

Narcissistic Abuse - The Truth



Melanie Tonia Evans
Empowered Self

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Narcissistic Abuse – The Truth

by Melanie Tonia Evans

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Narcissistic Abuse – The Truth

Hi, my name is Melanie Tonia Evans, I'm an International Relationship, Love Creation and Narcissistic Abuse Recovery Expert, and as a result of my personal journey, and the absolute joy and privilege to assist the facilitation of healing narcissistic victims globally I've written this eBook.

Due to the epidemic of narcissistic abuse in the world, the information in this eBook is *totally* necessary.

My story

The reason why I'm so passionate about facilitating the healing of narcissistic abuse is that I, not so many years ago, was the victim of an extremely narcissistic love relationship. I spent years feeling totally destroyed and powerless, and disturbingly, I came very close to taking my own life as a result of the abuse.

This relationship was so toxic, and I was so hooked that it led me to almost total annihilation of what I thought was my life. At the end of it and through the *aftershock phase* (which I will explain further on), I was 38 kilos, had severe Complicated Traumatic Stress Disorder, was severely agoraphobic and experienced constant adrenaline surges that were so ongoing and horrific that I was told that without strong anti-psychotic drugs that I may not survive.

Additionally I had lost the property and resources that I brought into the relationship, and I was back at square one – but in a worst way than I could ever imagine would happen to me. I was so battered, shattered and empty that I had *no idea* how on earth I was going to survive, let alone rebuild my life.

I know, as a result of the thousands of people that I'm in contact with globally, how common this state of total deterioration is as a result of suffering narcissistic abuse. I also

know that unless you had experienced narcissistic abuse there is *no way* that you could *even come close* to comprehending the soul-devastation it creates.

Looking back, the person I was then is another world away. Now I feel empowered, happy, and abundant. I'm totally in love with life. I have a glorious love partner, career and environment which all reflect the person I wish to be and the reality I choose to live. I have no symptoms of my previous nervous disorder dysfunctions and in fact I feel more confident and free than I ever was long before I suffered narcissistic abuse.

Narcissism and narcissistic abuse is no longer my truth, and hasn't been for quite some time and I don't experience the relapses into the pain that used to be my ongoing nightmare...

You can read more at: [About Melanie](#)

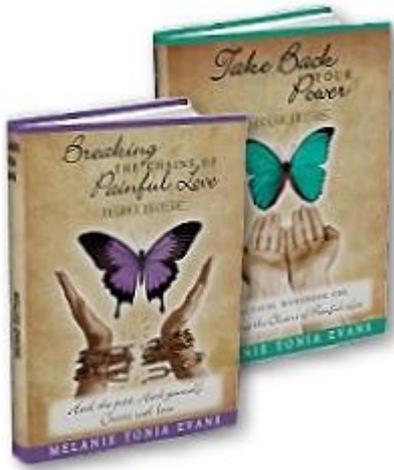
As a result of my journey and the results of my solutions I am **totally committed** to helping *you* to get to where I am now. I have already done this for thousands of people, and with all my heart I would love you to be next!

Little did I know that my journey would have such a *significant purpose*. And *that* it certainly has! When I discovered the incredible *processes* to recover from narcissistic abuse, I had to share them – and I'm so glad I have, because now I get to experience the incredible relief and transformations that happen for victims of narcissistic abuse *powerfully and quickly*. I know that if I hadn't found the solutions that I did, that I probably wouldn't be alive – and if I was that I certainly wouldn't be *living*. The same truth exists for many victims of narcissistic abuse today.

I now know that when people shift out of narcissistic abuse into their *true* empowered reality that they too no longer have to go through the months, years and *often decades* of living like an emptied out individual simply existing and trying to function – at a barely liveable level.

The journey of *coming home to loving myself* after having suffered intense self-disintegration and total loss of self-esteem, was the inspiration for my Book *Breaking the Chains of Painful Love* and the sequel workbook *Take Back Your Power*. I wrote these books

during my self-recovery journey to promote the powerful message ***It Can Be Done***, regardless of the level of painful love and devastation incurred. I knew that it was important to write my story, because my story was indeed many other people's story as well.



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I want you to know that I know exactly how you feel, and my heart goes out to you. I know you feel like you're barely dragging yourself through life, you don't know when the torment or the shell-shocked feelings are going to go, and you don't know if you're going to survive the pain.

I know you feel like you are living literally *in the bowels of hell*, and from this place it's *impossible* to imagine that anything can be normal, sane or *good* again in life. My greatest wish is for you to achieve what I and many people have now – which is to get out of this state and *never* have to live it again.

I also know that like my previous self, you may feel intense feelings of love and connection to the person who is narcissistically abusing you. 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 new relationship which could be much more fulfilling and easier to be in. Initially when in the throes of the pain, the addiction and the terror of the loss of the relationship you may be willing to do *anything* to save the union.

One thing is for certain. *Nothing is going to change* until you empower yourself. You have to get to the point of valuing and standing up for yourself and laying effective and clear boundaries, and this takes empowering education and self-work. As a result of committing to your own healing the relationship will either evolve into a respectful and safe relationship or it won't. Either way you will get your answer as to whether or not this relationship can be healthy – and if it doesn't transform then you *will* have the inner resources and courage to move on and create one which *is* safe, respectful and fulfilling.

Narcissistic reality

Upon discovering the truth regarding narcissism and the devastating effect it has on victims of narcissism, I've been constantly astounded, and totally *fascinated* by this phenomenon that I believe is the *root cause of abuse*.

For more information regarding narcissism it's highly suggested that you research my articles: [Narcissism Understood](#), and [Narcissistic Personality Disorder Common Narcissistic Expression and Behaviours](#) if you haven't already.

Some years ago the meaning of *narcissism* came to me totally out of nowhere. My introduction to this meaning occurred in the middle of a soul-destroying off / on bout with my ex-narcissistic partner.

I was sitting on the couch in my rented home (as a result of yet another evacuation and trying to 'fix' things from a distance), and the word 'narcissist' popped into my head out of nowhere - literally.

I went to my computer and googled the word. Before seconds had passed I was reading descriptions that had my jaw dropping on the ground. Immediately I suspected the worst, that my ex-partner was in fact a narcissist. After many more hours of reading I was convinced he was. It all added up.

The complete revelation is: individuals who've been damaged by narcissists, *all report the same thing*. As you read this eBook, I'm confident that you'll concur (if narcissistic abuse relates to you), that the details are frighteningly specific and incredibly accurate.

What I do find very disturbing is *how little* society knows about narcissism, and that *correct education* is dangerously lacking. Up until this point I really had no idea what a narcissist was, and I know that before suffering a narcissistic abuse experience virtually no-one else does either. Many people believe that a narcissist is simply egotistical and conceited. Nothing could be further from the truth. Society also believes that narcissists are only 1% of the population. This is a ludicrous claim when understanding that in virtually all cases narcissists don't attend therapy unless they have major devastation in their life – and even then they *vary rarely* go to therapy for cures from narcissism.

Narcissists that *are* in therapy (precious few) hide their personality from therapists, create the issues as someone else's fault, and discredit the therapist and leave therapy as soon as they are suspected as being the problem.

I fully believe that the *real* figure is more like 16% of the community is *highly* narcissistic, and therefore worthy of being classified NPD (Narcissistic Personality Disorder).

NPD sufferers are impossible to have healthy relationship with, and are *without exception* extremely damaging to surrounding individuals in any intimate and close personal relationship, whether it be within a family, love relationship, friendship or a working environment.

Have you been narcissistically abused?

Narcissistic abuse is a severely debilitating experience whereby an individual is adversely affected by the behaviour of a person who has Narcissistic Personality Disorder, or displays many narcissistic traits.

Sadly many individuals are not clear about what is or isn't abuse. I know that I certainly previously struggled to define many aspects of what *is* indeed abusive. I did a radio show

with a lady from the UK who epitomised this fact. She described the high-level narcissistic abuse that she sustained, including physical violence, and admitted that it took her a long time to realise that what was happening to her *actually was abuse*.

This is an enormous problem, and it's essential that the education of mental, physical, emotional, sexual, spiritual and material abuse becomes standard education so that women (and men) know what is or isn't okay in relationships. It wasn't until I got out of my narcissistic relationship that I understood how much abuse I was living with. No-one had ever taught me the parameters.

If you are not sure as to whether or not what you have experienced is abuse, and the levels of abuse that you have endured, you will find the information you require in my articles [Domestic Violence](#) and [Are You Being Abused](#).

Trying to fix the narcissist

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, 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.

Even though I knew a lot about narcissistic damage and 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, and the more he fed from this supply, the less and less I became, until I was a mere shell.

I thought I was being a loving partner and supportive to him, but in fact I was simply offering myself up as *prey*. But how was I to know this, and realise what was *really* going on when my version of events was viewed through the lens I knew as humanity? I hadn't at that stage been able to find out or understand *the true understanding and dynamics of narcissism*. *I hadn't yet realised* he wasn't interested in solutions, remedies, win-win results or resolution. He wasn't even 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.

Like so many people that I talk to who have been narcissistically abused, I got caught up in the illusion of the love partner I'd always dreamed of, yet *everything* that I wanted so desperately to be real turned out to be my worst possible nightmare.

Rather than realise and act upon what was necessary to look after myself, I hung on stubbornly, clinging to the version of the man I wanted to believe in, and the one I didn't want to let go of. As a result of staying attached for far longer than I should have (a common manifestation of narcissistic abuse), I suffered a complete psychotic and suicidal breakdown as a result of trying to fix and love the man who was systematically tearing my life, resources and soul apart piece by piece.

I know that you too will be going 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 know we are meant to be together*.

I promise you I went through all of these tormenting thoughts. The reason they were so tormenting, is because my head was trying to find a way through, yet my emotions, and my entire life were being severely battered.

Maybe like my previous self, you haven't yet realised that your *truth* is *not* defined by what you're head wants to believe and force to happen – it's defined by what your *emotions* (the true language of your soul) are telling you...

Continuing to live with the soul-shattering agony and abuse was unthinkable and *completely unliveable* and I knew that the only way out was to work on myself – diligently. I realised that I needed to become empowered, and that required taking responsibility.

In my case, no amount of creating boundaries and respecting myself was going to make any difference. I was dealing with a high-level pathological liar who had no conscience. As soon as a boundary was put in place he found another way to walk around it, crawl under it, push over or smash straight through it. There was no way to create safety or decency in this relationship. My only solution to respect and protect myself was to find the way to leave and re-create my life.

This is the vital truth that you need to *accept* if you're dealing with an individual with NPD. This acceptance will save your life and allow you to move forward in order to create your True Life.

The damage of narcissistic abuse

It's important for you to understand *what* the damage is, as a result of narcissistic abuse

As a result of narcissistic abuse, you will have:

- Complicated Traumatic Stress Syndrome.
- Severely lowered capacity to experience joy, happiness, inspiration and creativity.
- Agoraphobia.
- Diminished ability to trust yourself, life and others.
- Disintegrated self-esteem, self-love, self belief and boundary function.
- 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 you energy field in order to move on with your life.

- The mind-bending and intensely frustrating feelings that send you insane when trying to reach normal human sensibility and accountability with an individual who behaves, reasons and acts like an unreasonable and delusional 5-year-old.
- 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 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 the victim is most likely to mistake these obsessed and torturous feelings as *I can't live without him / her, I can't go on, and my life is destroyed without him or her*, and then return to the narcissist.
- 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. This feeling is an intense feeling of torment and powerlessness.
- The intense pain of anything 'nice' or joyous'. At this stage the victim has become 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.
- Little chance of attracting and sustaining a non-abusive relationship.
- A high probability of sabotaging any healthy relationship that you may procure.

These incredible feelings of loss and despair contribute to the feelings of agoraphobia, whereby you feel that it is too painful to interact in life and connect with anything pleasurable. It feels like the loss of the relationship annihilated these things on all levels.

All of the above symptoms and manifestations are totally understandable after going through such a mind-twisting and horrific level of soul-destroying conditions. Yet the intensity feels *unbelievable* and *so horrific* that minute to minute living seems almost incomprehensible.

The above points are all highly common manifestations of how you will be feeling and operating 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 get alleviated over time. In fact the longer that it 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.

Regardless of how shocking and deeply entrenched these states are...I promise you they can be relieved, healed and reversed.

Narcissistic problems versus standard relationship problems

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 burst into your life seeming to be 'your other half'. The experience is felt as an almost (if not) instant powerful 'soul-mate' connection.

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

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.

In 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 diminishes 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.

In 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 through gaslighting, suggestion and manipulation in order to throw you off balance. This creates you trying to 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 verbally 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.

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

The ability to continue degrading you

The narcissist is aware that the very abuse that 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 be blaming you and accusing you of being the bad person (the projection of the narcissist's personality) 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.*)

In comparison, healthy relationships do not involve the tactic of hooking and maiming. Within 'normal' 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.

Why contemporary cognitive therapy does not relieve narcissistic abuse

The reasons why standard society therapy does not heal narcissist abuse are:

Narcissistic behaviour does not operate within the normal range of human behaviour

The pain and trauma that is felt emotionally and mentally at a powerful and intense level cannot be relieved by definition and logic alone. It's impossible to resolve the *unresolvable* at a pure thinking level.

How we feel dictates how we think. We can't be 'solid' on anything unless it resonates with us, and we feel it as 'right'

Everything about narcissistic abuse feels so wrong, and the resolution of the abuse needs to be felt as a *knowing*. We need to come to the acceptance: *It was what it was – now what is MY gift in this? This is vital* in order to heal and move on.

Unless we *feel* and *know* answers to our issues and gain peace around them, it's impossible to feel safe, healthy, empowered and at peace enough to take the focus off the narcissist and get on with life. Discussing facts and having talks don't provide *emotional relief* from the unthinkable and seemingly unforgivable violations that the narcissist delivered.

Complicated Traumatic Stress Disorder is a prominent symptom of narcissistic abuse

A word, scene or memory can easily trigger fight and flee adrenaline surges and the feelings of depression and powerlessness that accompany these. Logical therapy does not provide relief from PTSD, as it doesn't address the vibrational shifts that are necessary to relieve the torturous body memory associated with PTSD. Additionally in contemporary therapy PTSD is often not validated or treated.

Many psychologists and counsellors have limited knowledge of narcissism, or no personal experience with it

Standard therapy has a very limited knowledge of narcissism and how to address the healing of narcissistic abuse. I have found this to be consistent even amongst purported personality disorder specialists.

It's common for narcissistically abused individuals to be recognised as people suffering from standard relationship loss and pain

Healing, which involves the transition from pain – to anger - to grief – to acceptance – to regaining of self, is a much more complicated and convoluted journey when dealing with narcissistically abused individuals.

Many narcissistically abused victims don't know what narcissism really is, and many therapists don't identify narcissistic abuse

The manifestation of this is an ineffective diagnosis which may lead to the victim of narcissistic abuse feeling even more disturbed and that they're the cause of the relationship issues. I've encountered many instances of this being the case as a result of contemporary therapy, which only reinforces the feelings of *It's my fault, I'm going mad, and It's me not him / her* which drives the patient back into the arms of the narcissist's control.

When patients mention 'narcissist' or 'narcissism' many therapists will discredit any diagnosis stating that they can't confirm that unless it's been clinically recognised

This is disappointing when narcissistic recognition is easily available and incredibly formula consistent. Please note that the clinical identification for narcissism is very generic and often only surface level information, and generally *nowhere* near specific enough.

It's also highly unlikely that a narcissist will ever be accurately assessed, as he or she has the ability to be the consummate actor, and if assessed as narcissistic will quickly devalue the therapist and deny all diagnosis.

Narcissists in joint therapy will use the exercise to discredit the victim and get the upper hand by creating an ally with the therapist against the victim if possible

This creates more powerlessness and desperation for the victim.

Contemporary therapy doesn't offer empowerment solutions at an emotional level to assist individuals in sustaining and creating self in the severe aftershock phase

Many contemporary therapists and even personality disorder specialists don't recognise the hideous aspect of after-shock and assess that once the victim *does* leave the narcissist that they'll improve and feel better as a result of breaking away. Nothing could be further from the truth.

Narcissistic abuse recovery requires emotional 'shifts'

Anyone that has experienced the devastation of narcissistic abuse will tell you that the dire feelings, powerlessness, shock and trauma feels like it's permeating every cell of your body. It *feels* crippling and like you're never going to feel normal again. If you are suffering from narcissistic abuse, you will totally relate.

This is the actual trauma that the cells of your body have sustained, and let me explain why this has happened.

For those of you who have never read my (or anyone else's) material about peptide manufacture in our bodies, it's very helpful to become aware of this. This physiological chemical that vibrates in the cells of our bodies has everything to do with how we feel, our entire energetic persona and the ability we have to create our own lives, and is the *energy* that unconsciously attracts either good or bad circumstances or people into our life.

A fascinating dynamic is taking place in your physiology when emotional pain occurs. Within our brains are neurons. Science now proves we create the structure of our neurons via our thoughts. We're all literally wiring our own brains depending upon our belief systems and perceptions of life.

When we perceive circumstances as 'pain' (which we certainly and very understandably do when suffering narcissistic abuse) many of our neurons relating to pain and misery have conjoined with each other and have wired themselves into a pattern of traumatic thinking.

Any experience or thought that we have in relation to this negativity, sends an electrical message to our hypothalamus (the chemical manufacturing centre of our brain). The hypothalamus recognises this message as a *victim* thought (which equates to any nasty 'less

than' thought we have about ourselves and life). The hypothalamus then manufactures the corresponding chemicals known as peptides that are then released throughout our body. Let's call these particular chemicals *victim peptides*.

When the victim peptides reach our body, we experience painful feelings. As our cells receive the chemical it *hurts*. We literally *feel* pain. The more the cells of our body receive victim peptides the more they become addicted to them.

The cells in our body are naturally addictive and it's the intensity of the feeling that they get addicted to. Good or bad feelings make no difference, the stronger the feeling the greater the desire for more.

What's frightening is that every time these addicted cells split and multiply they form with twice the amount of the original docking points (receptors) to receive the victim peptide. Therefore if we often feel bad, and don't know how to get our power back in order to change it, we'll *physically* spiral into becoming more and more addicted to our painful emotions, and we'll also become more addicted to going back to get more of that peptide from the source of the pain (the narcissist). This takes place at a powerful *unconscious* level.

I know it sounds logically ridiculous, but our bodies and emotions are *unconditional*. They don't operate from a logical model. They simply chase after what will grant them the charge of the emotional addiction.

For example if you eat a large slice of chocolate cake and have large pangs of guilt in relation to it, your body will feel the rush of the large manufactured peptide of guilt, and then want another charge of that rush. This is why within no time at all you feel the pull towards another large slice of chocolate cake. This is your brain / body connections way of making that charge manifest again.

The addiction to the narcissist is identical. Of course logically you wouldn't wish to keep going back to get beaten up even more, yet your body (emotions) is compelling you to do just that. This is one of the reasons that the intensity of the addiction to a narcissist *is so severe*.

What's more; even if you feel disconnected from the narcissist and safe in your own energy for a little while, before long the pull of the addiction will strike again. The reasons for that are the charge affected cells hold back some of the peptides to secrete out into the bloodstream if they haven't got their peptide of choice for a while. So when your cells feel the peptide waning and feel the need to get it again the peptide is released into your

bloodstream. This secreted peptide goes to the related brain neurons to get them to 'think' the electronic signal that manufactures more of the peptides.

This is why we may *all of a sudden* feel down without realising why. *Then we start thinking about why we feel this way.* By thinking painful thoughts our 'negative' neurons fire off the painful message, the hypothalamus manufactures more victim peptides and the cells in our bodies get their fix of the chemical. *Thank you* they say! Before long you will have all the justifications running through your mind as to why you *should* contact him or her again. Now the manic struggle between you and yourself takes place. Half of you is terrorised by the thought of doing so, and the other half is compelling you to do it. Inevitably you will cave in to the addiction regardless of how much you know *it will only bring about more pain.*

Your unconscious emotional drivers dictate your life powerfully.

So, we can understand the necessity for stopping the vicious cycle that is breaking us down into total disempowerment.

The problem with cognitive (thought) therapy is, if our emotions are especially anguished what we're trying to think is in total conflict with our emotions. Our emotions are screaming at us a painful version of the story, and our head is trying to talk us out of this and into a version that's going to serve us better. We know (in our heads) what we need to do, and even why we need to do it, yet our emotional pulls override this logic, and we find ourselves giving in to ourselves – regardless of how much it continues to hurt.

This is why Body Work that is working *directly on the emotions* is crucial when recovering from narcissistic abuse...as is finding the ways to *get away* from the continuous story of 'What he or she did to me'. By constantly engaging in such thoughts and conversations you only hardwire your *victim cycle* more and more, making it much more difficult to recover from the spiral into total powerlessness.

Why did you attract and sustain a relationship with a narcissist?

It's important to understand *why* you attracted and sustained a relationship with a narcissistic.

We may think *I was only a child* when referring to a narcissistic parent – however *I promise you*, if you don't take responsibility for: *What was it within me that has led to being abused?*, then you will remain a victim and not recover. I spent many years being a victim, and believing that it was my ex-partner who was wrong, and that I was just unfortunate to have encountered a relationship with him. By holding this viewpoint I was in *denial* and I certainly wasn't getting any better.

As a child you may have been powerless, but as an adult you can take responsibility and change your life from abuse to one that does serve you. In order to do so it's *vital* to acknowledge the reasons within your own personality that have made you susceptible to narcissistic abuse, because these are the unhealed parts within you that need to heal in order for your life to change – *and they can't change unless you make a firm commitment to heal these 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, and I can assure you of two things.

- 1) People that refuse to take responsibility for being abused 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 will be apparent if you're honest with yourself. This honesty is *essential* if you want to step on to the journey to become free of the pain.

These characteristics are: You,

- Had already suffered abuse, fear abuse or had a strong aversion to people that 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.
- Have a competitive nature and don't like losing.
- 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.
- Are a workaholic, or someone who like to get things done, be accomplished and make progress.
- Have an addictive personality.
- Find it hard to receive from others and are the person who does the heavy lifting. You rely on yourself mostly.
- 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 clean up the messes that other people make that could threaten your security.
- Feel that your worth is measured by how capable you are at achieving goals, and struggle to know that you are lovable and acceptable to others for just 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 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 with and therefore feel you have to make your relationship work.
- Are very independent, yet felt empty and alone and deeply want a relationship when single, and
- Feel that you didn't receive love, connection or approval from your birth 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* are *especially* likely to attract narcissistic abuse, and are available in droves.

However, 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 sad excuse used by narcissistic abuse forums members and moderators who wish to stay enmeshed in victimhood and not take responsibility.

I have done the research, the interviews and the assessments. There are many people that narcissists very quickly ascertain are not over-functioning and who have sufficient boundary function to not be easily mined. Additionally there are many people who are not taken, impressed or attracted by the glamour, charisma and charm of the narcissist. They are in fact repelled by it. The narcissist is not a match for their inner personality mechanics.

Narcissists are experts at ascertaining a person character and personality, and they know who they can and can't hook and start extracting narcissistic supply from. The person who functions healthily (not driven for approval) is not going to keep achieving, fixing, stabilising and giving whilst the narcissist continues to mercilessly destroy and take, and 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.

Additionally an individual with healthy boundary function does not jump straight into a relationship and gamble their body, heart and mind until they have assessed a potential partner's suitability. Narcissists will not hang around pretending to be patient, respectful and healthy within an extended courting process. They need instant gratification, and if the results take too long there are plenty of other fresh sources that will enmesh much quicker.

You may not think that individuals who can resist the narcissist exist – but I can assure you they do... I wasn't one of them, and the truth is: *at this point neither are you.*

After falling for a narcissist and becoming enmeshed with one, the experience is akin to *feeling raped on every level.* Of course the condition you are in now is serious, and can and often does *affect everything in your life.* The pain can affect life to a level whereby you feel life's not worth living.

Because this has happened you have to heal. That's the truth - point blank. With narcissistic abuse there is no

- *'Time heals all wounds',*
- *The narcissist will become accountable and fix my pain, or*
- *Someone else is going to come along, love me and fix my pain.*

None of those solutions are going to happen. And quite frankly they're not meant to! I have met individuals 2, 5, 10, 15, 30 (which number would you like?) years down the track whose pain, agoraphobia, inability to feel joy, and lack of a loving and real relationship is the same ongoing manifestations.

I'm not trying to scare you; I'm just telling you the truth! I know you know what it feels like at this point, you feel like life will never be okay, you may never heal, you will never trust anything or anyone again, there's not enjoyment in life and instead only emotional agony and you can't even imagine a light at the end of the tunnel. Can you *imagine* continuing your life like that *indefinitely? It's unthinkable...yet that is the standard result* for victims of narcissistic abuse – regardless of the standard therapy and medication they receive.

Please know that identifying *why* you sustained a narcissistic relationship is not about criticising you, or hitting you with even more put downs. The information I am giving you now is *the truth*, and like all *real truths* this information is going to help set you free. It is not your fault that you didn't have healthy boundary function and had co-dependent tendencies and over-functioning tendencies. We weren't taught this information! But now you can learn it, align with it, know it, release these tendencies and empower yourself – therefore changing your life for the better – *forever*.

You see, 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. You will be able to heal, and 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*...

What you can do now?

My approach is **not** about trying to give you solutions to merely cope. It's about creating *your true healing and empowerment*. A *destroyed self* is not your doomed reality, it's merely and magnificently the beginning of the most incredible truth of everything you've always wanted to be, feel, know and create...which is ***How to Know and Be the Real You***.

This necessity, gateway, 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...and now you have come to that place.

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 will 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.
- 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* 'addiction' may mean that you cannot evict the thoughts of injustice, incredible behaviour, what they did, violations, lack of accountability etc. etc. about this person out of your mind regardless of whether or not you wish to try to 'fix' the relationship again.

If you feel addicted to the narcissist it is imperative to exorcise this person's toxicity out of your mind, emotions and life. 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 10 times more powerful than heroin.

If you pick up the narcissistic addiction it poisons you, strips your self-belief and self-esteem and creates further disintegration. When dealing with narcissistic abuse from an individual with NPD it's impossible *once you have been violated* to close the gaps 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 left by the narcissist **No Contact is imperative**.

If you are still with the narcissist and have not as yet had the strength to leave, it is also very essential to understand what is happening to you when you are in the narcissist's energy and hooks. It provides immeasurable benefit to understand *what is really going on* in the

narcissist's mind and the *reasons* for why your interactions with him or her are so delusional, insane and mind-bending.

This is the biggest starting point of your recovery – to *get clear* – *VERY clear* about the dynamics of interactions with a narcissist and why No Contact or Modified Contact and / or healthy boundaries are VITAL to begin your recovery process.

This is why I am going to send you my eBook *How and Why To Do 'No Contact' When Narcissistically Abused*. Even if you are still with the narcissist this book is invaluable information to assist you in finding your own power and sanity again.

This is my gift to you because I know that together, *you and I can create a journey of recovery*. I know you deserve this, and I'm going to help you embody this truth also.

The How to Do No Contact eBook will be in your in-box tomorrow!

Watch out for this email!

Much love



Melanie