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To the People Who Still Think the Abuser Is a Good Man

You saw his charm. I lived the cruelty of the real man behind the mask



Elena Byron

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You thank him for inviting you to his parties.

You smile in his photos.

You call the evenings light, joyful, real.

You believe his lies and unknowingly you are just an actor in his script. A pawn in a theatre play that he calls life. Some of you genuinely don't know. Others are just "flying monkeys." Enablers of the abuser. You stand by his

side for personal convenience and do not care about which kind of person he truly is.

To those are caught up in this without knowing: It's not your fault.

You don't know what he did to me.

You only see the part he performs: charming, poetic, "evolved."

You stand just far enough not to notice it's all a mask, a trick.

You didn't see the rage behind the "enlightened" words. The gaslighting masked as concern.

You didn't see how he treated me behind closed doors.

You didn't feel the disconnection, the violence, the hollow promises dressed up as insight.

You didn't see who he really is when the mask slips off.

But I did. I lived it with my body and soul.

And I'm still piecing myself back together from it.

It's surreal, watching people I associate with warmth, kindness, even childhood, stand beside someone who was capable of causing me so much harm.

It makes me feel invisible. As if the truth I carry never happened.

I don't need you to pick sides.

But I do need you to know this:

Abuse doesn't always look loud.

It doesn't always bruise skin.

Sometimes, it smiles. It hosts parties.

It speaks of empathy, alignment and growth while leaving wreckage behind closed doors.

You can thank him for the evening.

But don't assume you know the man behind the mask.

Hi, I'm Elena. I'm a clinical psychologist and a survivor of narcissistic abuse.

If this article resonated with you, follow me for more raw and honest stories on healing. I'd love to hear your thoughts in the comments.

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Written by Elena Byron

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What are your thoughts?



Praise Frank

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They always look at it all as an experiment, a game and that is really sad.. The silent ones are the worst kind.
Thanks for shedding light on it.



15



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A.H. Mehr she/her



May 6

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But don't assume you know the man behind the mask.

Yes, it is pretty much difficult to understand such people. Abusers can never be good people. Thanks for sharing this story, Elena.



1 reply

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atinder kaur she/her

May 5

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You didn't see who he really is when the mask slips off.

Only who faces it upfront, knows what it is like.



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