that person & will do your best to keep them safe. This is incredibly good for your relationship!

Not tolerating someone hurting your partner also shows the abusive person that you are well aware of their actions, & there are consequences for their behavior. Not doing so only proves to an abuser that they can do anything they want without consequences. This means that they will continue what they have been doing & in time, their behavior will get even worse. And, your partner will be left feeling abandoned & alone, which is potentially relationship ending. No one in a committed relationship should feel that way!

If you struggle with defending your partner to your abusive family members, then please consider a couple of things.

If it is *your* family that mistreats your partner, this means they are *your* problem! It is NOT your partner's job to deal with your family. If your partner confronts your family rather than you, your family will be highly upset. That happens in many families, but especially in narcissistic ones. Chances are they will tell you what a terrible person your partner is, how he or she isn't good enough to be in your life or other nonsense as a way to deflect your attention from their terrible behavior. If you are the one to confront them, they still may try to deflect & criticize your partner, but there is a better chance of them listening to you than your partner!

Also if anyone in your family mistreats your partner, they have absolutely no love or respect for you. If they had any respect or love for you, they would manage to be civil to your partner no matter how much they disliked this person. If your partner is abusive to you, any children you share or your family, that is a different scenario. They should address their concerns with you, be loyal to you & care more about your safety than civility. However, if the reason they dislike your partner is because of simple differences in personality, your family should manage basic civility at the very least to this person out of love for you. When you love someone, it's not that hard to be polite to someone they care about even if you can't stand that person. I have

done it & while it can be hard to be polite to someone you really dislike, reminding yourself of the person you care about can make this much easier.

If you are in this position of having someone in your family mistreat or even abuse someone you love, then please consider what I have said. Protect your loved one! It will protect their mental & physical safety but also help your relationship! In fact, protecting your loved one will increase the love & bond you both share.

Thank you for listening to my podcast!