

Narcissistic Abuse

The Truth



Melanie Tonia Evans

Narcissistic Abuse – The Truth

by Melanie Tonia Evans

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Melanie Tonia Evans is neither a qualified psychologist nor a qualified counsellor and offers her insights and advice for guidance only.

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Introduction

Hi, my name is Melanie Tonia Evans and I'm an International Narcissistic Abuse Recovery Expert, healer, author and radio host. 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 greatest mission is to take you on an incredible healing journey of self. I wish to show you how to emerge out of narcissistic abuse, and come out the other side in a way that you never dreamed you could achieve.

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

I really want you to start this eBook first, so that we can set the journey up in a way that you can understand *how to* break free and Thrive, and not merely survive as a result of narcissistic abuse.

Since I created my own recovery, and having such an active part in others, I am constantly inspired by the incredible success that my discoveries about healing from narcissistic abuse and inner healing process create. They surpassed even my wildest expectations.

[You can read about these discoveries here.](#)

I wish to inspire you right now – even before we start this journey of information together – so that you can know the possibilities that exist for you. 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, boss or any other disappointing or devastating individual.

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

As you will have read, this level of ‘coming out the other side’ is possible, regardless of how broken you may feel right now. Truly there are solutions to feel relief and get well – faster and more powerfully than you could have ever thought possible.

These results come about *irrefutably* by applying the *true processes* that will help you recover.

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 marriage. 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 Complicated Traumatic Stress Disorder, was severely agoraphobic and experienced constant adrenaline surges which were so ongoing and horrific I was told that without strong anti-psychotic drugs that I may not survive.

Additionally I had lost the property and resources which I brought into the relationship, and I was back to square one – but in a worse way than I could ever have imagined would have happened 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.

After this occurrence, I underwent a second narcissistic abuse experience. This time it was with an Altruistic Narcissist.

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

This narcissistic relationship was in a different form, and it confused me off and on for two years. 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 episode.

The purpose of this second narcissistic recovery, I now know was because there were still inner parts of me which required healing, and also humbly because I was meant to go even *deeper* into my mission, and what I needed to understand for the healing of myself and others.

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.

Looking back, the person I was then is another world away. Now I feel empowered, radiant, and abundant. I'm totally in love with life. I have wonderful authentic loving relationships, and an incredible career and environment which together 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.

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

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 now know that when people shift out of narcissistic abuse into their *true* empowered reality, 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.

The profound healing path I work with is the Quanta Freedom Healing process that is applied in all of my Courses. It is highly effective, because it directly targets the healing of your peptide addiction and Inner Identity. As a result many recoveries start occurring within weeks or months, which is in direct contrast to standard, often ineffectual, recovery results.

[To understand more about peptide addiction and Inner Identity, you can watch my three videos here.](#)

Truly, 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 literally living *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 – which is to get out of this state, and break free into living a reality which is more empowered, free, joyous and confident than any state you lived, even previous to narcissistic abuse – and to *never* have to live a life of painful abuse again.

I also know, like my previous self, you may experience 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 life which could be much more fulfilling and easier to have.

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 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 self-work and the healing of your unhealed parts.

At this point it is vital to understand more about your unhealed parts, what they mean and how they did play out in relation to you being a target for and sustaining narcissistic abuse.

I really urge you now to take the time before you go any further with this eBook, to read and listen to some resource links which will assist you in understanding how to take responsibility, and what the healing of your unhealed parts really means.

Blog Article: [Taking Personal Responsibility - Your #1 Tool to get Your Recovery Started](#)

Blog article: [Healing From Narcissistic Abuse by Loving Yourself and Taking Responsibility](#)

Blog Article: [The Narcissist and the Co-dependent – Two Sides of the Same Coin](#)

Radio Program: [What is Co-dependency?](#)

As a result of committing to healing your own unhealed parts, 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 a life which *is* safe, respectful and fulfilling.

The following information will assist you to understand whether or not the narcissistic person will have the resources to be accountable and become a safe, loving person in your life.

Blog article: [Is He or She Really A Narcissist? Laying Boundaries and Accountability](#)

The reality of narcissism

Upon discovering the truth regarding narcissism and the devastating effect it has on victims, 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 read my article: Are You With A Narcissist? 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 midst of a soul-destroying off / on bout with the first narcissistic ex-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 to the ground. Immediately I suspected the worst, that the 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 *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 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 who *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 a 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 behaviour.

This is an enormous problem, and it's essential that the education of mental, physical, emotional, sexual, spiritual and economic 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 first 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 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.

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, 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 *yet realised* 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.

Most importantly, I hadn't at that stage been able to find out or understand *my unhealed parts that were hooking me into narcissism* and keeping me in the game. And *I hadn't realised* that I was trying to gain from him the aspects of myself that I hadn't learnt how to provide to me.

I was trying to force him to be responsible for *my feelings* of safety, support, validation and wellness, the things that I was *failing to take responsibility for*.

Like so many people I work with, 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 and heal my unhealed parts, 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 – the man I thought could give me everything that I believed my life should be.

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 those tormenting thoughts that felt so real. 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 your head wants to believe and force to happen – it's defined by what your *emotions* (the true language of your soul) are telling you...and *screaming at you.*

Continuing to live with the soul-shattering agony and abuse was unthinkable and *completely unliveable*, and *eventually* I accepted that the only way out was to detach, work on myself and become a true source to myself – diligently.

I realised that I needed to become empowered, and that required taking responsibility for my own emotional insecurities, my own unhealed parts. And the reality was, no matter how strong I had once been, to let go and take this responsibility initially *seemed terrifying.*

In my case, no amount of creating boundaries and respecting myself was going to make any difference. And I wasn't doing that effectively anyway, and even if I had, it would have made no difference. Narcissists always find a way to shift the goal posts.

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 from the inside out.*

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 Self and your True Life.

The damage of narcissistic abuse

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

As a result of narcissistic abuse, you may have:

- Complicated - Post Traumatic Stress Disorder.
- 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, self-acceptance 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 your energy field in order to move on with your life.
- 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.
- 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.

- 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.
- 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. 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.

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

The above points 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 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. This is why your emotional state may astound you, months, years and even decades after narcissistic abuse.

Such is the contamination of the ‘virus’ narcissistic abuse.

People write on abuse forums every day with 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 he left me, why can’t I get him out my head?* and *Why can’t I feel an attraction for anyone else other than that monster?*

Regardless of how shocking and deeply entrenched these states are, I promise you they can be detoxified, relieved, healed and reversed. Faster, and more powerfully and durably than you would have ever thought.

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 (if a love interest, and maybe even as a friend or business connection) burst into your life seeming to be ‘your other half’. The experience is felt as an almost (if not) instant powerful ‘soul-mate’ connection. Narcissists ‘love-bomb’.

[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 '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 abuse trauma can't be accessed and released logically

Logic information does not have the ability to reach subconscious wounding – where our emotional trauma is stored. Our subconscious is incredibly powerful, and by the age of 35 onwards most people's lives are being generated by 90% or more of their unconscious emotional programming.

It isn't until we know how to access our inner self, that we can find, heal and up-level the subconscious (emotional) wounding which is unconsciously creating the 'gaps' that allowed in, and keeps us hooked to abuse.

Informational healing (cognitive) is *mostly ineffectual* for profound trauma, and this is why, generally speaking, it doesn't matter what you read, or what therapists you see, or how much good advice your receive, you simply can't free yourself from the obsessive in-repeat pain and powerlessness.

It is only when we deeply meet ourselves, and go inside, that we can connect to *the truth* that does piece-by-piece set us free. What is my healing opportunity? What are the unhealed parts within me, in regard to the unfinished business, in regard to my childhood and previous love relationships, and my beliefs about love, life and myself that have led me to this?

How can I release these faulty painful belief systems, heal and change this pattern for myself, powerfully *from the inside out*?

Discussing facts and having talks don't provide the releasing of inner wounds or the up-leveling of ourselves, from the unthinkable and seemingly unforgivable violations that the narcissists delivered.

Complicated – Post 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 intense anxiety, even panic, depression and powerlessness that accompany these.

Logical therapy does not provide relief from C-PTSD, as it doesn't engage the subconscious healing process necessary to heal the unhealed parts that don't feel safe and empowered, which are generating the C-PTSD.

Logic therapy does not relieve the torturous body memory associated with C-PTSD. The toxic trauma in the cells is what is triggering the panic and powerlessness, and if that toxicity is not released, the condition remains.

Additionally, in contemporary therapy, C-PTSD is often not validated and if it is, strategies are merely provided to manage the symptoms rather than heal the *true* cause of the symptoms.

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 the regaining of self, and the healing of the unhealed parts that need resolution, is a much more complicated and convoluted journey when dealing with narcissistically abused individuals, than it is with people with standard relationship problems.

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

This leads to an ineffective diagnosis, which can make the victim of narcissistic abuse feel 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 fact unless it’s been clinically recognised and diagnosed

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 diagnoses.

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 *obviously* creates powerlessness and more desperation for the victim.

Contemporary therapy doesn’t offer empowerment solutions at the true Inner Identity emotional level to assist individuals in re- 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 they’ll improve and feel better as a result of breaking away.

Nothing could be further from the truth.

Narcissistic abuse recovery requires inner emotional shifts

Anyone who has experienced the devastation of narcissistic abuse, will tell you that the dire feelings, powerlessness, shock and trauma feel like they are 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.

[After watching my video series if you haven't already you may watch here](#), you will relate to how peptide addiction plays out for you – and the damage your Inner Identity has sustained.

I know it sounds logically ridiculous, but our bodies and emotions are *unconditional*. It's not our logic that takes control of our lives – it's our emotions. Our emotions don't operate from a logical model. They simply chase after what will grant them the charge of the emotion that they have been receiving the most of. This is the basis of 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', have the association in your brain neuro-net to the chocolate cake 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 connection's 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 holding back some of the peptides to secrete out into your bloodstream if they have not received their peptide of choice for a while.

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 therapy is, if our emotions are especially anguished, which they are when we have been narcissistically abused, what we're trying to think is in total conflict with our emotional wiring.

Our emotions are screaming at us a painful version of the story and the compulsion to re-hook, 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 arguing and battling with ourselves, and eventually giving in to ourselves. Our emotional drivers wear us down – no matter how much we know giving in is going to hurt.

This is why Quanta Freedom Healing, which works directly on the emotion level / the belief systems level and on our unhealed parts, is crucial when recovering from narcissistic abuse. This generates moving *away* from the continuous story of '*What he or she did to me*' and creates the healing of '*Why this happened to me*'.

[This is explained in great detail here.](#)

By constantly engaging in the painful thoughts and conversations, about 'what the narcissist did to me' you only hardwire your *victim cycle* more and more, making it much more difficult to recover from the addictive spiral into total powerlessness.

And this is why it is so important as soon as possible to get your focus off the narcissist, and firmly onto the healing and reclaiming of your unhealed parts.

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 narcissist.

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 me to being abused?* then you will remain a victim and not recover.

I spent many years being a victim, and believing that it was the 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 wasn't taking responsibility to empower and heal myself, 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 love, support and commit to 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 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 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 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 you 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 the pain of 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 the 'outside', rather than become their own self-definition are *especially* likely to attract narcissistic abuse, and are present 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 forum members and moderators who wish to stay enmeshed in victimhood and not take responsibility to heal and create their own lives *from the inside out*.

In my time of being connected to narcissistic abuse recovery, I have seen these same people and same groups talk about their victimised pain, diminished lives, and what the narcissist did to them, over and over again for almost a decade.

I have done the research, the interviews and the assessments, as well as doing a deep inner inventory on myself. There are many people who narcissists very quickly ascertain are not over-functioning and who have sufficient boundary function, and are sufficient sources to themselves not to be easily mined.

Additionally there are many people who are not taken, impressed or attracted by the glamour, charisma, edginess and charm of the narcissist. They are in fact repelled by it. The narcissist is not a match for them.

Narcissists are experts at ascertaining a person's character and personality, and they know who they can and can't hook, and who they can start extracting narcissistic supply from.

A person who functions healthily, who is not driven for outside approval, and has sufficient self-love, self-acceptance and self-approval, and is not subconsciously hooked on danger, drama or self-punishment, is not going to attract a narcissist, or keep achieving, fixing, stabilising and giving whilst the narcissist continues to mercilessly destroy and take.

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 'sensitivity' or 'security', '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 body, heart, money or emotions 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. I have never met anyone who can avoid the truth, if they truly want to heal.

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.*

When you *do* heal your unhealed parts, and you do *grow and evolve* as a result of your narcissistic abusive experience, I promise you – you will no longer be a 'match' for narcissistic abuse, or have any longing, or feelings of attachment.

After falling for a narcissist and becoming enmeshed with one, the experience is akin to *feeling raped at 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 any more.

Because this has happened, you need to go inwards and release your wounds, because with narcissistic abuse there is no -

- *'Time heals all wounds'*

This has been proven time and time again by the people decades down the track who are still not well, don't feel safe in their own bodies and in their own lives, and are still suffering the horrendous symptoms.

- *The narcissist will become accountable and fix my pain*

The narcissist by the very definition of narcissism will avoid accountability at all costs. You are not going to get any closure, healing or resolution via the narcissist. This happens for a reason, because it throws you back on needing to establish your definition of self, your healing, your validation, your self-approval and your self-love.

[For more information on this please read my article "Trying To Make The Narcissist Accountable Is Keeping You Hooked".](#)

- *Someone else is going to come along, love me and fix my pain.*

That is not the way out of this. The way out of this, through this and moving forward into an 'abuse free life' is all about committing to loving, healing and up-levelling your own pain.

The truth is 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 *who all* report pain, agoraphobia, C-PTSD, the inability to feel joy, and who often haven't secured a safe, real, love relationship – and if they have, they are in grave danger of sabotaging it.

I'm not trying to scare you; I'm just telling you the consistent and absolute truth!

I 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, you can certainly never trust yourself again. There's no 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 often the standard result* for victims of narcissistic abuse – regardless of the contemporary therapy and medication they may receive.

The contemporary therapy is only about trying to manage the symptoms, and the medication is about trying to dull the symptoms, *without healing the true core of the trauma.*

Please know, identifying *why* you sustained a narcissistic relationship is not about criticising you, or hitting you with even more put downs. This information is *the truth*, and like all *truths* this helps set you free.

Because rather than shaming and blaming yourself and / or the narcissist, and continuing to generate more powerlessness and pain, you can get on the true recovery path, which is committing to resolving your unhealed parts.

This is not about you hurting you or judging you, it's about you learning how *to truly love you.*

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. And we weren't taught how to heal our inner wounds in order to become a healthy source to ourselves. Most of our role models were unconscious, and simply carrying out their subconscious wounded inner programs on auto-pilot, and this got passed down *from generation to generation*..

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.

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*...

What you can do now

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'.

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 of 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* 'addiction' 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 out of 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 10 times more powerful than heroin.

If you pick up the narcissistic addiction, *even 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 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 don't yet have the strength to pull away, it's essential to understand what is happening to you with 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* 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. 90% energy focused on healing self and 10% 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](#)

If you are dealing with the outrageous acts of the narcissist, which could include incredible trauma over 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.

I know you deserve to claim your freedom and true healing and your real life, and it is my greatest wish that you embody this truth also.

I truly hope you move on to implementing the two vital things you need 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. It's exactly what is meant to happen for you *because* of what happened to you.

I hope you are now receiving a deeper understanding of your personal journey, and how to truly recover. So now please make sure that you move on to the No Contact eBook.

Much love *Melanie xo*