



# The Doorway To Your New Life

# How To Do No Contact

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



Welcome, and huge hugs and support to you as you set out on the next part of this journey with me, because it's a really important one. Initially, in many ways this is probably the most difficult thing that you will ever have to do and my heart goes out to you during this time.

Yet no matter how tough it is, please know **No Contact is vital** if you are going to be able to let go, heal for real and start creating your new life.

I will go as far as to say that the information in this eBook is critical, because If you can't TRULY achieve No Contact (or healthy empowered Modified Contact), then your chance of recovery is not just affected, it will be derailed. Truly, it is impossible to keep taking the drug (the narcissist), whilst you are trying to get off the drug (the narcissist).

I know how true this is myself, not only due to facilitating my own Thriver recovery, but also as a result of humbly working with thousands of beautiful souls since 2007, helping them make full recoveries from narcissistic abuse.

Before I continue with this eBook, let's re-cap on the information we have already covered in The First Step to Reclaiming your Life After Narcissistic Abuse eBook.

You now have a much deeper understanding of what Narcissistic Personality Disorder (NPD) is, how you were unknowingly hooked into it, and how damaging it was for you.

Now it's time for you to start powerfully detaching from the narcissist so that you can begin bringing yourself back to wholeness, and continue healing forward into your True Thriver Life, free from abuse

In this very important eBook How To Do No Contact, we are going to take a deep dive into the following:

- How to achieve No Contact and what true No Contact looks like.
- How to leave a narcissist without fearing what they may do next.



- How to clean out the narcissist from your emotional, mental, psychic and physical space so you can start moving forward into the creation of your abuse-free life – even if you are still in the midst of custody, property or legal battles.
- How to prepare yourself for narcissistic tactics when you initiate No or Modified Contact.
- How to overcome the addiction to the narcissist that makes holding No Contact extremely difficult to maintain.
- How to achieve Modified Contact if you share custody, a business or any other reason that is preventing you from going No Contact right now.

Please know that my Thriver Healing principles apply to any significant narcissistic individual in your life, including;

- Intimate partners
- Family members
- Associates
- Bosses
- Friends

In fact any narcissist at all. These principles apply even if you are still confused about whether this person is a narcissist, or wonder if you may be the cause of some of the problems.

Here is the one truth I want you to open your heart and mind to accept: **if you are suffering from trauma, confusion, disappointment, powerlessness or panicked emotions due to a specific relationship, then it is time to create space from this person to gain clarity and heal.**

If this feels almost impossible to do, that is a strong indication to detach.

Trying to control another person's behaviour in order to feel more in control of your own emotions doesn't work. This is the trap of co-dependency – trying to seek relief and love from people outside of yourself when you feel traumatised on the inside and unable to look after yourself.

**This is your soul telling you, "Let go, and come home to heal yourself."**

Your number 1 greatest mission is to feel whole and solid on the inside, especially in the midst of other people hurting you, because then you can make choices in life that will grant you safety and relief. Most crucially, No Contact, or strict Modified Contact, is the best decision you can make to stop hurting yourself.

# Section 1: Why No Contact or Modified Contact is Your Only Option

In *The First Step To Reclaiming Your Life* eBook we explored a lot of information about narcissists and how they are hard-wired to be the way they are and act the way they do.

Why is it important for us to revisit this in relation to No and Modified Contact?

Because when you are undergoing emotional, mental, spiritual and even physical and financial abuse, it's time to accept some hard truths about WHY to pull away from an abuser and lean inwards to love and heal yourself.

## Narcissists Do Not Operate Like Regular Human Beings

A narcissist is simply not wired the way that we would consider as 'human'. He or she is not interested in harmony, togetherness, deep abiding love and respect or playing 'team' because the narcissist's primary driver is to receive narcissistic supply (attention).

No matter how lovely a narcissist was or can be, once the cracks appear, they get deeper and wider. The narcissist will torment and traumatise you more regularly and with escalating cruelty.

It becomes obvious to you that the narcissist stays attached to their version of the issues, isn't humble or appropriately apologetic after hurting you and blames you for YOU getting upset. When nice, the narcissist does so for their own agenda and to hold their 'good deeds' over you at a later date.

What you try to do always falls short. You aren't trusted. You are accused of wrongdoings, and you are damned if you do and damned if you don't. This is known as *walking on broken glass*.

The easily triggered narcissist increasingly punishes you for not granting exactly what the narcissist wants - which is abiding by an unreachable set of rules and achieving standards that are not only impossible to fulfill, but can also change on a whim.



When you cannot meet a narcissist's insatiable need for narcissistic supply (attention), they seek it elsewhere. Which leaves you feeling terribly abused, insignificant, rejected and abandoned.

And then there are the times when you may believe that the narcissist has experienced genuine remorse and wants to make up with you. None of it is about care and consideration or love for you.

When you acquiesce and reconnect with the narcissist, hoping this time things could be different, it's back to narcissistic unconscious abusive behaviour as usual. This escalates as the narcissist punishes you to get more control of the relationship so that you won't think about trying to leave again.

Or, the narcissist will be setting things up to leave you this time, cruelly and as a payback, and to spare his or her ego the stigma of 'being dumped'.

These are a couple of my articles that may really help you understand how painful and soul-destroying it is to try to fix, survive or re-connect with a narcissistic relationship.

[Hoovering – How The Narcissist Tricks You Into Breaking No Contact](#)

[A Deeper Look At Idealise, Devalue, Discard – The 3 Phases Of Narcissistic Abuse](#)

## You Cannot Fix the Narcissist

One of the main reasons why a narcissist is so effective at maintaining his or her supply is due to their victims believing the narcissist SHOULD wake-up and start treating them respectfully.

After all, wouldn't WE if we really loved someone?

But the truth is this - and regardless of whether the narcissist is your mother, father, brother, sister, friend, child, boss, lover, husband, wife or partner, it makes not one scrap of difference – the narcissist can't act decently and show love and care simply because he or she is meant to.

Narcissists do what they do because they're narcissists. It just is what it is, and they are what they are.

For the narcissist (or ANYONE) to change, they need to take 100% radical personal responsibility to meet and heal the traumas in their Inner Being that are generating unconscious, disordered behaviour.

The very nature of narcissism is to assign authority to a False Self, so that the true broken Inner Self is completely covered over, hidden and guarded ferociously. Anyone who gets too close will be attacked and even emotionally, mentally, spiritually and financially annihilated - whatever it takes to make sure they will never threaten the narcissist's fragile, insecure ego again.

A narcissist does not want to meet their Inner Being, let alone heal it. They are adamantly 'right' at all costs, rather than let anyone see their disowned intensely damaged Inner Being. To him or her that equals terrifying vulnerability and possible emotional annihilation.

The truth is the narcissist has already killed off their True Self, and the only being who is home is the fragile and insecure ego, which never takes genuine responsibility and is incapable of being vulnerable or real about the narcissist's defects.

There may be times when you feel extremely sorry for the narcissist's plight, believing it's your soul's mission to save them from their own horrible existence. You may at times imagine seeing a broken inner child and want to protectively and lovingly do everything that you can to save this person. You may feel this urge so strongly that you are willing to sacrifice yourself.

Yet the more you try to help, the more you don't help this person. By allowing yourself to be abused you are enabling the abuse. By taking responsibility for them, trying to mop up their emotional malfunctions, and trying to clean up the disasters they leave in their wake, you don't allow them to face the necessity to take responsibility for themselves and clean up their act.

We keep people sick by taking responsibility for those who won't take responsibility for themselves, and we piece-by-piece destroy ourselves in the process.

The only possible outcome is that you become a shell; an unfortunate product of the carnage of a narcissist, who torments and then tosses humans aside in their relentless pursuit of the next source of narcissistic supply – just as vampires leave corpses in their wake.

A narcissist does not want to be loved back to health by you. A narcissist does not want to get better. A narcissist ONLY wants narcissistic supply - the feeding of the one and only master The False Self - and the more you try to love them **the more you offer yourself up as prey.**

You are merely a source to suck dry and a punching bag to punish and attack, as the narcissist lines you up to try to get relief from his or her internal torture.



Recall the times when the narcissist looked at you and acted as if he or she hated you. You were shocked to see the narcissist's eyes become empty and lifeless, yet full of pure contempt and rage.

I know how hard it is to accept the truth. The lack of conscience and humanity that you've seen first-hand is because you are NOT dealing with what you know as a human.

The ultimate truth is this: narcissists aren't human, not as we know humanity to be because they do not have the capacity, neuronal brain pathways, or desire to operate with compassion, empathy, love, and conscience. They despise normal human functions, believing they're pathetic.

Without these components, humanity isn't present.

I hope, as painful as it is, you can accept the reality that you can't make this unmakeable deal work. But in no way does this mean that you can't detach, heal and empower yourself and make your own life work.

## Section 2: The Most Common No Contact Misconceptions That Keep People Hooked

It is widely acknowledged in abuse circles that one of the most vital components of recovery from narcissistic abuse is No Contact.

**Yet detaching from a narcissist can be excruciatingly difficult.**

At this point I just want to say a little more about Modified Contact, because people can get confused about the ability to heal whilst still in contact with a narcissist.

Please know that once Modified Contact is achieved for real, it can be highly effective, if it is really necessary. This is despite the common misconception that challenges such as co-parenting, working in the same company, running a business together or having a family member who is a narcissist means that No Contact and therefore healing is impossible.

Please know when possible No Contact is the most preferable way to detach and set up your Thriver Healing.

However, it is possible to heal from narcissistic abuse by implementing Modified Contact. It may prove more challenging in certain areas but a full Thriver Recovery is still possible and is incredibly probable when you apply the Thriver Healing processes.

There are many people in this Community who have been able to work with Modified Contact, detach, turn their attention inwards to their Inner Being and take their power back. I want you to be inspired that they were able to create and hold healthy boundaries without angst, being triggered, fearing others, drawing disapproval or experiencing guilt.

None of this was reliant on the toxic person getting it, or even other family members or associates realising why they had pulled away from direct contact.

I understand this may feel like *it's miles away for you right now* because you may be shocked at how you keep breaking No Contact and are pulled back into the fray with a narcissist time and time again, especially when knowing how important it is to hold No Contact or Modified Contact.

So many of us were absolutely baffled at how hard No Contact was to maintain!

People from all over the world, from all walks of life, have found this equally torturous with love partners, family members, friends, and in fact any toxic person.

I did the in-and-out dance over and over again too. Most of us do! In my journey with the first narcissist (whom I married), I was so insidiously hooked, traumatised and addicted to him it nearly ended my life.

This went on for four and a half years of white-knuckling addiction. I was in and out of life-and-death abuse until FINALLY, I healed the real reasons behind why I couldn't disconnect and stay away.

With narcissist number two, I was very confused at first - until the penny dropped that he was an Altruistic Narcissist. I pulled away and got to work immediately on my Inner Being. When I followed the healing principles that I knew so well, all my addiction to him melted away. The urge to reconnect disappeared and I never again imagined breaking No Contact.

This process only took me days as opposed to the previous torturous four and a half years.

I am going to share **why the difference with this recovery was like day and night** with you soon!



When trying to let go and save your soul, why is it so hard to hold No (or Modified) Contact EVEN after being in intensive therapy, researching everything there is to know about narcissists, or being offered support from others?

It defies all logic. and you are about to discover why LOGIC is the problem here!

Like my previous self, you may have agonised over *I'm an intelligent, capable person!*

## *Why don't I just let go and get on with my life?*

Sadly many people have not understood why they feel so emotionally incapable of pulling away, successfully staying away, and moving on without obsessional pain, fear, regret and heartbreak.

"Sentimentality" is a very common reason.

You want things to be different. You want the abuser to "get it". You want them to be the person they should be, instead of someone who profusely hurts you. You hope that if you just try harder or change how you try to deal with them, this person will start behaving more 'normally'.



There are many logical and totally plausible reasons why we don't let go. We may logically assess, *I feel like I can't let go because of the children. Or, I can't leave because I stand to lose so much.*

As well as, of course, you don't want to let go of the dream of LOVE from this person and the LIFE that you so agonisingly wanted with them.

Incredibly the addiction to a narcissist and the struggle to let go and get on with life is consistent in nearly everyone, regardless of the circumstances. Let's now explore the most common misconceptions that keep people powerless to achieve No Contact.

# Misconception # 1: No Contact can be achieved via learning everything about narcissism

The first step in recovery is to understand narcissism. But I want to make it very clear that it is NOT your healing solution at all. Cognitively understanding who a narcissist is does not heal your trauma or set you free on a path to your True Life.

If the conceptual reasons were enough to get us out of abusive relationships, receive closure, heal and move on, we would have all just done that and there would be no need for this eBook!

The irrefutable truth is this: it's the meeting, holding, loving and healing of the painful emotions inside of you that creates your true recovery. This grants relief, closure, and the power to move on in bigger and better ways than ever - even if abuse is all you have ever known since earliest childhood.

The wonderful news is: **this can be done.**

Far too much emphasis is placed on "narcissism information only" in traditional abuse forums. This denies you healing. Imagine if you were hit by a car and people raced after the driver whilst leaving you on the road bleeding out. It's exactly the same after being hit by the narcissist "train". You need healing to actually HEAL. Information about the "train" is not going to put you back together.

When I intensely focused on the narcissist and what was done to me, instead of turning inwards to heal, it only supplemented and imprinted my consciousness into more entrenched victimisation.

It's very, very easy to fall for this trap because we have all been programmed to focus outwards on others, rather than turn inwards to heal ourselves. Learning why and how someone did something to you does not heal what they did to you.

## **Only inner healing does.**

Narcissistic abuse is NOT a logical issue. No one logically chooses narcissists and no one heals logically from them.

You cannot think your way out of the unthinkable. Thinking about it only retraumatises you over and over again.

It's like shooting yourself with the same bullet the narcissist used, 1000 times over. Rather, the bullet needs to be released out of your Inner Being.

Trauma is exactly the same.



## **Misconception # 2: Believing that the addiction to the narcissist is going on outside, instead of inside, ourselves**

Addiction to the narcissist is a horrific part of narcissistic abuse. Helpless co-dependency and relationship addiction to a narcissist is incredibly serious.

The results, until the addiction is healed and overcome, threaten your sanity, soul and life-force.

[If you would like to learn more about how we become addicted to the abuser you can read this article.](#)

I understand this incredibly well. I was so addicted I almost sold my soul in trying to keep in contact with him. I lost all self-respect. So please know, from the bottom of my heart, I intimately know the mind-bending addiction you may be suffering. Just like any severe addiction, you may have many excuses for why you don't want to let go, and can't let go, regardless of how much damage you are sustaining.

It feels manic when you are caught up in the addiction. You may feel like you just can't stop talking to this person, confronting them, thinking about them, and checking up on their life via their social media or the pages of the people they are connected to. You may make contact with people who know them. You may even do drive-bys past their home.

The feelings of powerlessness you get when these urges hit are terrible, and many areas of your life could be suffering as a result of your obsessive preoccupation with the narcissist. And, like all addicts, you may be sneaking around and lying about what you are up to, as well as forgoing your self-care and normal life pursuits.

Please know I and so many others have been in exactly these terrible places as a result of narcissistic abuse. We understand!

You are physiologically in the cycle of the addiction and acting out of it, creating deadly peptides (chemicals manufactured in the hypothalamus in your brain) that feed the cells of your body more of this addiction. You get literally chemically hooked on this person. This is known as "trauma bonding".

[You can read my article explaining trauma bonding here.](#)

What I want to help you understand is that this deadly addiction is a symptom of much deeper issues, which need to be addressed in order for you to truly recover and go free.

Not only are you physiologically trauma-bonded, but you are also trying to get this person to change so that you don't have to be alone with these terrible feelings within yourself - feeling unloveable, unworthy, abandoned, discarded and the list goes on and on. These feelings are echoes from your past, often the unhealed wounds of your childhood.

Every time you make "contact" (including thinking about the narcissist) you feel some instant relief, just as an alcoholic or drug addict does when they take a drink or drug. Yet the pain of the trauma comes back even harder, meaning you need more of the self-medication action again to try to numb out the pain.

The self-medication choices are damaging - just as a drink, drugs or any obsessive out-of-control behaviour choice is - and therefore now you have even MORE Inner Being trauma to try to numb out with destructive sabotaging actions.

It's a terrible vicious circle.

As an example, what this means is you may have been checking up on the narcissist on social media a couple of times a day, but now it has escalated to every 30 minutes.

*You may even start waking up in the middle of the night to do it.*

Please take heart  
that it's very possible  
to heal from this  
shocking addiction  
when you know how!  
Your path to freedom  
can be quicker and  
more powerful than  
you could previously  
imagine!

If you focus on JUST the addiction – knowing you feel powerless to stop contacting or obsessing about the narcissist – this is NOT your way out of this.

Understanding that you can turn inwards, to hold and heal your own painful triggered feelings, changes everything about the way you can heal. Especially when that becomes your determined mission.

Otherwise you may never get free from the terrible grips of the panic and terror that you feel just before you act out the addiction, or the horribly damaging consequences when you do.

# Misconception # 3: We should confront narcissists and call them out

We proclaim that of course people should behave decently, honestly and with respect for others!

This compulsion - to try to force other people to be a certain way in order for us to feel healthy and safe - is the very root of the self-disintegrating effects of co-dependency and relationship addiction we play out with narcissists.

The more you try to control the uncontrollable (the narcissist and the drama they create) the more you will lose control of yourself. I too know what it is like to become a demented, crazy, sick shell of a human that narcissistic abuse creates.

One of your tactics to try to change the narcissist may be discussing "narcissism" to try to get him or her to understand what's really going on. If you do this, as many of us did, it goes horribly wrong. The most likely outcome is you finding yourself frantically trying to fend off the narcissist's accusations that *you* are the narcissist.

Trying to hold the narcissist accountable is a co-dependent action that you need to avoid at all costs. It just doesn't work; all it does is line you up for more narcissistic abuse.

[If you've ever thought about calling a narcissist out please watch my video on this topic.](#)

There is no way to corner a narcissist and work with facts, concern or any sense of reality. This person is not interested in humility, growth, adjustment or anything that you want or care about.

Those of us who hang on and fight the hardest to try to reach a resolution with narcissists are usually highly intelligent and capable people. Ironically, despite our resources, we are the people who get damaged the most.

Like me, you may have always believed you are strong enough to get through anything. Maybe you don't like 'losing' and pride yourself on your perseverance and persistence.



Not accepting defeat was my greatest strength, but for a very long time it became my greatest barrier to moving into acceptance, letting go, and facing my own inner wounds so that I could heal. Maybe you are the same? I see this happen all the time!

Narcissists prefer someone who takes responsibility, does the heavy lifting and keeps the fires burning, whilst the narcissist is free to indulge in their own selfish life of being a narcissist.

Additionally, people who are weaker will stop trying to survive and leave much earlier.

I can assure you, if you have been tolerating narcissistic abuse it's because you are highly intelligent and strong and don't want to lose this fight or waste what you have put into the relationship. You don't want to admit defeat.



Yet underpinning all of this is your fear of being alone with, and having to deal with your painful feelings. This is what needs to be addressed and healed for you to recover. Fundamentally, the battle with the narcissist is a battle of egos – a tussle of who is 'right' and who is 'wrong'. In this terrible battle, there is no human being who has a larger ego (False Self) than a narcissist, and no one who knows how to fight as dirty.

Don't ever believe you're going to gain the upper hand as a result of the narcissist knowing you know the truth about him or her. Quite frankly the narcissist doesn't care what you think, as long as you're still handing over narcissistic supply.

The details of how the supply comes about are irrelevant. It doesn't matter why you grant attention and energy, and hang around for the vile projections of abuse, so long as the narcissist is getting exactly what he or she wants.

Please know it's not weak to admit defeat and walk away. It's actually a sign of strength, and will lead you to have the space to heal yourself. It is the only answer, and the only way to WIN.

There is no greater defeat to the narcissist than you moving on, and him or her becoming irrelevant in your life - as I promise he or she will when you recover with the Thriver methods I will show you.

## Misconception # 4:

# Accountability is needed to heal

Of course, when you view life through the model of humanity, you can't comprehend how a narcissist operates.

You may scream out

"How can she / he do that?!"  
"I don't understand!"  
"That's terrible behaviour!"

as well as many other emotionally charged statements expressing feelings of gut-wrenching disbelief.

The narcissist's behaviour does not make sense to our humanity model and we feel threatened, chaotic and extremely vulnerable when faced with behaviour that just doesn't add up. At the logical level this creates incredible hooks whereby you try to right the wrongs. You fight fruitlessly to make the narcissist 'get it' and stop the behaviour that you are accepting by staying or trying to hang on.

By staying in relationship with a narcissist we allow them to destroy us on so many levels, especially emotionally. The narcissist knows that you trying to hold them accountable keeps you coming back for more - which suits him or her perfectly because they keep getting your emotional attention. This is A-grade narcissistic supply confirming to the narcissist how 'significant' they are, whilst you get more emptied out and damaged all the way to your utter demise.

The real reason we hang on is because of unfinished emotional business and traumas within our Inner Being which prevented us developing solidness in regard to self-love, self-approval, security or survival. With the narcissist, you are trying to right those wrongs through a repeat and more intense experience with someone who is damaging you all over again, worse than ever.

The only way to break out of this pattern of people hurting you is to break free and heal these core traumas within yourself. Then there is no self-destructive need to try to impossibly get love and salvation from this person anymore.

How do you know when you're being targeted and used for narcissistic supply, and still have unhealed wounds within you that are keeping you hooked in the torture?

- You receive untruths that torment you.
- You have twisted discussions that feel like you're losing your mind.
- You continually justify yourself and explain facts, values and standards of human behaviour that the narcissist simply does not acknowledge or apply.
- You experience cruel, uncaring and dismissive treatment that has no consideration for your emotional state, and you continue to lecture and prescribe to the narcissist not to do it.
- You're given false promises that set you up for hope, yet always lead to profound disappointment. This tears you down into further feelings of abandonment, rejection and despair, and the cycle continues.
- You realise that the narcissist wants it all his or her way, rather than trying to achieve healthy win/win outcomes.
- You feel like you are in a competitive 'me versus you' relationship whereby you are made out to be the enemy.
- None of your needs are taken into account or are simply played upon in order to deceive you into handing over more self and resources.
- You're blamed for the problems.
- Even if there is an apology or a show of accountability, you feel it's hollow, and if you try to gain some sense of stability around it, you're met with major resistance, diversion or rage.
- You receive insane Jekyll / Hyde behaviour which can switch from loving to condemning and from dismissive to needy in a heartbeat.
- The narcissist regularly accuses you of caring and giving more attention to other people and interests than to him or her.
- The narcissist denounces you to other people and tears down your credibility with other people in your presence, and/or behind your back.
- The narcissist regularly brings in real or imagined allies to back up his or her story, in order to gaslight you and diminish your faith in yourself and life.
- Information about you that the narcissist discovers - or that you disclose to them in confidence - is weaponised against you.

The soul-destroying list goes on and on. Staying attached means you are allowing and receiving the punishment and mining of your energy that occurs as a result of all of these behaviours, as well as the many others in the narcissist's arsenal. This can only create and does create the total disintegration of yourself.

My heart goes out to you. Narcissistic abuse is the most TERRIBLE thing I believe any human can go through.

It's important to understand that when you are trauma-bonded through your unhealed wounds you *will* stay. You fight on. You lecture, prescribe and keep trying to make the narcissist change. This can all change when you do the one thing you don't want to do - **let go, face your painful emotions and make it your mission to heal them.**

When you heal these wounds, with the tools I will help you with, you *can* let go. You can go free and feel reconciled. You will *inner*-stand in the truth of "This is NOT for me!"

Okay ... so let's again get very clear to help you DECIDE to pull away and start the real work of healing this.

Do you believe that you can make a crocodile play fetch, roll over and lick you while you scratch its belly? Have you ever heard the tale regarding a crocodile that convinced a forest animal he would carry him over the river and deliver him safely to the other side? Halfway across the river the crocodile threw the forest animal up into his mouth and prepared to eat him.

The forest animal squealed "You promised!" The crocodile said matter-of-factly just before his first bite, "Yes, but I AM a crocodile".

If you're dealing with an individual who behaves in ways I have outlined in this eBook, then there's no chance you're going to be able to fix them or change them into being a decent person.

You may feel that the success of your whole life hangs on this outcome. **Rest assured it certainly doesn't.**

Get very clear on this: The narcissist is not interested in what you want in life. The narcissist does not want to give and receive love and create a life of togetherness, safety and happiness. The narcissist needs to steal your energy and diminish you in order to feel better about him or herself, and knows no other way to operate.



The narcissist needs your anguish and pain, to avoid all responsibility for their dysfunction by blaming you for their issues. You may not have realised the deeper 'match' going on here - you have been trying to fix the narcissist to try to avoid your own painful emotions.

The narcissist is not going to wake up, change or stop - ever. They will keep doing this over and over again. But you can change. You can stop. You *can* wake up to the truth. If your soul wasn't ready to do so, you wouldn't be reading this eBook.

## **Misconception # 5: Creating No Contact and leaving a narcissist is the complete solution**

For this Misconception, I want to start off by talking about the *backlash* that occurs when ending a relationship with a narcissist.

Ending a relationship with a narcissist is not a breakup where people can work things out amicably. Rather, the narcissist will treat you like the enemy, smearing you horrifically to anyone who will listen, as well as depriving you of what is yours where possible.

The goal of the narcissist is to punish you. This is how the narcissist's False Self operates - once the relationship is finished the narcissist must despise you. This confirms to them it is just as well things are finished because you are "no good."

I promise you, when you MEAN it, are determined to kick the narcissistic habit for good and work solidly on your Inner Being as your TRUE solution, a narcissist in virtually every circumstance will leave you alone.

They simply do not expend energy if there is no forthcoming payoff of narcissistic supply.

Without the Inner Work - and if you are still understandably pining, agonising or obsessing - then leaving and attempting No Contact will not work for you to stay away, heal and get well. Your rumination is enough for the narcissist (a psychic predator) to continue feeding off your energy, even without contact.

It's also very likely that the narcissist will entice you into making contact and handing over narcissistic supply again. They will Hoover, smear or do whatever it takes to hurt and trigger you - even if that means TOTALLY ignoring you. Then they continue to suck on your fear, pain, confusion and heartbreak. For a narcissist, it's like blood to a shark.

If you place an intervention order on the narcissist, or block and delete, or change your numbers and then renege and grant the narcissist access again (I did this many times) there can be dire consequences. As a form of punishment the narcissist may report you, and they will certainly use your actions as ammunition against you in the future. Haven't you already experienced low-blow cruelty from this person many times?

Alongside enforcing No Contact (or firm Modified Contact) with strict boundaries, it is necessary to heal your emotional wounds back to wholeness. Otherwise, you will remain traumatised on the inside which enables the narcissist to keep tearing you apart on the outside, such as setting others and institutions upon you.

It really is that serious!

It's incredible how a narcissist can continue to attack or contact you days, weeks, months and even years down the track. This can be to make you react so the narcissist can purport to others that they are the healthy one and you are the abuser and are to blame for the breakup. Or contact can be made to get a feed of narcissistic supply from you if other sources have dried up, or are precariously low in his or her life.

When narcissists are low on supply they will contact anyone who may hand out attention. Ex-victims who are unhealed and still energetically hooked are most definitely fertile targets.

Leaving yourself open to these messages is dangerous. You can be vulnerable in a weak moment, struggling with the pain and the 'what if's. Or you may be seething and an unfair message accusing you of doing the things the narcissist did (that you would never do) could send you into a spin and push you into retaliation. If so, the narcissist got what they wanted.

The narcissist generally does not make contact like a normal healthy person would, with things like "How are you?" "I'm wondering how you are getting on" or any other sane approach. The narcissist is likely to make contact in a way that he or she knows will mess with you, crawl under your skin and get your head ticking.



Normal, healthy people don't make contact like this, but the narcissist doesn't care what his or her targets for supply think; it's all about getting the much-needed drug of attention.

Be very cautious of cryptic messages, derogatory accusations or messages that feign undying love or some sort of promise. Also be wary of messages telling you how sad or depressed the narcissist is feeling, as these fabrications are all used to prey on your vulnerabilities and re-establish contact.

When you haven't yet healed, receiving messages from the narcissist out of the blue can feel like a bomb has gone off. For me, it used to feel like shards of ice coursing through my veins. Until you've recovered and empowered yourself by working on your unhealed parts, it will affect you and you're kidding yourself if you don't think it will.

Strict detachment with No Contact (or solid Modified Contact) coupled with **meeting, holding, loving and healing your inner painful emotions to wholeness, is how to finally be FREE!**

# Section 3: Leaving a Narcissist

It can be very easy to get leaving "wrong".

You may think you can deal with this person reasonably. Rather, you are in for a terrible shock. Narcissists attack you like the enemy during the demise of your relationship. The way they break up is a disgrace.

With narcissist number 1, I didn't leave in my power. I didn't know how to and I hadn't healed to be in a position to. I lost nearly everything I had worked my entire life for, and almost my life.

With narcissist number 2 I easily maintained No Contact, healed the parts of me that were triggered, became fearless and empowered and easily fended off his attacks by proxy. They all fell flat for him.

This article goes into great detail of what happens when we leave a narcissist.

## [3 Important Things You Must Understand Before Attempting To Leave A Narcissist.](#)

It is absolutely vital to leave safely, and a part of that is knowing the steps and resources available to you, as well as what the narcissist may be capable of. This article is a compendium to help you prepare to and actually leave.

Leaving a narcissist may feel like one of the most traumatising things you will ever do, especially when you know you have unfinished business or ongoing ties with them.

You may be terrified about the repercussions of the narcissist's wrath and nastiness when you separate. If there are enmeshments with a narcissist, such as children, property or business, you may feel horrified about the legal battles to come and wonder if you will survive them.

In certain cases, people can't leave straight away. That may be the case for you in regard to your living or work arrangements. If so, your self-healing and development, so that you can show up with strong and healthy boundaries is VITAL.

This two-part series will help you if this is your circumstance: ([this is how to set boundaries with a narcissist part 1](#) and [2](#))

## [How To Set Boundaries With A Narcissist If You Can't Go No Contact Part 1](#)

## [How To Set Boundaries With A Narcissist If You Can't Go No Contact Part 2](#)



## Section 4: How To Achieve No Contact

If you are ready to initiate full No Contact make sure you don't answer text messages, emails, phone calls, or your front door. This means blocking all possible contact paths and firmly ignoring and immediately deleting any contact that may get through.

This may mean changing your phone numbers and email accounts, and using any app that you need in order to block the narcissist from getting in contact with you.

Block their account on Facebook and any other social media, Whatsapp, email, and any other form of online communication service.

No Contact means that you don't check up on this person through social media. You block his or her page so that you don't look into what the narcissist is or isn't doing.

Let any joint friends or relations know that you do not want to hear about the narcissist. Do not bring up conversations about them by asking what they have been up to. If other people continue to bring up the conversations, simply remove yourself from the conversation or leave.

No Contact means you block and avoid anything and everything that is connected with the narcissist.

If the narcissist keeps trying to contact you, you may consider placing an intervention order (Apprehended Violence Order - The Australian version) on the narcissist, to stand in your truth of "NO More!"

This is a court order in which various restrictive conditions are placed upon the person to whom the order has been taken out against – in order to provide the victim or an aggrieved family member with some ongoing legal protection. This can be taken out against someone who has subjected you to psychological and mental stress, such as stalking (which is ANY behaviour by another person which is creating a mental or physical threat.)

Do not believe for a moment that you need to prove physical violence or actual physical threat in order to get an Intervention Order. You don't. If you have told someone to not contact you and they continue to, then that is ABUSE! If you explain yourself calmly and without emotion at your Court House, it's likely you will be able to have an intervention order served. It is your civil human right to be able to live a life of peace without harassment.

No Contact means no reactions, no need to get the upper hand, and no need to change the narcissist. No Contact means NO ENERGY in any shape or form is given to him or her, and you DON'T accept their abusive energy anymore.

Your greatest emotional support will come from healing on the inside of you and letting go of the painful traumas inflicted by this person. That was the emotional glue keeping you trauma bonded to them. Without these dense energies inside you driving anxiety, triggering and the associated obsessional thoughts, you will have the best chance of staying strong in No Contact and maintaining all the boundaries associated with this.

Every time you feel the urge to check up on the narcissist, or when you get triggered into any pang of pain, rather than reacting, use this as a prompt to turn INWARDS to the healing and recovery of that hurting part of you. Then self-love, power, confidence, and inspiration will arise to restart your life.

**Recovering your soul and life force requires you to become your own saviour.**

Very soon, I will show you how!

## Applying Strict Modified Contact

If you are really concerned about the narcissist abusing your children and can prove this is a real threat, then through legal means you may be able to deny the narcissist access, allowing only supervised visitation rights (if appropriate). Please make sure you access your country's legal advice.

If you do need to have conversations with the narcissist, keep them short and to the point. Answer in mono-syllables and offer nothing more than the bare basics in any dealings or conversations. Keep your tone one-dimensional and show no emotion. If the narcissist tries to bait you, take yourself out of the conversation. Don't reply, just hang up or leave.

You may consider using a conversation book whereby you write down emotionless instructions regarding the children's well-being, and put the book in your child's bag to give to the narcissist, rather than speaking to him or her directly.

Joint parenting does not mean the narcissist is free to harass and abuse you. You are absolutely entitled to get an intervention order with conditions that eliminate specific contact with the narcissist which can be enforced.

Please note it is not possible to co-parent with a narcissist because they simply do not cooperate.

I'm sure if this is your plight you have already experienced this! You also know that narcissists will stoop to all sorts of lows to hook and hurt you - even using their own children as pawns.

**What does work is parallel parenting.** This style of parenting starves the narcissist from narcissistic supply and stops your children from being put in the middle. It is much healthier and more powerful for you and your children to take this path of parenting. I have very helpful resources on this style of shared custody which you can access below.

### [Parallel Parenting – The Evolutionary Way To Co-Parent With A Narcissist](#)

### [All People Co-Parenting With A Narcissist Need These Tools](#)

### [Parents Empowering Themselves for their Children's Sake](#)

We find in our Thriver Community the most successful parents, for their own freedom and empowerment and that of their children are working with the Narcissistic Abuse Recovery Program (NARP) and parallel parenting simultaneously.

As a NARP Member, you also have FREE lifetime access to our wonderful NARP Member's Forum 24/7/365 for any suggestions and support that you require whilst parallel parenting with a narcissist. (As well as any other quandary at all).

### [To start this empowered healing journey for you and your children, you can become a NARP Member here.](#)

Additionally, to create healthy boundaries against the narcissist's games, you may wish to set up that all communication is done via third parties.

Many people in the community have had success co-parenting with the parent communication portal Our Family Wizard. <https://www.ourfamilywizard.com>

You may be able to set up Our Family Wizard through court orders.

## Section 5: The Way Home to Ourselves

Congratulations for your courage and self-partnering commitment to make it this far with me, and for declaring to yourself, *I AM worth it*.

I want to encourage you with all my heart and promise you that this does get better.

Initially letting go, meaning it and sticking to No Contact, may feel like a 'death' to you. In many ways, it is the death of your old life of looking outwards into life and at other people to try to get your needs met.

This is the beginning of your new life, saying "No More" to people who are painful and abusive, and instead healing you, knowing what you will and won't accept in your life going forward.

This can't be achieved logically. You know this because you tried that. This change needs to happen deep inside you. This is why your successful No Contact and recovery need assistance and require support to create a new, more empowered, safer, authentic, loving and successful life.

When I initially started trying to heal from narcissistic abuse I did not have the Thriver Way, the Thriver Community, or a solid, proven formula that creates real healing. I promise you with all my heart... **this now exists**.

Many members of our Thriver Community have left the narcissist and generated settlement and custody results spectacularly in their favour, as a result of doing the NARP work on their Inner Beings supported by the incredible love and coaching from our wonderful community.

Our Thriver Community has (humbly) more wins against narcissists than any other community that we know of.

If you have already started doing No Contact, that is great, because you are ready to heal and embark on the most glorious personal journey of your Life, where you will evolve yourself up and out beyond any narcissistic clutches and catapult yourself into your New Life.

But please know, if you haven't been able to hold No Contact yet, there is still MORE than hope for you.



By using the strategies in this book, you will gain enough space to truly heal. Then with the processes that I am about to teach you, you can achieve and hold No Contact or Modified Contact WITHOUT the pulls and feelings of addiction or having to try to manage ongoing narcissistic abuse symptoms.



By using the strategies in this book, you will gain enough space to truly heal. Then with the processes that I am about to teach you, you can achieve and hold No Contact or Modified Contact WITHOUT the pulls and feelings of addiction or having to try to manage ongoing narcissistic abuse symptoms. Now, I want to introduce you to a journey of Inner Healing that will allow you to de-tox narcissistic abuse trauma, break free of the trauma bonds and rise into faith, health, solutions and confidence, where the narcissist will no longer have power over you, and where your new life awaits you.

This is the journey I took and introduced tens of thousands of successful Thrivers from over 150 different countries to as well

**[It's the Narcissistic Abuse Recovery Program. You can read about NARP here.](#)**

**[Also, you may wish to read about other Thriver's NARP journey. So many of their story is all of our stories!](#)**

From my heart to yours, no matter how bad things seem right now, please know you can get through this. I stand for you and with you, with everything I have to help you achieve that.

Once again, thank you for taking the time to read these important eBooks and for becoming a Thriver – joining the evolutionary way to free ourselves from abuse for real, as well as help countless others, including our children, achieve the same.

I send you many blessings, and I look forward to being with you every step of the way, deeply partnering with you as you recover from narcissistic abuse.

**I am so excited to witness you heal, blossom and Thrive.**

Much Love

*Melanie xo*

