



THE FIRST STEP

To Reclaiming Your Life After Narcissistic Abuse



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Melanie Tonia Evans

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Introduction

Hi, my name is Melanie Tonia Evans and it's wonderful to connect to you.

You may have accessed this information because you realise you have been narcissistically abused or maybe you're not quite sure yet.

Maybe you're a spiritual, personal development type person and my philosophies really speak to you, or maybe you're not – and maybe you have had so much pain that you're willing to bang two fishes above your head if you thought that this could help you.

One thing is for sure ... when we have been narcissistically abused the trauma is extreme and we need to find another way to heal, because our mind can't cope with that level of trauma.

This is not like normal relationship breakdowns and breakups. (And please know when I use the word "relationship" I am referring to any significant relationship in our life – whether it be with a spouse or lover, family member, boss, therapist, colleague or friend.) We can't just click our fingers and get over it. It feels crazy, the obsessive thoughts, the pulls of addiction, and the feelings of powerlessness, rage, panic, and despair.

It is my greatest desire to help you unravel the craziness, pain and confusion that goes with being narcissistically abused, by taking you on a deep dive with me over these two eBooks, and by letting you into my world, my journey and the most intimate parts of my Inner Being; because this I know ... my story of narcissistic abuse – give or take a few details – *is that of thousands of other people's*.

The reason why I feel that I am able to help you, is because I went through a life and death experience with narcissistic abuse – one that was so profoundly impacting that I almost lost everything dear to me, and I was within a millimetres breath from losing my sanity, soul and ultimately my life.

What this means is: *I understand exactly how devastating and deadly this gets.*

I also know everything about how NOT to recover and the reasons why we get stuck in the agony with no way out. I tried a ton of contemporary methods to recover, dragging it out for years, with failed repeated attempts to stay away, look after myself and get well.

Thank goodness that is now all in the past, because humbly I experienced a complete psychotic and adrenal breakdown, an astounding corresponding awakening, and then an inch by inch profound journey that ultimately led to the breakthrough from narcissistic abuse *beyond my wildest dreams*.

One that not just allowed me to recover – but genuinely THRIVE into new ways of being and experiencing love and life that I just never knew were possible before this.

I also had no idea, when I was fighting for my life, that my journey would become so many other people's journey too – but it was. Or that what I had discovered was going to start a Thriver Revolution that would change forever how we can heal from abuse.

And ... looking back at my entire life, it's quite astounding, because I was previously intensely co-dependent, addictive and reactive and I had suffered many disappointing relationships. My previous self was one of the *last people* I would think could help lead people out of darkness and into the light!

Yet, against all odds, today I'm an International Narcissistic Abuse Recovery Expert and I have had the absolute heartfelt joy and honour to help thousands of soulful, incredible people from 80 different countries world-wide reclaim their sanity, souls and lives to live the life of their dreams as well. Many of these people were also previously in the bowels of hell, as a result of narcissistic abuse.

As such, it is my greatest mission to take you on an incredible healing journey of self ... showing you how to emerge out of narcissistic abuse, and come out the other side as a Thriver in Life, rather than just a mere survivor.

There are people over the years who have thought *being narcissistically abused* is a prerequisite to work with my healing systems. Please know it isn't – the only criteria are that you have had enough of painful relationships with yourself, life and others – and you want to transcend that pattern into fulfilling, safe and healthy relationships, as well as living your life in ways that will fulfil you.

If this sounds like Life Goals that you want with all your heart, then whether or not you have been narcissistically abused (or even if you are not sure if you have been), this eBook and my Healing Processes *are definitely* for you.

And ... what you will discover from Healing the *Thriver Way*, is that our True Life unfolds when we clean up *any trauma* trapped within us, no matter how long it has been there or where it came from.

Yet, for the purpose of this publication, and the need for deep recognition of Narcissistic Abuse – I want to zone in on the severity of it, what it is, how to identify it and how to heal from it.

This journey starts today with this eBook and then the following one *How to Do No Contact*.

The Game Changing Focus

Right from the get-go I want to introduce you to the *ONE Thriver Principle* which creates the 180 degrees shift away from the powerlessness we have been suffering and brings us back into our power centre.

It's this: *That the trauma we need to shift out of is NOT in our mind – it is in our BODY.*

And if we continue to try to address obsessive, panicked and traumatised over-thinking with our head – with *even more thinking* ... this doesn't work.

The true solution, as myself and countless other Thrivers in this Community have discovered is this: when we go directly to the trauma in our body and start working on releasing it *then* we start to reset back to inner solidness, calmness, wellbeing, intelligence, confidence and the ability to take charge of our life.

In ways that rise us up and out of what is happening to us, and in ways that start to render the narcissist powerless against us.

The releasing of the trauma out of our body (as you will come to understand) is the *True Key* to change our lives beyond description. And please know this is regardless of how bad things are or how hopeless it all seems right now.

However, before we get started on what that entails and how to do that, the first step is to learn some foundational truths about narcissism – so that we know turning back to try to make it work with a narcissist is NOT the solution – and that turning inward to love and heal yourself back to health truly is.

And this is what makes this Thriver Community *so revolutionary* – because barely anyone is talking about the necessity to release the trapped toxic trauma from your Inner Being, and most therapists are not conventionally providing you with a way to achieve it.

Everyone had been trying to deal with the trauma at the level of the mind – and this is why there are countless people still mired in the obsessive thoughts, the toxic trauma, the victimisation and the effects of the abuse from the narcissist.

When I finally discovered the truth about how to *heal for real*, it took 18 months of determined searching for the right tool that would crack into my Inner Being which was holding the deepest trauma, and finally release it. When I was able to do that I broke free, and the ability to fast track healing for myself and others was catapulted into

another dimension.

Can I Really Heal From This?

My heart goes out to you if you are deep in the trauma, and you feel like the following in regard to healing and having a great future life.

I'm too old.

I've lost too much.

I'm too damaged to heal.

Others can heal but I can't, and ...

This won't work for me.

After being narcissistically abused, I promise most of the people who have healed had lost so many pieces of themselves that virtually all of them believed some if not all of those painful beliefs too.

Yet, in this Thrive Community of incredible resources, love, support and Quantum Tools – they did heal – and so can you.

You may feel like your life-force is almost completely extinguished, yet with *any flicker remaining* I want you to feel deep down into some part of you, ***that your healing is possible.***

And ... I wish to inspire you right now – even before we start this journey of information together – that with the Thrive Way you CAN heal what *seems unhealable*.

This is regardless of how old you are, what you have lost, and whether or not the narcissist is your love partner, parent, family member, child, boss or any other disappointing or devastating individual in your life.

And ... in no way is your recovery conditional on the circumstances, such as (for example) if you have to co-parent with this person.

[You can read stories of what others have achieved here.](#)

So please take my hand, and let's go on this journey together ...

How Your Childhood Influences Your Susceptibility to Abuse

I had no idea as I was growing up that a) I would be narcissistically abused, or that b) being a Narcissistic Abuse Recovery Expert would be my Life Mission!

In fact, there were lots of things about my life I got wrong!

I was one of those girls who always wanted a boyfriend, and I thought by the age of 25, I would have the man, the house, the station wagon and the 2.5 kids living happily ever after.

That certainly did not go to plan!

Rather, I found myself continually in painful and unhappy relationships. Sometimes I was the one not happy, wanting more independence, and sometimes my partners were those not loving me enough ... and I clung for dear life as I was terrified of them leaving me.

The truth was, even if I was no longer happy in a relationship, I was terrified of breaking up. I didn't know how to make a relationship work successfully, and I certainly did not know how to be alone and feel okay whilst being single.

So, I was in this tormenting trap of needing a relationship, being in deep grief about the latest one not working, until the newest one, and then still being in the same disconnected unhappy cycle.

Fortunately, at an early age, I realised I was the common denominator and needed to do work on myself. So with all the gusto of a classic overachiever, I threw myself determinedly into self-development. Therapy, reading, seminars, workshops ... you name it.

I was like so many of us who are in the Thriver Community, I had always been interested in things like personal development and spirituality, and really in many ways the work was not like work because I found self-work so fascinating. Plus, it gave me relief from the huge empty chasm I so often felt on the inside.

However, I didn't know in those days how to TRULY heal the emptiness and anxiety and depression – I was only ever merely trying to manage it. The wounds of not feeling good enough as a child, being loved conditionally and feeling criticised and punished when I went for soothing or deep connection, or if I expressed myself. This had all led me to

find “ways” to try to numb out my screaming inner unmet wounds. Which of course meant “self-medicating”.

Cigarettes, alcohol, excessive exercising and health regimes, personal development (what an oxymoron!) over-achieving and relationships, including the sexual component were my “go to's”. They were all activities that were distracting me from going directly towards and dealing with the trauma inside of me, and that would take me away from *feeling it and healing it*.

Therapy had revealed the issues mirroring my battle I had with my father of feeling engulfed and then abandoned and then being terrified of true connection. These were issues and patterns that I had played out in relationship after relationship. And then there was the taking on of my mother's patterns of not knowing how to have boundaries, speak up for my needs or generate my own rights and desires.

Yet ... I thought that all of my personal development by the age of thirty-five had finally got me to the place of having figured out my relationship with myself and my relationships with men.

Conceptually I had this figured out, but the trauma still remained inside – with a life of its own – and it was about to line me up with the *Big Bad Wolf* who was forever going to change my life.

And in he came ...

When he did, I believed that all my personal development had finally created for me the most blessed partner I could imagine – he was handsome, seemingly successful, attentive, intelligent, spiritual, adoring, charming beyond measure and soooo supportive about everything and everyone in my life.

However, by the time the mask completely fell (there had been many warning signs from the beginning) I was suffering the effects of him staging a stage four melanoma cancer that was a complete lie, which he had used to cover up his violent jealous outbursts, and I was so diminished, isolated and controlled that if I was held up in a grocery line I started shaking and sweating because I might be five minutes late home.

You see, every man on the planet between the age of 18 and 80, according to him, was someone I was potentially having sex with.

For four and a half years I did the in and out dance of staying connected to a man who had completely taken over my life, stripped me of my resources and who was abusing me mentally, physically, financially and sexually.

The stress was so huge, I couldn't eat and my weight had plummeted to 37 kilos and I suffered Complicated Post Traumatic Stress Disorder and agoraphobia. The truth was I couldn't emotionally pull away and look after myself. My childhood and genetic unhealed internal traumas were still playing out.

As a result, I was showing up as a young child in an adult woman's body who was wrestling with engulfment and emotional abandonment, and the terror of being rejected and criticised and unloved. I was trying to prove my worth and trustworthiness to the narcissistic husband over and over again.

My female forebears had never been without men – my mother hadn't been single for one day of her adult life, and I had NO idea how to let go, suffer the disastrous loss of all of my finances, be without my husband who I thought was my dream partner and provider, and make a life for myself.

I clung.

I would escape only when it was life and death, but I'd return time and time again. I had NO power to be the source of my own life at that point. This went on and on, and the cycles and frequency of violence increased (as they do once the cracks appear), and the inevitable happened which my therapist had warned me about.

When the Trauma of Staying Becomes Greater than the Trauma of Leaving

I had a complete psychotic and adrenal breakdown.

The day it happened was kind of surreal ... I was surrounded by people talking to me at my workplace, and I remember thinking *I can't handle this, I'm about to have a meltdown* ... and then all of a sudden I was watching myself, surrounded by these people *from the ceiling*.

Then I excused myself and somehow left, got in my car and started driving home.

Mental pictures kept flashing through my brain, like a movie screen in intricate graphic detail. It was pictures of me being smashed up in my car into a tree, and with my eyes opened or closed these images wouldn't go away. Then when I got home, and sat on my couch, the picture stopped flashing and became constant.

Weirdly, I was sort of detached, like it was happening to someone else. I thought *Okay this is what it is like to lose your mind.*

I knew I had.

I somehow called a girlfriend and she came and took me to hospital, where I was given a shot. The macabre vision went away and then I had tests done.

The tests revealed adrenal malfunction, and I was told anti psychotics were my only solution to function, and possibly institutionalisation and rehabilitation would be necessary.

Devastatingly, I was told that I would never function again as I had before the breakdown, and that anti-psychotic medication would be a necessity for life.

After my diagnosis I was on suicide watch because I wanted to take my own life. I thought it was game over, because I knew I was no good with drugs (they didn't agree with me) and I believed that if I went down that track into the system, there would be no coming back from that.

I was so low, I even thought my son would be better off without me.

At the deepest levels of my soul, *I just couldn't do this anymore ...* yet I wanted to break through and get better.
But how?

I had lost everything, including the two homes I had brought into the relationship, my friendships were smashed to pieces, family members had now turned away, my son had lost all respect for me and was staying with his grandparents often, my reputation had been smeared and my career was in shatters.

Additionally, I had credit cards racked up to the hilt on therapy trying to survive and leave the abuse, as well as solicitor's bills trying to stop the narcissist's financial abuse ... and now I had no mental or physical health even to fight back or restart my life.

How could I go on?

Death seemed the only option – and I started thinking about how to do it in a way that would be the kindest to the people in my life.

Then something overcame me with this feeling ... it was a shriek inside really that went like this.

NO! There is another way.

Through streams of tears, I got off my bed, walked into my bathroom, fell on my knees and put my hands up in the air.

These words fell out of me ... *Help me, I can't do this alone.*

Then "The Experience" happened.

It was like my head parted and everything I had believed to be true was sucked out of me and replaced with blinding truth. I knew it was truth because I had never known anything so clearly as truth in my entire life before.

I knew exactly WHY narcissistic abuse had happened to me and I knew there was a way to heal.

The really amazing thing was that when I was taken back to the hospital the following day, I talked my way out of antipsychotics, which was a complete and utter miracle.

That should never have happened ... divine intervention was at play ... and that very day I started for the first time ever, the switch from living life from the *outside in*, to living life from the *inside out*.

Then the penny dropped. I realised the narcissist was ONLY a *catalyst* ... because I knew it wasn't about him. I knew it was all about me. I knew that he was a symptom that had showed up on my own disconnected trajectory.

In fact, I realised if it wasn't him who had entered the stage play of my life, reflecting back to me my unhealed parts that required healing back to wholeness, someone else would have needed to fill his shoes.

The blasts of deep wise awareness that washed through me, stunned me beyond measure ... I realised the way I thought about myself, that I was never good enough, the ways I demanded more and more self-perfection and the way I spoke to myself was *identical to the way the narcissist did*.

I realised that harsh conditional love I treated myself with, which went something like this: *I will like you Melanie (not even love me that way too much of a stretch) if you lose 5 pounds. I will like you if you get this achievement, I'll like you if you have this many friends. I'll like you if you get a better car, I'll like you if... if.... If... was complete conditional love.*

Was it any wonder that my demanding more and more and more self-perfection, where I was never ever good enough, *exactly matched the relentless conditional demands which I experienced with the narcissist?*

And ... I realised that the lack of time that I spent getting to deeply know, connect, self-partner, self-soothe and build love and trust with myself completely matched the absolute emotional abandonment that I received from the narcissist and the insane allegations from him which had me screaming at him so many times ...

“Why are you with me if you believe THAT about me? You don't even know WHO I am!”
But really, the truth was who didn't know who I was?
I had never self-partnered and been with myself.

One after the other after the other these realisations all lead back to the same truth that explained so much to me ... this ...

People can only love, connect to and treat us at the level that we love, connect to and treat ourselves.

I really want you to understand that because we've been with narcissists or disappointing and selfish people, it doesn't mean that we're bad people. It just means that we can be *really bad to ourselves*.

It's not our fault ... because why are we? The answer is simple ... because our world and our role models have taught us that we are the last person we should be giving our love, devotion and attention to.

So truly the narcissists became TOTALLY irrelevant – this was not about him, and I went from being the biggest hooked in junkie to him to doing infallible No Contact and focusing fully on my own healing and recovery. The pulls and traumas were still massive and I needed to heal my associated internal trauma that was keeping me hooked in – but there was no way I was going back.

And medication free I set out on an incredible journey to heal – illnesses that I had been told were incurable ...*from the inside out*.

The truth I was to discover within my Quantum Research was this: we cannot heal trauma by trying to think our way out of it. Instead we have to release trauma from our Inner Being, and then once we are free of it, our mind *automatically follows*.

It took a while for me to discover the true super-tools to work on my subconscious directly (eighteen months of searching) and little did I know that when a girlfriend invited me to visit her in Koh Sumui in Thailand for a holiday, that it would *all fall into place*.

Something inside me told me that *I needed to go*, yet I had no idea with acute agoraphobia (the last of my remaining abuse conditions) how this would be possible.

I had been able to heal Complicated Post Traumatic Stress Disorder and my adrenal malfunction with the subconscious healing modalities that I had discovered to date – yet

even the best of the best could not do any more than just merely manage my terror of being in wide open spaces.

It felt to me like life itself would swallow me up and annihilate me, when the agoraphobia struck. This had been crippling for me for almost two years.

But, I knew I had to go, and the travel alone to Koh Sumui was one of the most terrifying ordeals of my life, yet somehow I made it. I collapsed into my girlfriend's arms at the airport in Koh Sumui, trembling, sweating and in tears.

She wrapped me in her arms and got me back to the resort, and within hours I felt safe again in the confines of the hotel perimeters. Over the next few days I was enjoying juices, delicious food, swimming and massages.

However, I was sick of being agoraphobic; I wanted to explore Koh Sumui. I wanted to be out in life like everyone else enjoying themselves.

So one day in the hotel room on my own, I decided I **WOULD** find the answer to heal myself.

I knew enough about Quantum Mechanics to know that *it was possible* ... that if I could find and load up the causation trauma in my Inner Being that was generating the agoraphobia and release it, that I would experience an instant healing.

So ... I set the intention that I would receive the answer, and then I opened my heart, body and mind and started *taking dictation*.

As I was writing out this healing protocol I recognised parts of it were energetic modalities I had already trained in and there were components of Past Time Line Therapy which I had already been practiced for decades. There were also other protocols that I didn't logically recognise yet which felt incredibly familiar to my soul.

As I was recording the information I was getting more and more excited – *because I knew it was going to work*.

Then I performed on myself the first ever *Quanta Freedom Healing*, and two hours later after discovering, releasing and replacing deep and big wounds of *not being safe in life*—that had been epigenetically acquired in my DNA from my ancestors, experiences of trauma and annihilation, as well as the collective wounds of females, my childhood abuse experience and also my growing up and adult traumas – *space opened up inside me*.

This space then filled up with love, joy and exhilaration ... and I left my hotel room and the front gate of the resort and entered the busy epicentre of Koh Sumui and started *playing in life*.

Never had I EVER felt this good before.

I was free, and I knew something miraculous had happened.

I wondered if it was a fluke ... yet the agoraphobia didn't come back.

It was then that I knew I was onto something *really big* in regard to abuse recovery, releasing trauma in our body and how powerfully and *for real* we can heal ... and I couldn't wait to share what I had discovered to help others as well.

When I returned to Melbourne, I had already been working with abuse clients with the most powerful energy tools I had previously learnt, but these tools were laid aside never to be picked up again, after channelling through *Quanta Freedom Healing* – because the healing capacity was like getting out of a family sedan and jumping into a Ferrari.

Before I knew it I was inundated with seven to ten clients a day, seven days a week ... and months long waiting lists. I knew I needed to create another way where people who needed help could access *Quanta Freedom Healing* instantly.

As a result, *The [Narcissistic Abuse Recovery Program](#)* was born where people could access *Quanta Freedom Healing* without me having to perform the healings one-on-one with them.

The success of NARP exceeded my wildest expectation; people were using the healings sometimes daily (or whenever in severe trauma or triggered) and they were healing faster than my weekly one-on-one clients.

Within a few short months NARP exploded world-wide.

Now, to date, thousands of people from over 80 different countries have recovered for real from narcissistic abuse ... and psychologists, counsellors and domestic violence workers from all over the world recommend the Thrive Way to heal.

The rest really is history, and today I am so grateful for every single bit of that journey because I am now the happiest most healed person that I can ever imagine being. I live the life of a true Thrive, and this evolution of myself could never have happened if I hadn't gone through what I did with narcissistic abuse.

Yet interestingly enough, my soul wasn't completely done in regard to learning and healing as a result of narcissistic abuse.

Is a Narcissist Capable of Loving?

After this, I underwent a second narcissistic abuse experience ... this time with *an Altruistic Narcissist*.

This narcissistic relationship was in a different form, and it confused me off and on for two years. This person, apart from narcissistic bouts of rage and atrocious (including adulterous) behaviour, was an absolute delight. Ninety-five percent of the time he was loving, giving and caring ... and seen as a model citizen by so many others.

The five percent times of aggressive, out of bounds and intensely cruel behaviour was, however, totally within the definition of Narcissistic Personality Disorder– completely without conscience and morals, and filled with pathological lies.

Once I put the pieces together and got very clear, I was able to successfully recover, and this time even more profoundly and completely than the first narcissistic episode.

However, at the time when I realised what he was, and knew I had to break away ... I felt like a complete imposter. Here I was writing incredible inspirational articles for an entire Narcissistic Abuse Community and yet I was being abused AGAIN by a narcissist myself!

I was back in states of shock ... feeling violated, polluted, and traumatised. I also had lost property again that I had rebuilt after the first narcissist. Initially I felt like a *total fraud and failure*.

Christmas Day 2012 I was in intense pain, and in the last throes with narcissist number two, and I was barely able to engage with the family.

After lunch, my son Zac offered, "Mum let's go for walk." Away from the house and everyone's ears, I asked him, "Zac how could this have happened again? How could I do this not only to myself but thousands of other people as well?"

We were sitting on a curb, and he turned and looked me square in the eyes, "Mum you know this was meant to be. And it's not just for you it's for the world as well. You will see, I have complete faith in you this time. You will take it to a deeper level, help even more people with what you have learnt this time, and come back better than ever."

Of course my angel was right.

He knew what I didn't yet know at that moment.

Not long after that – I got it. I realised many reasons why this had happened ... primarily it was all about cleaning up the last vestiges of my abandonment and security fears, and I took the gifts.

As a result, I was able to help many people who desperately needed this information, to also understand the dynamics of Altruistic Narcissists.

[To understand more about Altruistic Narcissists please see my article - Is The Narcissist Capable Of Loving?](#)

I am so grateful for both of the narcissistic relationships, because the impact of them forced me to *go inward to heal what I needed to heal*.

Today, the life I live is Universes away from the one I was living with the unhealed trauma still wedged in my Inner Being. In stark contrast, as a result of taking on the Thriver Way to heal, I have the ability to release any negative feeling and trauma directly from my body – ultimately taking me up and out of what has hurt me, to generate what is wholesome, loving, amazing, joyful and abundant instead.

And I can't wait to share with you how to achieve this!

After having read my story you may be nodding your head thinking, *This woman is describing exactly what happened to me!* Or you might be relating to some of what I'm saying ... but not everything ... especially if the person in your life is a family member, friend or colleague, and not a love partner.

This I would love you to deeply understand – *narcissistic abuse symptoms are identical, regardless of WHO the narcissist is*.

And ... healing from narcissistic, or painful relationship patterns is *ALSO identical*, regardless of who the narcissist or painful person is.

So, before we take a deep dive into your first steps to recover, I want you to gain as much clarity as possible about what you are currently dealing with.

12 Signs You Have Been Abused by a Narcissist

It's important for you to understand *the damage* that has occurred to you.

If you have experienced narcissistic abuse, you may be battling with several or a multitude of the following symptoms:

1. Complicated Post Traumatic Stress Disorder.
2. Severely lowered capacity to experience joy, happiness, inspiration and creativity.
3. Agoraphobia.
4. Diminished ability to trust yourself, life and others.
5. Disintegrated self-esteem, self-love, self-belief, self-acceptance and boundary function.
6. The traumatisation of feeling hooked and addicted to the narcissist, with the obsessive feelings and thoughts which don't allow you to get the narcissist out of your energy field in order to move on with your life.
7. The mind-bending and intensely frustrating feelings that send you insane when trying to get normal human sensibility and accountability with an individual who behaves, reasons and acts like a delusional 5-year-old.
8. Aftershock symptoms when attempting to leave the narcissist, whereby you feel worse and not better as a result of being out of survival mode, and are stationary enough to feel the full onslaught of the abuse and violations that occurred yesterday, last week, last month, last year and so on and so forth. (This is the most dangerous and potentially suicidal time for victims of narcissistic abuse). It's during this time that you are most likely to mistake these obsessed and torturous feelings such as *I can't live without him / her, I can't go on, and my life is destroyed without him / her*, and then return to the narcissist.
9. The insidious feeling of emptiness, torment, numbness and psychic violation – as if the narcissist is 'crawling under your skin'. The feeling of being totally sucked empty, shell-shocked and taken over by the narcissist psychically, emotionally and mentally. This feeling is an intense feeling of torment and powerlessness.

10. The intense pain of anything 'nice' or 'joyous'. Your soul and life was enmeshed so deeply with the narcissist that anything loving, romantic and pleasurable, as well as old places, memories and experiences are all attributed to the narcissist and feel unbearable without him or her.
11. Little chance of attracting and sustaining a non-abusive, healthy relationship.
12. A high probability of sabotaging any healthy relationship that you may procure. These incredible feelings of loss and despair contribute to the feelings of deep excessive trauma, whereby you feel that it is too painful to interact in life and connect with anything pleasurable. You *don't* feel safe in your body, and you *don't* feel safe in life. It feels like the destruction of the relationship annihilated all pleasure, and all ability to feel whole, complete and safe.

All of the above symptoms and manifestations are totally understandable after going through such a mind-twisting and horrific level of soul-destroying conditions.

If you are still not sure whether or not you were narcissistically abused, you may wish to read this article for extra clarity:

[Are You With A Narcissist?](#)

The intensity *for all narcissistic abuse victims* feels *unbelievable* and so *horrific* that minute to minute living may seem almost incomprehensible.

The above symptoms are all highly common manifestations of how you will be feeling and operating at a very limited capacity, as a result of narcissistic abuse. The pain and destruction of this abuse is wedged in your body like a disease, and unlike "normal" issues and pain, does not dispel over time.

In fact, the longer that the trauma wedged in your Inner Being is allowed to be felt and rehashed as *pain, fear and despair*, the more and more *hardwired you become as a victim* – and you will remain stuck in an existence that takes you away from real love and joy and certainly not towards it.

This is why your emotional state of continued and even escalating trauma may astound you, months, years and even decades after narcissistic abuse.

Such is the contamination of the "narcissistic abuse virus".

This is virus that need to be DE-TOXED from your Inner Being for you to have any hope of becoming well.

It doesn't take long, when hearing people's questions within this Community or looking on the internet in other abuse forums, to find people asking questions such as "I know he's no good for me, why can't I move on?", "Why when he treated me like dirt do I still miss him and love him?", "It's been 5 years since she left me, why can't I get her out my head?" and "Why can't I feel an attraction for anyone else other than that monster?"

Regardless of how shocking and entrenched these states are, I promise you they can be de-toxified, relieved, healed and reversed; faster and more powerfully and durably than you ever thought possible.

Once we start shifting trauma out of your body, which you will be learning about very soon, your mind and life start to heal – *unconditionally*.

I promise you this ... myself and thousands of other Thrivers from the Community *no longer have any symptoms of narcissistic abuse* as a result of Thriver Healing processes.

In stark contrast we are more extended, happy and confident than we ever were ... even way before narcissistic abuse happened to us, or even if abuse was all that we have known since we were young children.

What Makes Us Susceptible to Narcissists?

Initially this was the hardest thing to get *my* head around.

I promise you I understand ... because when I was a victim of the narcissistic husband and totally terrorised and traumatised, if someone had told me that there was something about me that was *co-generating* this relationship with him, I would have wanted to kill them!

It wasn't until my profound awakening that I finally knew the truth – there is a Universal Quantum Law of *so within so without*. What that means is everyone who shows up in our personal experience is reflecting back certain aspects of ourselves.

This is where people (as I used to) can angrily ask, "Are you telling me I'm a BAD person too?"

No ... that is *not what Quantum Law means* ...

Rather, what it teaches us is this: if you have unhealed trauma in your body (trapped in your subconscious) then the people and situations who are in alignment with that trauma will keep entering and be accepted into your reality.

The *healthy* relationships that we can be in and accept are confirming we have alignment within ourselves on that topic, and the relationships which we find as *painful, disappointing and even abusive* are showing us parts of ourselves needing to be healed back to wholeness.

One of the greatest truths I learned though this profound journey of Thriver Recovery is that we will never accept a level of love below the level of love, respect and wholeness we have within ourselves.

Many people who have been abused by narcissists all of their life, starting from childhood, say “It was not my fault”.

I truly believe “blame” is such an erroneous concept that takes us away from healing and certainly not towards it.

[I wrote an article that explains why here.](#)

Yes, as a child you were powerless, but as an adult you aren't – you can heal.

I spent many years being a victim, and believing that it was the ex-partner who was at fault, and that I was just unfortunate to have entered into a relationship with him. By holding this viewpoint I was in *denial* and I wasn't taking responsibility to empower and heal myself, and I certainly wasn't getting any better.

In order to heal for real, it's *vital* to acknowledge the reasons within your own Inner Being that have made you susceptible to narcissistic abuse, because these are the unhealed parts within you that once loved and healed back to wholeness will open up a life trajectory to you of love, joy and inspiration that you never previously had access to.

But you can't change unless you make a firm commitment to love and support yourself by healing these unhealed parts.

I have dedicated an enormous part of my life to uncover the *truth* regarding narcissism and narcissistic abuse, and I have worked with thousands of people, as well as digging far down into the deepest recesses of myself ... honestly, without shame and without judgement to find out what *really* goes on in this dynamic, and I can assure you of these two things:

- 1) People who refuse to take responsibility for their woundedness don't recover, and
- 2) There are certain characteristics that are *totally consistent* for individuals who have been narcissistically abused.

You may not possess all of the characteristics within the following list but many of these traits, if not all of them, will be apparent if you're honest with yourself. This honesty is *essential* if you want to step onto the journey to become free of the pain.

These characteristics are that you:

- Had already suffered abuse, fear abuse or had a strong aversion to people who are abusive.
- Find it difficult to speak up and stand up for yourself and create healthy boundaries.
- Find it hard to say 'no' and kept giving even when it feels bad.
- Are highly intelligent and can usually work out a solution in most areas of your life.
- Tend to make things work even against the odds, because you have a "can do" attitude.
- Find it hard to receive from others, and you are the person who usually does the heavy lifting.
- Have a high level of integrity, and don't like people thinking badly of you, and in fact can be highly disturbed if someone thinks you're a bad person.
- Respect security, strive hard for it and don't want to give it up.
- Work hard to keep security going, and you clean up the messes that other people make which could threaten your security.
- Feel that your worth is measured by how capable you are at achieving goals, and you struggle to know that you are lovable and acceptable to others just for being you.

- Try to win approval from others by making them like you, or wanting them to admire your capabilities.
- Are very hard on yourself and you will generally criticise yourself for what you haven't achieved, rather than appreciate and love yourself for who you are right now.
- Don't want to be alone, and are fearful that you may never meet another person who you feel so connected to, and therefore feel you have to make your relationship work – despite abuse.
- Are very independent and capable, yet felt empty and alone and deeply want a relationship when single.
- Have a tendency to want to fix and sort out other people's problems rather than feel into and sort out your own uncomfortable emotions.
- See yourself as an 'empath' and you have a tendency to put other people's needs before you own – and believe that to be *virtuous*.
- Tend to take responsibility for people, rather than allowing them to learn through error and take responsibility for themselves.
- Feel guilty when taking time out and doing nice things for yourself.
- Struggle to see the value in providing yourself with 'inner healing time', feeling this isn't as productive as 'doing tasks', and
- Feel that you didn't receive unconditional love, true connection, understanding or approval from your parent(s).

You may think that these traits cover a great deal of the human community, and sadly you're right! Individuals who are *over-functioning as well as co-dependent*, who seek to be defined by others and accomplishments, rather than become their own self-definition are *especially* likely to attract and accept narcissists into their life.

Also, I can assure you that it is a total *myth* that a narcissist can target *anyone*, lure them, trick them and hook them. This is **not true**, and a tragic and deadly excuse used by narcissistic abuse victims who wish to stay enmeshed in victimhood and not take responsibility to heal and create their own lives *from the inside out*.

If we aren't prepared to give up this notion, not only will we never heal ... but also ... *how on earth is there any hope of a wonderful, free, empowered life for any of us?*

Can You Fix a Narcissist?

Oh boy – I know what it is like to think *I can fix this*.

Many of us who have been narcissistically abused are *determined*; most things in our life we have been able to succeed at, or at least get up, get on with it and make the best of it.

That all gets turned on its head with narcissistic abuse, because no matter how much energy we exert trying to fix him or her and stop or mend all the resulting disasters, we feel like we are in quicksand *sinking deeper and deeper*.

Initially, no matter how many times I read that there was no cure for NPD, I was determined to find a way. *Surely* love could conquer all. *Surely*, if I could just get him to the right therapist, or find out how to help him get help, there was hope. *Surely* I could re-create the perfect relationship that I just *knew* it was supposed to be.

Despite discovering what narcissism was, and researching all there was to know about it, and even after seeing a Personality Disorder Specialist who told me in no uncertain terms to get out of the relationship, I hung on – almost all the way to my total demise.

You see, I was strong, I was determined, and I'd always been able to make anything in my life work when I decided I wanted it to. I didn't want to admit defeat under any circumstance.

We think these are our motivations – determination, love, “meant to be” (a soul contract), or the children, security or whatever our reasoning is ... yet there is a deeper truth to it all.

I'll share mine because I know this is the same for all of us. *Regardless of the circumstances.*

This was the truth: the real powerful driver within me was the unhealed wounds that were hooking me into the person who would deliver once and for all the reality of these wounds to wake me up ... make the unconscious conscious and finally grant me the ability to face, heal and evolve beyond these wounds

The truth was I had these following traumas (painful beliefs) wedged in my Inner Being:

I am not safe in life.

I am not safe with men.

I am not worth loving.

I am only loveable if I fulfilled certain conditions.

People who are supposed to love me hurt me (annihilate me even).

I need a man to survive ... regardless of whether or not he is respectful and caring or even abusive to me.

If I let go and am alone, I'd die.

On my own I was worthless.

(And there were more ...)

None of the therapy I had revealed these true reasons to me, only my Inner Being did when I learnt how to contact it with subconscious healing processes. Up until then I had been battling a life and death abusive relationship, and the information I was being counseled about *was all about the narcissist*.

And whilst that was happening, how on earth was I ever going to be able to heal the parts of myself that were hooking me to him? He was the EXACT person who made all of my subconscious traumas and beliefs “real”.

Of course *he was my reality* – and the only way he was not going to become my reality was for me to heal these wounds and then have a new Inner Identify who was no longer a match for him anymore.

Because I had no inner focus or the power to heal myself yet, is it any wonder all I could think about was trying to fix him? What other option did I have?

So ... unconsciously to try to heal my unhealed childhood and ancestral business with the narcissist, who was the messenger of these wounds and certainly not the savior of them, I clung on ... I lectured, I prescribed ... I tried to fix and change him in order to make my life sane, whole, and happy.

And whilst doing so, like all of us, I indulged in arguments that went on for two weeks trying to explain one humanity principle that a normal five-year-old could grasp in

minutes.

Then, the next day, it would be out the window as if we never had the conversation.

Clearly focusing on him was going very badly.

Even though I knew a lot about narcissists, I still didn't realise at the time that my hanging on and trying to change and fix an individual with Narcissistic Personality Disorder meant that I provided him a perfect source of narcissistic supply (attention).

The more I stayed attached focused on him, and the more he fed from this supply of receiving my energy and attention ... the less and less I became, until I was a mere shell.

I thought I was being a loving partner and supportive to him, yet unconsciously all of this was to try to get him to be the Source of love, approval, security and survival to me that I wasn't as yet being to myself.

By doing so I was simply offering myself up as *prey*.

At the human logical level I was yet to understand that narcissists don't operate like normal people. I didn't understand the personality condition enough, because this hadn't ever been explained to me.

He wasn't interested in solutions, remedies, win-win results or resolution. He wasn't interested in the topics we were discussing, or the intricacies of my feelings regarding the injustice, and his non-validation, manipulation or lies.

He was purely interested in the supply of attention; good or bad it made no difference.

*I know that you may be currently going through or have gone through the **horrific confusion** in your mind, which is telling you *maybe there is hope, maybe I can help him (or her), I feel sorry for this person and I want to help him (or her)* and, *this totally feels like I am meant to stay and figure this out. I JUST know we are meant to be together!**

It is true, in some rare cases, if this person is not suffering from Narcissistic Personality Disorder, and instead acts out narcissistic traits that there may be some hope. This of course has to be weighed up with whether or not you wish to live your life with the struggle of this person *getting* better, against creating a life which could be much more fulfilling and easier to live.

Initially, when in the throes of the pain, the addiction, and the terror of losing the

relationship, you may be willing to do *anything* to save your connection to this person.

One of the hardest and greatest lessons we need to learn as human beings is that it is impossible to try to control another person's behaviour (change or fix them) so that our emotions can feel more in control.

If we are feeling broken, empty, panicked, triggered and abused ... focusing on another person to try to fix these feelings is *Wrong Town* – it simply means we will be more emptied out of our own power.

This leads to chronic accelerated powerlessness, anxiety and depression and the dangerous deterioration into relationship addiction and dire co-dependency – trying to get love, approval, security and survival from another person who is not providing it for us and may actually be abusing us – with us clinging on for dear life, all the way to our demise, without the ability to break away and look after ourselves.

The *only* reason we continue to do this is because we still have unhealed traumas within us causing us to hand power over. The *Thrivers Way* specifically treats these traumas.

Our Old World paradigms have been this: *Look outward and try to change or fix people to make yourself happy.*

The New Word healing is this: *Heal our own internal traumas and then we will start showing up healthily and generate healthy relationships, and we will shift away from those who just don't have the resources to be healthy.*

I get it, I know intimately what it feels like to believe that you will be the one that can heal a narcissist and I've met so many people over the years who believed the same thing.

[If this is you, then please take a look at this video which will explain exactly what it would take to cure a narcissist.](#)

5 Things You Must Know About Narcissistic Relationships

It's important to understand that narcissistic abuse is not like experiencing normal relationship problems and breakups. You have been seriously poisoned and damaged; this is *not* just about suffering from a broken heart!

Standard relationship breakdown dynamics don't contain the lack of humanity, accountability and conscience that narcissistic relationships do.

The intense connection

Narcissists (if a love interest, and maybe even as a friend or business connection) burst into your life seeming to be “your other half”. Narcissists are extremely proficient at making you feel a powerful soul-mate connection. One of those most common ways they do this, is through *love bombing*.

[To understand more about love bombing please read my article: Love Bombing – When It's Too Good To Be True.](#)

In comparison, healthy relationships take a respectful amount of time, and the necessary due-diligence to ascertain whether or not a prospective connection has the necessary attributes, values and resources to be healthy.

The belief you can trust him or her

Intense bonding occurs, and the allowing of the narcissist into your private, emotional, physical and mental space occurs very quickly. The illusion is that you can trust this individual completely.

By comparison, within a healthy relationship, trust and belief in another individual needs time to be accurately ascertained.

The diminishing of your life and interests

Before long many aspects of your normal outside life diminish as the enmeshment and preoccupation with the narcissist increases. The narcissist will start invading your space and demanding attention.

Initially, it will feel like his or her attention is flattering and loving. At some point it will become obvious that the love and attention starts to feel uncomfortable and controlling as he or she starts violating your boundaries.

By comparison, healthy relationships encourage a maintaining of self, and both individuals are comfortable, accepting and even encouraging of each other's personal space, boundaries and interests.

The hooking aspect

The narcissist expertly defines your strengths and weaknesses, and knows how to mine (take) your strengths, and starts attacking your insecurities and your unhealed parts through gaslighting, suggestion and manipulation in order to throw you off balance.

This forces you to try and receive sense and validation from the narcissist, and hooks your attention fully on to him or her.

At advanced stages of narcissistic abuse, the gaslighting and manipulation will turn to blatant and violent injustice, demands, accusations, projections and immature, vile and unthinkable behaviour.

This occurs when the narcissist knows that you're fully hooked and feeling powerless to leave.

By comparison, healthy relationships do not use pertinent personal information as weapons. Healthy relationships support, respect and treat your personal self 'warts and all' as sacred.

The ability to continue degrading you

The narcissist is aware that the very abuse which he or she is delivering is exactly the weapon that allows him or her to continue maiming, because you'll come back for more in the quest to gain some sort of accountability, sensibility, compassion, validation or apology from the narcissist.

Additionally, the quest to prove yourself as a decent human being to the narcissist, who will continually blame and accuse you of being the bad person (the projection of the narcissist's disowned parts), will make you try harder to receive decent recognition and validation.

[This grants the narcissist copious amounts of high grade narcissistic supply.](#) The more you become irrational, hysterical and hurt, the more important it makes a narcissist feel. (*Look at what I can do to you – this makes me feel incredibly important / powerful.*)

By comparison, healthy relationships do not involve the tactic of hooking and maiming.

Within healthy relationships, even if troubled, there is a realisation that such vicious and cruel behaviours have no upside to them, and can only create relationship devastation.

In understanding these dynamics, it should now start becoming clear that the narcissist doesn't operate within a *standard human model*. He or she is not interested in getting along, reaching resolution or creating peace, love and harmony.

His or her preoccupation and goal is *purely* to receive narcissistic supply.

How to Become a Narcissist Repellent

When we are no longer unconsciously trying to Source ourselves from other people, and when we have sufficient self-love, self-approval and feel solid in regard to generating our own lives, we are going to show up very differently. We won't be taken in or keep achieving, fixing, stabilising and giving whilst the narcissist continues to mercilessly destroy and take.

A person with a solid inner identity is likely to trust themselves if something feels "off"; they will back themselves, confront things and are prepared to have the difficult conversations. Additionally, the individual with a healthy boundary function and sufficient self-respect will walk out the door once the narcissist's behaviour becomes *unacceptable*, which in all cases starts showing up as *big red flags* early on in the relationship.

The individual who knows their own worth will not sacrifice their emotions and soul for the sake of "security" or "what other people think" or because they could lose their lifestyle and "dream". Additionally, an individual with healthy boundary function does not jump straight into a relationship and gamble their emotions, body, heart or money until they have assessed the person's integrity.

And please know I am *not judging you*. All of these things I humbly and fully accept were unhealed parts within me that led me into a narcissistic relationship. And if you are honest with yourself – you will admit that it was the same for you. And this self-honesty is *imperative* for us to truly heal.

When you release the young traumas within you that were not allowing you to show up as a healthy and whole Inner Identity I promise you that you will no longer be a "match". for narcissistic abuse, or have any remaining longing, or feelings of attachment.

This also means that any narcissist your previously felt enmeshed to and addicted to and unresolved with. In stark contrast, you will start to experience total closure, as well as *relief and release*.

[I go into this in much more detail in this video - How To Become A Narcissist Repellent.](#)

It is *not your fault* that you didn't have healthy boundary function and had co-dependent and over-functioning tendencies. We weren't taught this information. We usually had caregivers carrying their own trauma that they were trying to survive which had been passed on to them from their own caregivers.

Hurt people hurt people.

We weren't taught how to heal our inner wounds in order to become a healthy source to ourselves.

The great news is, as a result of this truth, no longer do you have to believe that you were cursed, it was bad luck, a horrible twist of fate or a cruel, sick joke of life. What happened *did* happen for a reason, and when you understand the reasons, you can clean them up and never again have to live life as a powerless victim.

Because when you release the internal trauma from your Being, not only do you rid yourself of the pattern, you also clean it up for future generations. Because as *you shift your children shift*. This is a Quantum Truth I am very passionate about and get to see and live the results of every day.

And that means not just with a narcissistic experience, it means with every aspect of your life. Then you can be free, without pain and fear to create the life and love relationships you really want to experience.

Doesn't that feel like relief? Doesn't that feel better? It should because now you *can* do something about it ... and that's *empowering*.

How to Take Your Very First Step

I know, as a result of the thousands of people that I'm in contact with globally, how common the state of total deterioration is as a result of suffering narcissistic abuse. I also know that unless you have experienced narcissistic abuse *there is no way that you could even come close to comprehending the devastation it creates*.

And this can feel very frustrating and isolating – the people around you may shake their head in disbelief – struggling to understand what you are going through, or even worse think that you are the crazy one.

You may even find that your therapist doesn't grasp the severity of narcissistic abuse, or even realise it is happening to you. I have received many reports over the years that therapy clients have been instructed to work on their relationship and communication skills harder, or were told that their own anxiety and depression issues are the real problem. Or maybe the person in your life that you are experiencing so much pain with has created allegiances with key people in your life *including your therapist*.

When I discovered the incredible processes needed to recover from narcissistic abuse, I had to share them – and I'm so glad I have. I know that if I hadn't found the solutions, I probably wouldn't be alive – and if I was, I certainly *wouldn't be living*. The same truth exists for many victims of narcissistic abuse today.

I, myself, was seeing purportedly *the best of the best* in regard to helping me with someone with a Personality Disorder ... however I promise you the deeper, extremely vital narcissism information was sadly lacking, and what I needed to *truly* get out and stay out of the relationship wasn't forthcoming. That system, in all honesty, failed me miserably, and was not what saved or healed me.

If you've made it with me this far, I want to congratulate you, as it's clear that you've had enough of your painful past or current situation and are determined to do whatever it takes to build a happy, abuse free life ... and I know for you right now that *real recovery* may seem like a Quantum Leap away.

Rather, what is important for you RIGHT now is some *relief* – a way to feel like you can survive this – the losses you may be facing, as well as the terrible feelings of fear, anxiety, heartbreak, despair and even panic and wondering if life can ever be normal again.

As you start healing, I promise relief usually comes VERY quickly ... followed by the ability to heal in direct ways and time frames that you may not have realised were possible.

So now, before we move on to the last section of this eBook, I would love to share a video I created that will inspire you to take action and start focusing on your healing as soon as possible, because the sooner you do this, the sooner you are going to get relief and begin to see the possibilities that await.

Watch this video:

[How Do We Decide To Heal?](#)

Setting You Up For Thriving

My approach is *not* about trying to give you solutions to merely cope. It's about creating true empowerment in order to Thrive after narcissistic abuse.

A *destroyed self* is not your doomed reality. It's the 'breakdown' leading to your 'breakthrough' and this necessity, gateway, and opportunity is *exactly why* you suffered narcissistic abuse.

At a level deeper than you could consciously *know*, you wanted to find your way to the truth. You wanted to be free from pain – not just from the narcissist, but all areas of life where you were not able to anchor into your truest most expansive self yet.

Your narcissistic abusive situation *right now* will fall into one of the following categories:

- 1) You have been discarded by the narcissist either emotionally or literally and still feel addicted* to him or her.
- 2) You have left the relationship in order to try and regain yourself and sanity despite still feeling horrifically addicted* to the narcissist.
- 3) You are still with the narcissist and know that something needs to change if there is any hope of your life improving. Yet you feel so enmeshed or addicted* and don't know how you can leave.
- 4) You still have contact with a certain person or family member who you have identified as narcissistic, yet don't know how to protect yourself at these times of contact, and struggle to feel healthy even when you're not having contact.

**Please Note* "addicted" may mean that you cannot evict the thoughts of injustice, unthinkable behaviour, violations, lack of accountability etc. about this person out of your mind, regardless of whether or not you wish to ever be in this relationship again. You may be addicted to the thoughts of someone long after they have exited your life, and *even* if you have been able to establish full No Contact.

If you feel addicted to the narcissist, it is imperative to exorcise this person's toxicity from your mind, emotions and life, and this requires direct shifting of the trauma out of your subconscious body.

Narcissistic addiction is akin to any other addiction – yet arguably the most powerful of all addictions. I have worked with ex-heroin addicts who vow and declare that narcissistic addiction is many times harder to beat than heroin.

If you pick up the narcissistic addiction, *even with just repeated thoughts*, it poisons you, strips your self-belief and self-esteem and creates further disintegration. If in contact with an individual with NPD, it's impossible *once you have been violated* to close the gaps with mere cognitive processes so that future abuse doesn't occur.

The narcissist will keep changing the parameters and find another way to extract narcissistic supply. This is *no way to live* and this is why if you have left the relationship in order to get better, or have been discarded by the narcissist, *No Contact* or at the very least strict Modified Contact (if co-parenting) *is imperative*.

If you are still connected to the narcissist and can't leave right now due to co-parenting, sharing a business or workplace or any other reason, you may find this two-part-series very helpful:

[How To Set Boundaries With A Narcissist When You Can't Go No Contact.](#)

It's very important for you to understand *what is really going on* in the narcissist's mind and the *reasons* why your interactions with him or her are so delusional, insane and mind-bending, and why *No Contact* or *Modified Contact* is necessary.

This is why my *No Contact* eBook is included in your New Life membership package.

Upon reading that eBook, and understanding why you need to pull away to heal – then it is time to be committed to the 90 / 10 rule. Ninety percent energy focused on healing self and ten percent or less energy regarding learning about narcissism.

If you have misplaced the link to the second eBook you can re-download it here:

[How To Do No Contact](#)

Please know, even if you are not in contact with the narcissist right now, they have a high tendency to re-hook old supply when their current supplies dries up – so even if you are currently doing no contact you will still find the information in this eBook invaluable.

If you are dealing with the outrageous acts of the narcissist, which could include incredible trauma such as threats, stalking and custody and settlement issues, then it is *especially essential* to get on to healing your unhealed parts *so that you can improve*

your situation and create better outcomes for you and your family.

And for this I would highly recommend that you sign up to my next Free online Workshop, where I get to work with you directly, with the very BEST of my healing processes, to help you achieve RELIEF and HEALING as soon as possible.

[You can reserve your space for this FREE event here.](#)

I know you deserve to claim freedom and true healing and your real life, and with all my heart I send you the strength and courage to move on to implementing the *two vital things* you need to do for your recovery:

These things are:

- No Contact or Modified Contact and,
- Your full focus on healing your Inner Being.

Then I know how incredible your life is going to become.

I hope you now have a deeper understanding of your personal journey, and have much more hope that there is a ***real way to recover***.

So ... now please make sure that you move on to your *No Contact eBook*.

And I'll speak to you very soon!

Much Love

Melanie xo