

Abuse in Relationships

The topic I will be covering is abuse in relationships. As mothers and as daughters we like to think of family relationships as being warm and secure. However, as many of us may know this joy is not always a given.

The component of abuse I would specifically like to present is when a third party comes between a mother and her children and influences them to see her in a poor light. Sadly, this problem is prevalent in all circles and I was asked to touch on it in the event that should anyone here experience it they should know they are not alone.

Some of you may have read about this in the local media. If so you would be familiar that the person orchestrating these negative feelings towards the mother is called the alienator.

An alienator is often a person that thrives on control. They too may have charismatic personalities that give them a powerful edge over their subjects.

Often these people are after money, assets, or inheritance for which their target, let's say the mother, has a claim, or it can simply be a matter of pride.

For conversational purposes I will refer to the alienator as 'he'. To accomplish his goal the alienator will try to weaken the mother to the point where she feels she cannot cope. He may try as well to present her as negligent and unloving, effectively silencing her, thus cutting her off from any support she may wish to garner. Any ploy that will create shock or unnerve her, and place him in charge, is fair play.

Following are some powerful psychological games that may be used. The simpler ones to understand are - presenting falsehood as truth, double-crossing his subjects, and the fabrication of evidence.

There are however more complex psychological games, such as gaslighting – which is an attempt to distort the victim's reality to confuse her. As well as the trauma bond – the use of the victim's own endorphins to create both addiction and withdrawal symptoms. These behaviors are very hard to pinpoint as they are played very cautiously and the alienator may look innocent.

As a result previously loving children are suddenly claiming that Mommy never loved me, has crossed boundaries, and most worrisome of all that she is unstable.

As we can see the damage here is not a by-product of the mother-child relationship, although it may appear so. It is the direct result of the manipulative tactics of the alienator.

Alienation is abuse as it is based on falsehood and causes horrific damage to families. The loss of a relationship with ones own children is not only tragic for the mother but the loss is huge for the child as well.

It's important to note that the manipulative tactics of these alienators is NOT well understood among the many mentors we tend to reach out to.

Sadly this further traumatizes the mother as she continuously moves between hope and despair.

Any one of us can be a target if we are a threat to the goals of these power figures. I do hope no one in this room will ever experience alienation. It is healthy though to be aware that these types of controlling personalities exist - especially towards the vulnerable - and that an alienator can be anyone within the family or community.

... and just as important it would be very helpful if as caring human beings we would refrain from passing judgment on those that are grieving for their children and to be a source of support to these broken hearted parents. You can be the one to make the difference between unbearable loss and comfort.

Topic:
Relationship with children and grandchildren