



BREAKING CONTACT WITH YOUR MOTHER

Interview with Broadly Netherlands (from Vice)

I don't miss my mother. The fact that I no longer have contact with my mother, just gives me so much peace. The only thing I sometimes miss, is the idea of a mother figure. I would have liked maternal advice during my pregnancy, for example, or something as simple as learning how to cook an Indonesian dish.

My mother used to often say that I made everything up, I even started to doubt myself. I thought I was the one who was going crazy. It started with me missing more and more items - jewelry, photos, money, - and one day I found some photos again in my room, and they were dripping with oils and herbs. My mother is from Indonesia, where many people believe in spirits and voodoo. I feel that she used black magic to keep me closer to her. Because of this relationship I was in back then, I was spending less time with her and she didn't like that.

Ten years ago, when I was 25, I broke contact with her. I sent her an email asking her to apologize for all that she did, so that I could continue with my life. It took her two years to send me an answer. During the years that followed, she kept sending me an SMS on public holidays and my birthday.

My father passed away in 2016. I saw my mother at his cremation, but my aunts told her to stay away from me. I have never heard from her since. Shortly after the cremation I was diagnosed with complex PTSD. I am so damaged by the relationship with my mother, that I suffered from blackouts and depression. Sometimes I am very afraid that I look like her and that I am going to treat my own children the same way.

Thanks to a lot of therapy, things are going very well with me now. I mainly try to focus on creating a safe childhood for my own children. For the safety of my family and myself, I never want to see my mother again. I have been so extremely afraid of her and what she did, that's why I just don't miss her now. People often think that the bond between a mother and daughter is something beautiful and special - in my case that is one big misconception.