

OVERCOMING OPPRESSION

Provided by COPE Ministries and authored by Minister Angela Smith

Narcissists are "Nellie Olesons" ("Little House on the Prairie" reference). They are often spoiled rotten by a narcissistic parent who sees their "perfect child" as obvious because the child is their child and they too consider themselves perfect or without flaw. Nellie Oleson lies and throws other people under the bus when she fears being exposed. Her mother defends her and supports her lies while joining in falsely accusing Nellie's victims. Nellie Olesons are infuriating to the virtuous and often confusing and oppressive to those who trust the Nellie Olesons or mistakenly grant them any authority by way of recognition and subjugation to their perspective.

So, how do you overcome vicious, deceptive, narcissistic oppressors? You need to know what is true and the way to determine that requires honest reason, diligent study, and patience. If the narcissist is a parent, understand the devil you know is better than the devil you've yet to meet in most cases and once you reach age of majority you need not "smile and nod" or even feign pretence to support their delusions and keep the peace. But, if you choose to sacrifice your own peace of mind for any financial benefit you might receive from the narcissist you feed or serve in return, then you need to honestly accept you've sold out to the extent you pretend for the sake of some benefit. They've trained you to serve their delusions and rewarded you for doing so. That's conditioning. You have to break that if you want to be free and freedom comes with responsibility. And, the Truth will set you free.

Now, often Narcissists deceive themselves and others to serve some vicious purpose including oppressing and subjugating others. Determining whether or not someone is more vicious than virtuous often rests on how honest they are in their words and deeds. Perhaps Narcissists in your life have said "You are stupid. You won't amount to anything. You are a waste of space. You should be grateful I give you the time of day." Now, if you believe those things about yourself, does that mean it is true? If it is true, then you might be the narcissist. Full context matters. Under what circumstances were those words said? How often? See, if the circumstances before that were that you decided to steal guns from the house of an off-duty deputy who was on vacation and you were invited to a party at their house by his kid then some decided to steal the guns (and ammo) and you joined in it, that's pretty stupid. And, someone who loves you might state that while also stating what happens to people with criminal records in regards to future opportunities. And, they may use unpleasant language upset by your choices. [That specific situation did happen and I assisted the family of one of the perpetrators who got in with the "wrong crowd" and was arguably unduly influenced at the time but confessed when questioned. So, honest and that's a good start.] But, that's reasonable and forgivable under the circumstances.

But, if the insulting or unpleasant language is based on falsehood and unwarranted, then that's narcissistic abuse intended to manipulate and oppress co-dependents/victims. And, that can be a result of a narcissist having some authority position in your life or assuming such though the law doesn't recognize it. If you are a non-adjudicated adult where no one has your power of attorney nor legal guardianship of you besides yourself, then the government/law is the only authority you need to respect to any extent as a matter of law. If you have been deemed incompetent or criminal by the government or as a matter of law (including to some extent as a result of being of minor age regarding competence at law), then whomever takes legal responsibility for you given your lack of taking legal responsibility for yourself in some

capacity has some authority over you as a matter of law. But, they too must be legally responsible for their actions and can be held accountable where violations of law can be factually proven beyond a reasonable doubt or preponderance of the evidence depending on remedies at law.

So, if you are not a hypocrite and being completely honest with yourself, then you should reasonably know whether or not objectively your actions reasonably invited the response or if someone is abusing you/bullying you without warrant for the sake of manipulating you, oppressing you, and using trauma-triggers to get you responding emotionally rather than reasonably for easier control over you. If you are a hypocrite, you likely stopped reading this already and decided COPE Ministries can't be manipulated and may be unpleasant in responding to you. So, good job if you are still reading! Now, if you are a non-adjudicated adult (18 years or older) in the US, then you are free even if you don't realize it. And, what happens next is totally up to you as a matter of law. And, if you think freedom is scary and too challenging while preferring to rely on charity from others while you build confidence or whatever to become self-reliant for the sake of your own freedom and independence, staying with narcissistic abusers and asking they provide the charity is a really bad idea regardless of relationship-type. And, you build confidence through good education/study and/or learning a legitimate and honest trade. So, while you figure out what you want to do for a career, you may need to get a job to support yourself and to save for taking any classes or paying to gain any trade skills for the sake of upward mobility and sustenance. Your parents legal obligation and authority ends when you turn 18. And, if they are vicious narcissists they are immoral and claiming they should help out of some moral obligation is futile. So, as much as it may suck, the future is up to you.

COPE Ministries is here to help. And, for those who need charitable assistance, we're happy to provide basic necessities where our resources can do so. And, we rely on charitable people like us to help with that. But, we have to determine whether or not someone is taking advantage or exploiting charity as a result of narcissism, or if they simply need a helping hand as a victim of circumstance ready to be free, or developmentally disabled to the extent they fell through the cracks and require supervised care which we can't provide and are reluctant to recommend. And, if we determine you to be a narcissist then we likely will reject you because you are predatory and exploitative therefore pose a threat to our ministry and congregation. If we determine that you need a helping hand, we'll help and we love you. We truly want to help everyone who can be free to be free. If severely disabled and in need of supervised care, we'll do what we can to help and hope to be as equipped as the Union Gospel Mission in Seattle to assist in the future. We just don't have the resources and do not recommend segregated congregate care.

For more information on COPE Ministries and the HEAL Mission, see:

<https://www.cope.church> &

<http://www.heal-online.org>