



Narcissistic Abuse

**Raise awareness and
begin your recovery**

Kevin Martin

So, you have started to realise something is fundamentally wrong in your relationship. After this realisation, you began to look up videos and articles about emotional blackmail and toxic relationships. And then you came across the words “narcissistic abuse.”

After that, you may have been putting some puzzle pieces together.

You fell in love with someone who, at first, bombed you with love. They sent you gifts or showered you with sweet words and compliments.

Now, this is all over.

This golden period in your relationship was actually the initial phase of the abuse cycle, commonly called “love bombing.”

You may still be craving and hoping to get back to that time when you first met. Thus you start giving them more and more, forgiving them for their behaviour and violations, sacrificing yourself to regain contact and intimacy.

You’re just starting to realise you have been manipulated, lied to, ridiculed, demeaned, and devalued into believing that you imagined it all. That may make you feel exhausted, disorientated, and confused.

You built a life together with them, you’ve shared your dreams. It feels like your world view and place within it have been shattered into a million tiny pieces when they finally decided to leave you.

Before this, you may have been breaking up and getting back together multiple times, like a cycle. But this has stopped now. This abandonment is called the "final discard." It's when your narcissistic partner stops Hoovering back into the love-bombing phase. And all you're left with are deep core wounds in your beliefs.

If this all sounds all too familiar to you, read on.

Narcissistic abuse works on multiple levels, emotional, intellectual and spiritual, as unconscious relational patterns and dynamics are brought into play during intimate relationships.

A narcissistic partner lacks empathy, objects constancy, and has a superb sense of self. The reason for this is emotional arrest during their childhood. Everyone they meet is introjected, swallowed internally as a snapshot, and seen as an extension of themselves with the same beliefs, ideas, and perceptions. As children, they see everyone as a need-gratifying object, who needs to mirror and idealise the narcissist and be coerced or manipulated into submission and supply.

At a certain point in the relationship, the narcissist senses or imagines any sense of separation from the idealised object (which in this case, is you). For example, when you have your own opinion, emotions or values. That's when they will use you as the dumping ground for all the aggression and negative emotions they could not contain or express as a child.

It may come in various forms:

- projection
- gaslighting
- triangulation
- denial
- rage

It is the narcissist's way of getting rid of frustration, envy or dependency on an unavailable partner. It gives them a sense of being one with the other (you): no difference, inequality or weakness.

My clients' biggest challenge is to grasp and hold onto the reality that you have spent years of your life with an emotional child in an adult body. The person you met and fell in love with (or still love) is not real. They created this persona to be idealised and loved by others.

Abusive relationships are tough to leave, due to the intense trauma bonds, emotional intrusion and invasion. You may be feeling helpless and loveless.

You may have to start questioning all your memories and experiences, and the painful truth can be hard to bear. But remember: as painful and heart wrenching this experience is, it will also allow you to reconnect to your authentic self and find your spirit again. It's an opportunity to start examining relational patterns, core beliefs, needs and desires.



Here is a checklist with some of the common signs that you are recovering from narcissistic abuse:

- You feel like you are going insane, you are punishing yourself as you believe you must have done something wrong
- You have lost trust in those close to you, such as your family or friends
- Your narcissistic partner holds your self-worth and joy
- You're feeling insecure or ashamed for failing to resolve the relational issues
- You have developed self-doubt, feel unlovable and forever broken
- You struggle to be alone, unable to keep daily routines and duties going, as your life is not worth living
- You have a sense of continued restlessness, anxiety, and unease
- You crave your partner emotionally, whilst you know intellectually, they are not suitable for you
- You feel like you were walking on eggshells, afraid to express yourself and continually caught between damned if I do and damned if I don't scenarios
- Your health has deteriorated, you are feeling exhausted, irritable, and hypersensitive
- You're unable to set clear boundaries and make decisions, as you are unsure of your values, needs and beliefs

Increased awareness and acknowledgement is a good starting block to begin healing, as you process your experience with narcissistic abuse. Suppose you maintain your discipline, courage, and faith. In that case, you can work through the traumatic events of the relationship. Still, more fundamentally, you can develop your authentic self.



My clients have found these procedures, insights and techniques to be very helpful in recovery.

- Learn to set boundaries and have a greater understanding of your experiences, thoughts and feelings when setting boundaries. The separation will allow you space to start making decisions, break up the fusion in the relationship and identify underlying patterns
- Start a journal, keep track of triggering events and experiences, and gain more awareness and better-coping methods.
- Identify what your partner offered you that you don't believe you can't provide for yourself. What made you go back? What were the deep unconscious yearnings and cravings they fulfilled?
- Make a list of your desires, needs, values and beliefs. Start to identify where they come from. What demands were put on you to adhere to them by your parents?
- Start to listen, introspect, and have a conventional with your inner critic and inner child.
- Identify past relationships, how they started, evolved, and finished.
- Do you identify as a people pleaser or codependent? How do you feel when you are alone: single, criticised or not reciprocated?
- Start to work through the FOG.
 - (F)ear - fear of not being good enough, abandoned or rejected
 - (O)bligation - learn to challenge our sense of unlimited commitment, forgiveness, and sacrifice in relationships
 - (G)uilt - to move beyond feeling guilty for something you did, expressed, or asserted, for not being perfect or submissive.

You genuinely can become the person you are meant to be. You can be caring and loving, assertive and forceful, as you impact the world and allow the world to impact you.

Please visit www.conjunctio.co.uk or www.amidalifecoach.co.uk for further information and content.