

The Abusive Mother—Who I am!

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- I am a wonderful mother and you owe me for having taken care of you and raising you, because I sacrificed so much for you. You are responsible for my happiness and I should be the central person in your life for the rest of your life.
- You owe it to me to tell me everything that is going on in your life so that I can use it to manipulate and control you and give you guilt.
- If you try to pull away from me, I will come on stronger...calling you more and more and talking to relatives (siblings) about you so they will call you and make you feel guilty. I will make myself sick so you will have to communicate with me because you will be afraid that I might die, and you would take responsibility for this. (Of course, I want you to believe this because it works every time.) I will use every guilt trick I can think of, embarrass you by outrageous behavior. I will disregard normal cues to back off, shut-up, change, compromise. If anything, the cues you give make me come on stronger, using guilt and the distortion of your belief systems that I taught you. I will hound you until I get my way, no matter how long it takes or what outrageous behaviors I must go through to do this.
- I have a right to invade your privacy as a person because you are an extension of me. You have no self and I will never let you have a self if I can use guilt or manipulation to keep you from having one.
- I really don't like you...I am really incapable of liking or loving anyone but myself.
- I believe you should give me unconditional love, respect, time, attention...however, I will rarely give you any of this because you don't deserve it, because you have never given me enough. I will make you believe that if only you will do whatever it is that I want that particular moment, I will give you love and like you. But I am acting and conning you.
- I will get my way no matter what it takes because I deserve to get my way. Your needs (you really shouldn't have needs except to serve my needs) are unimportant and I don't even notice them except to use them to manipulate you,
- I will give you gifts, but they always have strings attached to them. If you try to do something, I don't want you to do, I will use these gifts to remind you that you owe me. I am incapable of getting joy from giving a gift freely. I am incapable of empathy or caring that someone else is hurting, especially you. In fact, if I can make you hurt to get you to do what I want, that's great!!!
- How dare you even think that you can have an intimate relationship with someone besides me, especially if he/she is a strong, independent people who teaches you what I really am about? I will do *whatever it takes* to disrupt those relationships.
- I will treat your children much better than I treated you to teach you that you should have given me unconditional love and there is something wrong with you.
- You do not have the right to be happy if I am not happy...in fact, your happiness should only depend on making me happy...nothing else.
- I really don't care if you are successful or not, except if I can brag about you to make me look better or benefit from the money you make. In fact, I would rather you would be dysfunctional, divorced, alone, etc. and living near me so that I could use you for my bidding. If you are weak and unhappy and guilt-ridden, you are easier to manipulate.
- I don't want you and your brothers and sisters to be happy and like each other. It serves my interests more if I can play you against one another, because when I do that, I am the center of everyone's life, and I get the attention and what I want.

- I love to create chaos. I don't want people around me to be happy, stress-free, and content. If I sense that you are happy, I am going to use every trick in my book to make you miserable and upset.
- I don't want you to have friends; I should be enough for you.
- Your opinions and decisions are inferior compared to mine. If you would just listen to me and do everything I say, and then you would be smart.
- Reality is what I tell you it is; this has nothing to do with the truth or what really happened. I can change reality by believing it is different.
- I am a master of behavior modification. If you do what I want, I reward you...maybe by saying an occasional nice thing or maybe by just not harassing you. If you do not do what I want, I will do everything I can to make you miserable until you give me what I want. I really don't care what this does to you because your feelings should always depend on whether I am happy.
- I intentionally encourage you to be hypervigilant as to my moods. You should always be aware of whether I am happy, so you can do whatever it takes to make me happy, if I am not. Of course, I am never really happy. I like to change what makes me happy all the time because I never want you to feel successful. It is easier to control you if you feel inadequate and unsuccessful.
- Although I try all the time to make you feel guilty, I am incapable of feeling guilt. Why should I feel guilt? I am perfect and never wrong. I also don't have a conscience. Why should I feel guilt...I am always right? I am entitled to do whatever I want to do regardless of laws and rules because I am superior to everyone. Rules and laws do not apply to me.
- I have instilled in you the sense that I am extremely powerful, unable to be defeated, smarter and more competent than you and better than you at everything. I have taught you to believe I will never give up until I get my way; and it won't be worth the price you will have to pay for not giving me my way. I have instilled in you a sense of incompetence, insecurity, powerlessness, and an inability to compete with me. I have intentionally kept our relationship mother to small child so that you will quake when I am unhappy and give me my way to get me satisfied and try to earn my love. Your non-verbal sense of me is that I am powerful, scary, dangerous, superior to you, smarter and more capable than you and that you can not take me on as an equal. When you were small, I made sure that you were unsuccessful in dealing with me so often that you came to believe that you could never be successful.