

How Families Of Narcissists Treat Victims

Today's podcast is about how families of narcissists treat victims.

Several years ago, I posted something on my personal Facebook page that turned into a disaster.

The date was May 31, which is the day that my Granddad passed away in 2003. Each year in May, I get depressed because it's been so difficult losing such a wonderful man. Some years I discuss it, some I don't. One year, I mentioned it on Facebook & shared a few pictures of him. This simple act caused one of my relatives to be very angry with me. She left a nasty comment on my post for sharing this because she felt I was disrespecting my grandmother by not mentioning her, & only mentioning Granddad.

Think about this for a moment. It was the anniversary of my granddad's passing. Doesn't logic dictate that he was the center of my focus on that particular post rather than my grandmother? I adored her, but May 31 was more about Granddad in my mind & that seemed only logical under the circumstances to me. Besides, I mentioned her on her birthday, the date of her passing & my grandparents' anniversary, so it's not like she was ignored!

As if this relative's reaction to my post wasn't inane enough, it got worse.

The following May 31, I said nothing since I didn't want to be attacked again. I didn't think much about this until another one of my relatives (who happens to be a very covert narcissist) mentioned it being the anniversary of my Granddad's passing. This relative even shared the exact same pictures I had!! She also said similar things in her post as I had in mine the prior year! Her wording was almost word for word the same as mine. And yes, I compared our posts because I was reasonably sure she had copied mine! It was very shocking to me how she so obviously copied me, but what was even more shocking is the relative who the year prior chewed me out for being so "disrespectful" praised this person for doing the exact same thing as I had! She told this person how incredibly kind & thoughtful it was of her to remember Granddad & how much she loved her.

Frankly, the whole scene made me nauseous.

This type of scenario is very common in narcissistic families. The one who is honest about narcissistic abuse is shunned in so many ways by their own family for not conforming, for not being like the rest of the family & for being open about the family's secrets. However, the narcissists in the family are treated so much differently! They are showered with love, support & encouragement.

If this is happening in your family, you aren't imagining it. You aren't over reacting. You aren't being over sensitive for being angry about the insanity & unfairness of it.

You are a person with a normal reaction to this dysfunctional situation. Unfortunately, for dysfunctional families with a narcissist (or more), their behavior is also pretty normal. Many people don't have the courage to face the fact that someone in their family is an abusive monster or stand up for what is right. Instead, they side with the abuser. Standing up for what is right means actively doing things, like offering support to the victim & calling an abuser out on their actions. It is easier for cowardly people to side with the abuser. Besides, chances are good they will gain something from their allegiance to the narcissist. It could be favor with the narcissist or gifts or anything really.

All of this means that there is nothing wrong with you! It also is nothing personal, even though it feels that way. The problem lies with not only the abusive narcissist, but his or her flying monkeys as well. You are fine, they are not! Please try to remember that, & keep on telling your story!

Thank you for listening to my podcast!