

OVERCOMING NARCISSISTIC ABUSE AND BREAKING THE TRAUMA BOND

- Write a list of every negative comment and hurtful thing they have ever done or said to you.
- Whenever you want to get back in contact, or they contact you, read the list.
- Send friends and family a copy of the list.
- Educate yourself on narcissism, read books, articles, watch TikTok Videos, ANYTHING to help recognise the traits.
- Stay neutral and boring. A narcissist craves conflict, upset, drama, basically a reaction. If you give them nothing to work with, they will get bored and give up. Eventually.
- Cut all contact, block them on everything, ask friends and family to do the same.
- Prepare for the delayed emotional response you might experience.
- When you are free from the abuse, the reality will often hit you like a tonne of bricks.

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- Many narcissistic abuse victims will often experience symptoms of PTSD long after the relationship has ended. It's so important to reach out for support.
- It's often helpful to reach out to friends or family members. Sometimes it helps to connect with those who have experienced similar relationships. This is because coming out of a narcissistic abusive relationship often makes you feel quite isolated and alone, wondering if those things really happened.
- Narcissistic abuse often sadly involves emotional, financial, sexual and domestic abuse, just to name a few. Look at domestic abuse services in your area to see what support is available.
- There are counsellors, therapists and psychologists who specialise in the area of narcissistic abuse. There are also specialist support groups in person and online depending on where you live.

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