

## Being The Bigger Person Is Self Erasure

Today's podcast is called, "Being The Bigger Person Is Self Erasure."

In narcissistic family systems, the phrase, "be the bigger person" is rarely about maturity, wisdom, or peace. It is a demand for silence, compliance, & continued self sacrifice. While it sounds noble on the surface, its real function is to pressure the healthiest person in the system to absorb abuse so others do not have to confront it.

Enabling family members of a narcissist often weaponize this phrase to maintain the status quo. When abuse is exposed or boundaries are set, the focus shifts away from the harmful behavior & onto the reaction of the one being harmed. The unspoken message is clear: your pain is inconvenient. Keeping the peace matters more than protecting the victim.

This is especially devastating when the instruction comes from the person you love most. Being told to "be the bigger person" by a spouse in response to abuse from their narcissistic parent adds betrayal to the already painful abuse. Instead of advocacy & protection, the abused person is asked to minimize themselves for the comfort of others. Over time, this corrodes trust & creates deep soul level wounds.

Ironically, the more someone tries to be the so called bigger person in these dynamics, the smaller they become. Each act of restraint, silence, or appeasement chips away at one's identity. Needs are ignored. Feelings are dismissed. Truth is swallowed. What masquerades as humility is actually enforced self erasure.

Narcissistic systems depend on this shrinking. If the target remains quiet, the narcissist's image stays intact. If the target speaks up, they are labeled difficult, unforgiving, or divisive. This incredibly dysfunctional behavior ensures that the abuser is never held accountable, while the victim is burdened with responsibility for everyone else's emotions.

Scripture never commands believers to enable abuse. In fact, wisdom repeatedly warns against remaining entangled with destructive people. Consider Proverbs 4:14-15. In the Amplified Bible, it says, "***Do not enter the path of the wicked, & do not go the way of evil men. <sup>15</sup>Avoid it, do not travel on it; Turn away from it & pass on.***". This is not cruelty, but wisdom & discernment. Distance is a righteous response when someone persistently & deliberately causes others harm.

Another subtle distortion occurs when endurance is confused with Godliness. Suffering for Christ is not the same as suffering because of someone's unrepentant sin. Jesus never told people to stay in cycles of exploitation to preserve appearances. He confronted hypocrisy directly & withdrew from those who refused truth.

Remaining in close relationship with unrepentant narcissists does not sanctify them; it slowly destabilizes the one trying to love them. Chronic exposure to manipulation & gaslighting affects mental, emotional, & spiritual health. 1 Corinthians 15:33 says, "***Do not be deceived: 'Bad company corrupts good morals'***".

True maturity does not require self betrayal. Being the bigger person does not mean tolerating invasions of privacy, cruelty, or repeated boundary violations. Growth sometimes looks like disengagement. Strength can look like the chosen silence of refusal to participate in dysfunction.

Choosing boundaries over appeasement often comes at a cost. The narcissist may escalate victimhood. Enablers may accuse the boundary setter of being cold or unforgiving. Clarity always threatens systems built on denial.

Freedom begins when the demand to shrink is rejected. When someone honors truth, sanity returns. Peace is not dependent on everyone else's approval, & identity is not negotiated.

If you were told to be the bigger person while being abused, you were not weak for struggling. You were responding normally to an abnormal situation. Walking away from abuse & choosing truth over lies is wisdom.

Thank you for listening to my podcast!