

Seven Steps to Breaking Free From Narcissistic Abuse

By Kaleah LaRoche

When setting out to free yourself of the hold the narcissist in your life has on you and the painful memories that seem to haunt you day after day, it is helpful to have some steps of things you can do to help yourself break free.

I know when I went through the breaking up phase of the relationship with the narcissist and the crumbling of the illusion of what I believed to be true, I had very little energy to do anything at all. I just wanted to lie down and die. This is a common apathetic state we find ourselves in after the devaluing and the discarding that comes with narcissistic abuse.

We are usually left feeling alone, worthless and depleted of our life force energy. The pain of rejection is intense and the disbelief even more intense. We don't want to believe the painful truth so we tell ourselves stories that make us feel better. But dwelling on these stories make us feel worse in the long run.

You may have heard the biblical phrase "The Truth Shall Set You Free!" The longer we linger in denial the longer the pain will stay with us. The sooner we face the truth of our situation the sooner we can move beyond the illusion that we lived in with the narcissist and the

sooner we can live a life that is real, sometimes for the very first time ever!

When we live in the narcissistic illusion our life is based on falsehoods. We surrender more and more of our reality to the reality of the narcissist and little by little we waste away to a desolate life. Once our energy is spent we are of no use or value to the narcissist in our lives. They will either take a vacation from us to give us time to refill our energy reserves or leave altogether for a more powerful source of supply that doesn't require waiting around for you to replenish yourself.

A narcissist hates weakness and the more disempowered you are the more you display weakness to him. Your weakness just gives him more fuel and ammunition for attack against you whether it be physical, emotional or psychic.

But the truth is the narcissist is the weak one. He is the one who, if the truth be told, has such an incredibly low sense of self worth that he has had to learn the masterful art of projection in order to survive. This means he denies his own weakness, his own insecurity, his own lack of self-worth and focuses these hidden feelings outward onto the people closest to him. If he hates himself he will find something to hate about you, eventually. By the time the relationship is falling apart it seems he hates everything about you.

Yet the truth, once again, is that he really doesn't know you any more than he knows himself. You are a fictitious character in his head that he has used to project the hidden parts of himself upon.

If I were to describe to you a victim of narcissistic abuse I would say that she is a narcissistic personality turned inside out. This means that the narcissist has, over a period of time, has projected all of his self hatred and weakness upon the victim until she comes to believe this is who she is. She has little by little, bit by bit, given herself away in exchange for the dark inner world of the narcissist.

I just watched a movie called "The Sin Eater". A Sin Eater was an old Celtic tradition where a member of the community was assigned the role of a scapegoat who took on the sins of the people in the community at their death so they could have a pure passage into the after life.

Victims of narcissism are unknowingly assigned the role of "The Sin Eater" for the narcissist. He uses his victims as a scapegoat to dump all his sins upon or to dump all that he denies within himself.

Over a period of time the victims of narcissism become heavily burdened with these sins or projections and the heavier they become the more disgusted the narcissist becomes with them.

The final act of sin eating is when the narcissist does his final dumping on the scapegoat and then casts her out, which we have come to know as devaluing and discarding. The narcissist goes on to have a fresh start with a new person and you are left to be the sacrificial goat.

In biblical times a goat or a lamb was used for the wealthy people of society to dump their sins upon. Once they transferred their sins to

the goat or lamb, it was either slain or send away depending upon the tradition.

The use of a scapegoat is a very old tradition that still lives in our society. You will find that people with drug and alcohol problems will often scapegoat their issues onto those closest to them. This prevents them from having to face their own addictions.

With a narcissistic personality he doesn't want to have to face his own inadequacy so he projects it upon those closest to him. He does this until that person becomes so inadequate in the mind of the narcissist that he doesn't even know what he is doing with such a person. He can take no responsibility for the complexity of his world. In his mind, you are the complex one and he is entitled to a better life with someone who is more adequate.

In many cases the victims will leave before the narcissist does but this is out of their own sense of survival. By this time the victim intuitively knows she has to leave to save her own life. She intuitively knows she is the sacrificial lamb and needs to run fast before the final sacrifice is made.

I am talking metaphorically here. Few narcissistic personalities are actual killers. They are more like soul rapists. They are into extracting your energy until you have nothing left to extract. You likely still have your physical body, although it too is probably depleted.

By the time you realize what has happened to you, it is nearly too late. You are already gone, so to speak. You have already given the best of yourself away.

But I am here to tell you that you can get yourself back. It is not over until it's over. It is not the narcissist that you want back, it is yourself. Unfortunately the majority of victims obsess over the narcissist believing it is he that they miss and long for. It is difficult for the victim to understand that it is actually the self that she misses.

The steps that I am going to talk about here are to give you solid ways to detach from the narcissistic entity and recover what has been lost. Read each step carefully and put it into effect in your life and you will notice a difference, almost immediately.

Step One: Say Goodbye to the Narcissist

When you realize that you are dealing with a narcissistic personality or any emotionally abusive personality it is important to leave the situation. Get over the idea that you can make it better or change the person. You can't change anyone! The only person you can change is yourself.

You change yourself by refusing to allow yourself to continue to be abused. You deserve to be treated with dignity and respect and sometimes you have to demand that treatment for yourself. If someone constantly undermines you and belittles you then they don't deserve to be around you.

The longer you stay with the narcissist the worse it will get. You may have honeymoon periods but it will always go back to worse than it was before. If you believe it will change, you are living in a fantasy land. Coming out of the fantasy is the same as waking up from the illusion you have been living under. The illusion has to crumble and you have to face the truth.

The truth is he is a narcissist! He is unhappy at the very core and will continue to project his unhappiness upon you if you stay connected to him. The sooner you disconnect to him the sooner you can recover your energy and get on with your life.

Yes, he will go elsewhere! That is what narcissists do. They have to have a canvass which to project their inadequacies upon. If it's not you it will be someone else.

Don't envy the honeymoon period the new source of supply may have with your ex. He has scapegoated you and dumped on you all the negative qualities he has repressed within himself so he seemingly has a clean slate in which to start over. However the more you purge what he has given to you, the more the energetic scales will balance and his well of negativity will fill up once again. The new source will soon be the target for these repressed emotions, just as you once were. It is only a matter of time.

Think of it like this! The more you reclaim your energy, your power and your sense of self worth, the more energy you are taking back from him and the more he will be dumping on the new source. It is really like an energy exchange. He has extracted your energy and can use it to seduce the new source with. However what will he use once your energy has been taken back? Hers!

If you sit around on your pity pot and say woe is me, he left me for a younger, smarter, slimmer, more attractive mate than you will continue to feed him with your power. You will continue to feel that something is wrong with you. You are not the problem. He is! Your problem is that you allowed him to dump his B.S. onto you!

It's time to say goodbye, once and for all! Let him go! Sure you might have loved him, and sure you had good times. But that is over! Love yourself now! Love yourself enough to say NO MORE!

Trust in your intuition. Trust that what you know somewhere deep inside is true. You are a worthy individual and you have a lot to offer. You are capable of having a loving, healthy relationship. It is only that you need to love yourself first and have a healthy relationship with life. Once you achieve this you will attract healthy people into your life and you will be attracted to healthy people.

The relationship you have been in is NOT healthy! Don't take all the responsibility for that! Take a little! Take what is yours! But give the rest to him! He is the one who could not be responsible for anything! He is the one who couldn't have a normal conversation! He is the one who cannot relate on an equal level but always has to one up you, or appear superior in some way. You don't need that!

It is good that you are leaving the past behind. It is time for you to start fresh! You are the one who will end up getting the better deal! You just have to ride it out! You have to take back what is yours on an energetic level and then you will be free of him. But he will still have to live with himself.

Say goodbye! Farewell! Close the door! Don't open it again! It is your only way out!

Step Two: Cut Off All Contact

It has been proven that the only way to truly detach from the dark reality of the narcissist is to cut off all contact with him. This means shut the doors, the windows, the mailbox, the email box, the instant chat room, the phone, the text messaging and any other avenue you may have in or out of your reality.

I have received letters from recovering victims who tell me how they received a nasty letter from their ex-N. Well if you block their Email it won't happen. If they send you an Email through another account you can delete it once you recognize who is writing.

Curiosity killed the cat. Don't allow your curiosity to control you. You must control the situation. Be content that what he has to say to you is going to be either anger or a manipulation. It has always been such. No reason for it to change now.

Yes, I know there is that part of you that keeps asking if the love was real. Did he ever really love me at all? I can answer the question for you so you don't have to waste your time grasping for crumbs thrown by the narcissist. NO! He could not love you because he cannot love himself. He is hiding from himself and the rest of the world. There is no love in that. It doesn't mean you are not worthy of love. Of course you are. You are loveable. But you must work on your self-love as well.

Your own lack of self-love is what made you bait for the narcissist. You didn't love yourself enough to say NO! Now you must! Your life depends on it!

When you cut off contact with the narcissist you must do it like your life depends on it. If he knows where you are at emotionally or even physically he has a way back in. You have to consider yourself to be dead to him. He cannot know anything about you from this day forward. He can't know how you feel, what you are doing, that you care or don't care. Indifference, I've been told, is the worse thing you could do to a narcissist. He can take your pining away for his love, and he can take your anger but your indifference will be more than he can take. Because indifference means you have no emotional reaction to him whatsoever. And the narcissist feeds on emotion.

Even if you are feeling the worst kind of pain, he need not know a thing. This is between you and your support system.

If you should see him anywhere, kick in the indifference. Ignore him completely! It is the only way to keep him from sucking your energy. Someone once suggested I wear sunglasses and if I see an energy vampire, like a narcissist, I simply put my sunglasses on and never look their way. If they can't see my eyes, they have no doorway in.

When you say goodbye, write your last letter. I know I have said in my books that cutting off contact means no communication with the narcissist including sending letters or Emails. But there is benefit in

dumping everything he has dumped on you one last time before closing the door.

I remember my psychiatrist who helped me to come to terms with my first narcissistic boyfriend told me to write the meanest, nastiest, letter and send it to him before I close the door. That is my way of dumping what he has dumped on me back on his lap. He might certainly attempt to reply or respond to the letter but by this time you have already closed off all avenues. And this is important! If you do write one last letter, you must be prepared to close the doors completely right upon sending it. If you get a letter in the mail, return it to sender, unopened. If you get an email, block it, unread. If you get a phone call, screen first and delete all messages without listening. Remember, curiosity killed the cat. It is no longer your burden. You have returned it to him.

Step Three: Get Angry

After a long period of abuse you are most likely very angry, although you may not be in touch with your anger. It is important to allow yourself to be angry, all you want!

I've been told anger is not spiritual! Yet God gave us our anger and for good reason. Our anger detects where we are being mistreated, misused and abused. If we continue to stuff our feelings under the rug because they are not lady like or appropriate that we will be denying ourselves just as the narcissist does.

We learn in our relationships with the narcissist, not to show our anger. I know whenever I used to get angry I would be told that I am "out of control" or "being abusive" or to "calm down". He took the subject of my concerns and turned it around to be all about my anger instead of about what I was angry for. I might have been angry at his treatment of me and attempting to voice my feelings only to have the topic of conversation be focused on my emotional expression rather than the issue at hand. This is a typical narcissistic manipulation. It is another way to avoid the issues.

Victims of narcissistic abuse don't have a voice. They are not allowed to express themselves in the relationship unless it is all positive praise about him or a mutually agreed upon outer target. If the issue has to do with the narcissist or the relationship the victim is always shut down.

Years of stifling our voices and stuffing our feelings under the rug built up. The result can be the worst kind of depression. If you have ever heard that anger turned inward results in depression, this can be very true. When we cut ourselves off from our emotions we become numb and the result of all this numbing is depression. Our life force and our vitality is being suppressed.

Coming out of the closet with our anger is so important! We must allow ourselves to express our feelings. Voice them through that last letter! Or if you have already cut off contact, voice them through a letter that is burned instead of sent. It is important that you express how livid you are at his treatment of you. It is important that you dredge up all the feelings you have been sitting on and let them come to the surface.

Getting in touch with your anger can be a very passionate experience. It can free of your life force energy. It is O.K. for you to scream and yell and throw a tantrum if you need to. Just don't take it out on anyone who may be near you. It is not O.K. to project your anger onto other innocent people. We already know how dangerous scapegoating can be.

If you have a punching bag, or pillow it is helpful to go ahead and release your anger through physical means. I have a friend who used to take a plastic bat to a pillow and just bat the pillow as hard as she could while screaming and yelling at it. It helped her to get her anger out so it wouldn't suppress her energy.

Some people express their anger through physical exercise such as jogging or working out. There is a lot of adrenaline in anger that

needs to be used up. Exercise is a very healthy way to deal with this excess of adrenaline. Sitting around eating your emotions is not.

Don't allow the haunting after voice of the narcissist to stop you from getting angry. You deserve to be angry! You've been used! You've been abused! The narcissist was manipulative and careless with your feelings. Anything he has ever said negative about your being angry can be thrown out the window with all his stuff. You have a good right to be angry and it's high time you express it!

A word to those who may be a little too emotionally unstable as a result of the relationship. Do not do anything stupid that you will regret later. Don't go stalking the narcissist and his new source, or breaking into his house, or vandalizing his property or worse yet taking the bat, a real one, to his head! This is NOT appropriate use of anger. We can never justify hurting someone physically or doing something that will land us in prison. It's not worth it!

When I talk about anger I talk about the healthy expression of anger. I am talking about working with the energy of anger and getting it out of your body so you can feel at peace with yourself. The more you deal with the feelings you have been suppressing throughout the relationship, the more peace you will feel.

Step Four: Grieve What Has Been Lost

After expressing your anger it is good to allow yourself to really experience your grief. If you have given your heart and your soul and your love to someone who misused it, you are bound to feel a deep sense of loss. It doesn't matter if you don't feel he is worth it. You are worth it!

You have experience a death. The death is not only of the relationship but of the illusion that your relationship lived under. It wasn't real! This is a painful thing to come to terms with.

Crying your eyes out is a very healthy thing. It is good to release all that emotion and all that grief. You always feel so much better after a good cry. It is as if you have purged from deep within.

Learn about the normal stages of grief as described by Kubler-Ross. The stages are:

1. **Denial:** The initial stage: *"It can't be happening."*
2. **Anger:** *"Why me? It's not fair."*
3. **Bargaining:** *"Just let me live to see my children graduate."*
4. **Depression:** *"I'm so sad, why bother with anything?"*
5. **Acceptance:** *"It's going to be OK."*

I believe that people often bounce around the stages a bit. For example one might experience depression before anger. This makes

sense. If suppressed anger results in depression than it would be normal to experience depression and then anger which would move one out of depression.

The important thing is to allow yourself to really feel your feelings. If you need to wear black and hibernate indoors for a while, then so be it! Just be careful not to do this longer than three months. It is important at some point to start interacting with life again, even if you don't feel like it. You will feel much better once you start getting out.

It is important to be conscious of the fact that you are in a grief process. You may want to have a burial ceremony and bury a box of things that remind you of the narcissist or even burn them in a bonfire, a fireplace or some other method. You may want to gather up all cards, letters, or anything that is a reminder and ceremonially dispose of them.

Light candles around your house, buy flowers, take saltwater baths, play emotion provoking music and allow yourself the journey of grief. It is an important part of your process. Celebrate that you are a feeling human being and capable of experiencing such degree of emotions.

Step Five: Cut The Psychic Bonds

My book "Spiritual Recovery from Narcissistic Abuse" is all about breaking the psychic bonds with the narcissist and getting your energy back. If you want to delve more deeply into this area you can easily download the book from my Website.

But for now I want to talk about the importance of doing this work. Science is discovering that there is an invisible web of energy connecting all living beings and all human beings. When you hear the saying "we are all one" this is what is being talked about. We are all connected through this energy field and the closer we are to a person the more our energy fields run together.

When we bond with a narcissist our energy fields merge. Imagine an invisible web of energy tying you to the narcissist. It is through the merging of these fields that make it so easy for a narcissist to extract your energy. After all this is your energy field that he has access to.

When a psychic intuitive person does a reading she is merely tapping into ones energy field and reading whatever impressions she picks up on. She can do this because we are all connected by thought. The act of thinking about someone will allow you to access their energy field.

Cutting the energetic chords that run between you and the narcissist in your life is very important in order to free up your energy and separate you from him. If your energy is still merging

with his he can continue to feed upon it even long after the physical relationship is over.

Cutting the energy chords between you and the narcissist is a relatively simple yet very invisible process. You don't see immediate results, although you may feel them.

Before performing a chord cutting it is good to set it up as a ceremony. Light candles, burn sage or incense if you have it, and get comfortable and relaxed, preferably lying down.

What you need to do is imagine a chord extending from your solar plexus region right above your navel to the narcissist. You need to imagine cutting that chord with a big sword or golden scissors and putting the part you pull out of your energy field either into the ground or up to the sun. It is important to do something positive with the end of the chord so it doesn't easily reattach itself.

This process happens entirely on an imaginary level so it is important to let your imagination go crazy and do it up good. Visualize in your minds eye the cutting of these energetic ties between you and the narcissist. See your energy returning to you and his to him. Ask that he return all of your soul pieces and power and return to him anything you have taken from him on an energetic level.

Imagine yourself to be surrounded by a cocoon of brilliant white light forming a protective field around you and sheltering you from any non-harmonious energy.

Once you perform the chord cutting ceremony it is always good to immerse yourself in a bath of sea salt which is known to assist in clearing negative energy. Just add a half cup of sea salt to your bath water and soak a minimum of 20 minutes.

Remember that you can easily invite the negative chords to reattach themselves by letting him back in the door in one way or another. You may have to perform the ceremony several times to be completely clear.

For more information on severing the psychic bonds between you and the narcissist go to: <http://www.narcissism-abuse-recovery.com/>

Step Six: Take Care of Yourself

Sometimes when you are feeling the most down and out and depressed it is the most difficult time to take care of yourself. Yet this is also when it is the most important time to focus on caring for yourself.

Now is an important time to **eat right, get plenty of fresh air and exercise.** It is important to take time to read things you enjoy reading, pampering yourself with candles, hot baths, good music, and special treats.

The food you eat is very important. The food in our society is very poor quality anymore. It is loaded with toxins, chemicals and various poisons that affect the chemical balance in your body as well as your health and your moods.

Just the process of changing your diet alone could have a tremendous impact on how you feel about yourself.

The first thing to do when changing your diet is to cut out all processed foods. This means to do away with all white sugar, white flour, table salt, fried foods and most foods that come in a box, a bag or a can. Eliminate fast foods and convenience foods.

Although it may be difficult at first you will feel so much better once you make this change and it gives you another place to focus your energy.

What to eat? Focus on purchasing high quality nutrition, even if you aren't used to eating it. Eat lots of fresh fruits and vegetables, preferably raw and preferably organic. Organic is more expensive but so much better tasting and has so much more nutrition and life force energy. This is because it hasn't been treated with chemicals, pesticides, herbicides and radiation. These things destroy food value.

Many people are actually starving for nutrition and don't realize it. Even people who are obese can be starving. Fat on the body doesn't equal nutrition.

When you take good care of yourself it is important to be sure you are getting high quality nutrition in your body. Study raw and living food nutrition and natural hygiene.

An abundance of natural organic live food such as fruits, vegetables, nuts, seeds, nutbutters, sea vegetables and live juices are a great addition to your diet. You can add whole grains, legumes and natural sweeteners such as honey, real maple syrup, agave nectar and stevia. Drink purified water and herbal teas, eliminating all the artificial drinks on the market.

I know for most changing your diet is a real challenge, but what better time for a challenge in taking care of yourself. It is an excellent time to focus on you and do something that will make you feel a lot better about yourself, have so much more energy and even look ten years younger.

Exercise is another important way to take care of yourself. Learning Yoga, going for walks or even jumping on a rebounder or trampoline is very good for the body and releasing energy. Yoga will help to return your life force energy to you.

Meditating or sitting in silence is an important exercise to do on a daily basis. We get so busy with our minds we don't give them adequate quiet time. Sitting quietly in silence and focusing on your breathing is extremely beneficial to your body, mind and spirit. Give yourself at least ten minutes twice a day to be still and breathe.

Taking hot salt water baths or baths with essential oils is a great way to nurture yourself, to cleanse and to relax. I often combine my meditation with my bath time. A wonderful time to be still, lie back in a fragrant pool of warm water, burn candles and just be.

Writing in a journal is a great exercise to do on a daily basis. It helps you to get in touch with your feelings and emotions and to be in the moment. If you don't already have a journal you may want to purchase one and keep it near for those times you just need to express yourself.

Being in nature is an important thing to do in your healing process. Nature is a healer and the more time you immerse yourself in it the more you will experience its healing. Go for walks in nature, sit by a stream, listen to the birds, gaze at a blooming flower, watch an animal or whatever presents itself. I know in the warmer weather I am

always outdoors hiking in beautiful natural places. It always seems to restore my energy and a strong sense of peace.

Take time for you. All the above requires a time commitment. Now is the very best time to take for yourself. Make yourself important. Do nice things for you. Buy yourself little gifts, get a message, purchase higher quality food, take time to do yoga, write, meditate and all the good things you can do for yourself.

Now is also a great time to study new things, especially in the areas of personal and spiritual growth. Become a student, take classes, read, write and learn. Take the lemons you have been given and make lemonade.

Step Seven: Get Out Into the World

Staying home in hibernation only serves you for so long. There comes a time when it is important to step back out into the world. Only this time you will be stepping out in a whole new way.

Get out with the idea of connecting with other positive people who are on a conscious growth path. You can do this through spiritual growth centers, classes, and support groups.

Volunteering your time for a cause you believe in would be a good way to enter the world and do something beneficial. Maybe you could volunteer at a women's shelter or work with the homeless. Sometimes getting out and working with those less fortunate than yourself helps you to realize that you don't have it so bad. Your compassion for others will come in very handy and you will feel good knowing you are contributing to life in a positive way.

If you are having difficulty getting out or taking the next step in your life, then it may be a good time to seek therapy or get some help. If you are getting any kind of counseling it would be wise to find someone knowledgeable about narcissistic abuse. We wouldn't go to a dentist for an eye issue. Some therapists know as much about narcissism as they would dentistry which may not be very empowering to you.

If you work a full-time job you may feel too exhausted to volunteer your time elsewhere but you may actually find it better to volunteer on a Saturday than to sit home alone and think.

Sometimes getting out of our heads is a really good idea. Sitting home too much gives us a lot of opportunity to dwell and obsess about what happened. Although taking quiet time is important, too much can be futile.

Take yourself out to a movie, or to a nice restaurant. Meet some new people who could go with you. Take a mini vacation to a bed and breakfast or a retreat center. Learn to ride a motorcycle or a horse. Learn to roller blade or ski. It's never too late to learn something new.

If you enjoy writing you may want to take a writing class and work on that novel you've always wanted to write.

It's a great time to get back into life and do the things YOU have always wanted to do. Make a list! What would you love to do? What would prevent you from doing it? See if you can't find ways around the obstacles in your life and start living in ways you have never given yourself permission to live.

Don't be afraid to be seen! Don't be afraid to be heard! Don't be afraid to take up space in this life. You were born for a reason and you deserve to be here! Live life like you mean it. Intend for good things to happen. Intend to live your life the way you want it to be. Intend to have a loving partnership and loving relationships.

Talk positively to yourself and stop all negative chatter. Stop obsessing on the past and start focusing on creating a new future.

Life really is what you make it. Forgive yourself for the sins of your past and for allowing yourself to be treated badly. You can let go of yesterday now! Today is a new day! Embrace it fully and refuse to allow the burdens of yesterday to rob you of your life now.

For more information on **narcissism and recovery** please visit our Website at www.narcissismfree.com.

Blessings!

Kaleah LaRoche

About Kaleah

Kaleah LaRoche is committed to inspiring others to their fullest potential in mental, physical, emotional, and spiritual health and wellness. She utilizes her gifts of music, therapy, writing and psychic, intuitive counseling to achieve her goals. *A licensed Interfaith Minister*, Kaleah approaches all her work from a spiritual perspective. Her writing, music and counseling are all an important part of her ministry.



Kaleah is an accomplished singer/songwriter who uses her music to express her deep reflective inner world. She has two CD's out and a third underway. To learn more about her music go to kaleah.com.

Kaleah's work and research on Narcissism and Abuse emerged from her own personal experiences with narcissistic relationships which led

her to an in depth study on the topic and her first E-book "Spiritual Recovery from Narcissistic Abuse."