



After Narcissistic Abuse

The First Step To Reclaiming Your Life

by Melanie Tonia Evans

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

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Introduction



Hi, my name is Melanie Tonia Evans and it's wonderful to connect with you.

You may have accessed this information because you realise you have been narcissistically abused; or maybe you're not quite sure yet.

Maybe you're a spiritual, personal development type person and my philosophies really speak to you, or maybe you're not. Maybe you have had so much pain you're willing to bang two fishes above your head if you thought this could help you. One thing is for sure, after narcissistic abuse a *deeper* way to heal is required because our minds can't cope with that level of trauma.

Please know when I use the word "relationship" I am referring to any significant connection in your life – whether it be with a spouse or lover, family member, boss, therapist, colleague or friend. The breakdowns of toxic relationships are so painful!

After traumatic abuse, we can't just click our fingers and get over it. It feels crazy - with obsessive thoughts, the pulls of addiction, and the feelings of powerlessness, injustice, panic, and despair.

It is my greatest desire to help you unravel the craziness, pain and confusion that goes with being narcissistically abused, by taking you on a deep dive into these two eBooks. I want to let you into my world, my journey and the most intimate parts of my Inner Being; because I know my story, give or take a few details, is that of millions of other people's, including yours.

The reason why I feel I am able to help you is that I went through a life-and-death experience with narcissistic abuse – one that was so profoundly impacting I almost lost everything dear to me, and was within a millimeters breath from losing my sanity, soul and ultimately my life.

I understand exactly how devastating and deadly this gets, and about how NOT to recover, including the reasons why we get stuck in the agony with no way out. I tried a ton of contemporary methods to recover, dragging it out for years, with failed repeated attempts to stay away, look after myself and get well. I experienced a complete psychotic and adrenal breakdown; an astounding corresponding awakening; and then a profound journey that ultimately led to breakthrough healing from narcissistic abuse beyond my wildest dreams.

I didn't just recover, I began genuinely THRIVING into new ways of being and experiencing love and life in a way that I never knew was possible before this.

I also had no idea, when I was fighting for my life, that my journey would become so many other people's journeys too. Or that what I had discovered was going to start a Thriver Revolution that would forever change how we can heal from abuse.

Looking back at my entire life, it's even more astounding, because I was previously intensely co-dependent, addictive and reactive, and had suffered many disappointing relationships. My previous self was one of the last people I would think could help lead people out of darkness and into the light!

Yet against all odds, today I'm an International Narcissistic Abuse Recovery Expert. I have had the absolute heartfelt joy and honour to help millions of soulful, incredible people from over 150 different countries worldwide reclaim their sanity and souls to live the life of their dreams as well. Many of these people, as a result of narcissistic abuse, had all but given up on ANY hope that they could recover.

As such, it is my greatest mission to take you on an incredible healing journey, showing you how you too can emerge from narcissistic abuse as a Thriver in Life, rather than just a mere survivor.

There are people over the years who have thought being narcissistically abused is a prerequisite to working with my healing systems. Please know it isn't. The only criteria are that you have had enough of painful relationships with yourself, life and others, and want to rise into fulfilling, safe and healthy relationships, as well as living your life in ways that will genuinely gratify you.

If this sounds like Life Goals you would love, this eBook and my healing processes are definitely for you, whether or not you have been narcissistically abused.

What you will discover with Healing the Thriver Way, is your True Life unfolds as you release any trauma trapped within you, no matter how long it has been there or where it came from.

For the purpose of this publication and the need for deep recognition of Narcissistic Abuse, I want to zone in on the severity of your internal trauma, what it is, how to identify it and how to heal from it. This journey starts today with this eBook and continues in the following one *How to Do No Contact*.

The Game Changing Focus

Right from the get-go I want to introduce you to the ONE Thriver Principle which creates the 180 degrees shift away from the powerlessness you have been suffering, bringing you back into your power center.

It's this: the trauma you need to go free from **is NOT in your mind – it is in your BODY**. If you continue to try to address obsessive, panicked and traumatised overthinking with even more thinking, *this doesn't work*.

The true solution, as I and countless other Thrivers in this Community have discovered, is: when you go directly to the trauma in your body and start releasing it, then you will reset back to inner solidness, calmness, well-being, intelligence, confidence and the ability to take charge of your life.

Then you can rise up and out of what is happening to you, and start to render the narcissist powerless against you. I know this can be hard to believe, but it's true!

Many are trying to deal with the trauma at the level of the mind. This is why there are countless people mired in obsessive thoughts, toxic trauma, intense unrelenting feelings of victimisation, and the effects of the abuse from the narcissist with no way out.

This is perfectly understandable. It's what we have all been trying to do!

When I finally discovered the truth about how to heal for real, it took 18 months of determined searching for the right tool that would crack into my Inner Being which was holding the deepest trauma, and finally release it. When I was able to do that I broke free, and the ability to fast-track my healing was catapulted into another dimension.

This is possible for you too!

Can I Really Heal From This?

My heart goes out to you if you are deep in the trauma, and feel the following in regard to possibly healing:

I'm too old.

I've lost too much.

I'm too damaged.

Others can heal but I can't, and...

This won't work for me.



After being narcissistically abused, I promise most of us Thrivers believed these painful beliefs too! Yet, in this Thriver Community of incredible resources, love, support and Quantum Tools, we did heal, and so can you.

You may feel like your life force is almost completely extinguished, yet I want to help you tap into the deep, inner, wise part of you that KNOWS you are supposed to heal from this.

This is regardless of how old you are, what you have lost, and whether or not the narcissist is your love partner, parent, family member, child, boss, or any other disappointing or devastating individual in your life. Also please understand, recovery is not conditional on the circumstances, such as if you have to co-parent with this person.

I want to help you get clarity and ultimately the BIG truths that I know will help set you free.

Just as they did for me.

So....please take my hand, and let's go on this journey together...

How Your Childhood Influences Your Susceptibility to Abuse

I had no idea as I was growing up that I would be narcissistically abused - or that being a Narcissistic Abuse Recovery Expert would become my Life Mission.

In fact, there were lots of things about my life that didn't go to plan. I was one of those girls who always wanted a boyfriend, and thought that by the age of 25 I would have the man, the house, the station wagon and the 2.5 kids living happily ever after.

Rather, I found myself continually in painful and unhappy relationships. Sometimes I was the one not happy - wanting more independence - and sometimes my partners were not loving me enough and I hung on for dear life, terrified of them leaving.

The truth was, even if I was no longer happy in a relationship, I didn't want to break up and be alone. I didn't know how to make a relationship work successfully, and I didn't know how to feel okay whilst being single. This was a tormenting trap of needing a relationship, being in deep grief about the latest one not working, before quickly enmeshing in a new relationship, and then still being in the same disconnected unhappy cycle.

Fortunately, at an early age, I realised I was the common denominator and needed to work on myself. So with all the gusto of a classic overachiever, I threw myself determinedly into self-development. Therapy, reading, seminars, workshops, you name it.

I was like so many of us in the Thriver Community, a determined life student in personal development and spirituality. Mostly the work was not like work because I found self-work so fascinating. Plus, it gave me relief from the emptiness and unanswered questions I so often felt on the inside.

However, I didn't know how to heal my inner emptiness, anxiety and depression. I was only ever merely trying to manage the wounds of not feeling good enough as a child, being loved conditionally, and feeling rejected, criticised and punished when I expressed myself or sought soothing or deep connection. This had all led me to find ways to try to numb out my screaming inner unmet wounds, which of course meant 'self-medicating'.

My 'go tos' were cigarettes, alcohol, excessive exercising and health regimes (so ironic!), over-achieving and relationships, including the sexual component. These activities distracted me from going directly to the trauma inside of me and dealing with it. They took me away from finally feeling the excruciating pain and healing it.

Therapy revealed the issues I had with my father of feeling engulfed then abandoned, and being terrified of true connection. These were issues and patterns that I had played out in relationship after relationship. I had also taken on my mother's powerlessness of not knowing how to have boundaries, speak up for my needs, or generate my own rights and desires.

By the age of thirty-five, I believed I had finally worked out my relationship with myself and with men. Indeed, conceptually I had this all figured out. But the trauma still remained inside, with a life of its own, and it was about to line me up with the Big Bad Wolf who was going to change my life forever.

Then in he came.

When he did, I believed that all my personal development had finally created for me the most blessed partner I could imagine. He was handsome, seemingly successful, attentive, intelligent, spiritual, adoring, charming beyond measure and so supportive of everything and everyone in my life.

There were many warning signs from the beginning, and by the time the mask completely fell I was suffering the effects of his staging a stage four melanoma cancer that was a complete lie. He had used this hoax to cover up his violent jealous outbursts. I was so diminished, isolated, and controlled that if I was held up in a grocery line I started shaking and sweating because I might be five minutes late home. You see, according to him, every man on the planet between the age of 18 and 80, was someone I was potentially having sex with.

For four and a half years I did the in-and-out dance of staying connected to a man who had completely taken over my life, stripped me of my resources and who was abusing me mentally, physically, financially and sexually.

The stress was terrible, I couldn't eat and my weight had plummeted to 37 kilos. I suffered from Complicated Post Traumatic Stress Disorder (C-PTSD), fibromyalgia and agoraphobia. The truth was I couldn't emotionally pull away and look after myself. My childhood and genetic unhealed internal traumas were still playing out.

As a result, I was showing up as a young child in an adult woman's body who was wrestling with engulfment, emotional abandonment, and the terror of being rejected, criticised and unloved. I was trying to prove my worth and trustworthiness to the narcissistic husband over and over again.

My female forebears had never been without men. My mother hadn't been single for one day of her adult life, and I had NO idea how to let go. I was petrified of suffering the disastrous loss of finances, being without the husband I had once thought was my dream partner and provider, and making a life for myself.

I clung. I would escape only when it was life and death, then return time and time again. I had NO power to be the source of my own life at that point. This went on and on, and the cycles increased in frequency and violence, as they always do once the cracks appear.

When the Trauma of Staying Becomes Greater than the Trauma of Leaving

The inevitable happened which my therapist had warned me about. I had a complete psychotic and adrenal breakdown.

The day it happened was surreal. I was surrounded by people talking to me at my workplace, and I remember thinking *I can't handle this, I'm about to have a meltdown* and then all of a sudden I was watching myself, surrounded by these people from the ceiling.

I excused myself and somehow left, got in my car and started driving home. Mental pictures kept flashing through my brain, like a movie screen in intricate graphic detail. Pictures of me and my car being smashed up into a tree, and these horrifying images wouldn't go away, whether my eyes were open or closed. Then when I got home and sat on my couch, the picture stopped flashing and became constant. Weirdly, I was sort of detached, like it was happening to someone else. I thought *This is what it is like to lose your mind*.

I knew I had. I somehow called a girlfriend and she came and took me to the hospital, where I was given a shot. The macabre vision went away and then I had tests done.

The tests revealed adrenal malfunction. I was told anti-psychotics were my only solution and possibly institutionalisation and rehabilitation would be necessary. Devastatingly, I was told that I would never function again as I had before the breakdown and that anti-psychotic medication would be a necessity for life.

After my diagnosis, I was on suicide watch because I wanted to exit the planet. I thought it was game over, because I knew I was no good with drugs (they didn't agree with me) and I believed that if I went down that track into the system, there would be no coming back from it.



I was so low, I even thought my son would be better off without me. At the deepest levels of my soul, I just couldn't do this anymore. Yet I wanted to break through and get better. But how?

I had lost everything, including the two homes I had brought into the relationship. My friendships were smashed to pieces, family members had now turned away, my son had lost all respect for me and was often staying with his grandparents, my reputation had been smeared and my career was in tatters.

Additionally, I had credit cards maxed out on therapy from trying to survive and leave the abuse, as well as solicitor's bills trying to stop the financial abuse.

And now no mental or physical health remaining to fight back or restart my life.

How could I go on? Leaving the world seemed the only option, and I started thinking about how to do it in the way that would be kindest to the people in my life.

Then something overcame me. It was a shriek inside really that went like this.

NO! There is another way.

I argued back. I thought it was my madness talking. But it got louder and louder.

Through streams of tears, I got off my bed, walked into my bathroom, fell on my knees and put my hands up in the air. These words fell out of me ... *Help me, I can't do this alone.*

Then 'The Experience' happened.

It was like my head parted and everything I had believed to be true was sucked out of me and replaced with blinding truth. I knew it was the truth because I had never known anything so clearly EVER before. I knew exactly why narcissistic abuse had happened to me and I knew there was a way to heal from it.

The blasts of deep wise awareness that washed through me stunned me beyond measure. I realised the way I thought about myself (that I was never good enough), the ways I demanded more and more self-perfection, and the way I spoke to myself were all identical to the ways the narcissist did.

As well as the harsh conditional love I treated myself with, which went something like this: *I will like you Melanie* (not love me that was way too much of a stretch) *if you lose 5 pounds ... if you get this achievement ... if you have this many friends ... if you if... if... If...*

Was it any wonder that my demanding more and more self-perfection, where I was never good enough, exactly matched the relentless conditional demands from the narcissist?

I realised that the lack of time I spent getting to deeply know, connect, self-partner, self-soothe and build love and trust with myself completely mirrored the absolute emotional abandonment from the narcissist and the insane allegations from him which had me screaming at him so many times, *Why are you with me if you believe THAT about me? You don't even know WHO I am!*

But really, the truth was **I** didn't know who I was. I had never self-partnered and been with myself.

One after another these realisations all led back to the same truth that explained so much to me: **The narcissist was ONLY a catalyst because I knew it wasn't about him. It was all about ME!**

He was a SYMPTOM that had shown up on my own disconnected trajectory. If he hadn't entered the stage play of my life and reflected my unhealed parts back to me so that I could heal them back to wholeness, then someone else would have needed to fill his shoes.

Finally, there was a reason for all of this!

Then I understood

People can only love, connect to and treat us at the level that we love, connect to and treat ourselves.

The next day I talked my way out of antipsychotics to the medical team, which was a complete and utter miracle. Divine intervention was at play, and for the first time ever I made the switch from...

Living life from the outside in, to living life from the inside out.

I really want you to understand that because we've been with narcissists or disappointing and selfish people doesn't mean that we're bad people. It just means that we can be really bad to ourselves.

Why have we been bad to ourselves? The answer is simple. Our world and role models have taught us that we are the last person we should be giving our love, devotion, and attention.

From that day on, the narcissist in my life became TOTALLY irrelevant, because I knew this was not about him. I went from being hopelessly addicted to him, to doing infallible No Contact and focusing fully on my own healing and recovery.

The pulls and traumas were still massive and I needed to heal the internal trauma that was making me very sick, but there was no way I was going back. Medication free I set out on an incredible journey to heal the diagnosed 'unhealable'.

The truth I discovered whilst researching Quantum Mechanics was this: you can't heal internal trauma by trying to think your way out of it. Instead, you have to **release trauma from your Inner Being, and then once you are free of it, your mind can follow.**

It took eighteen months of searching for me to discover the true super-tools to work on my subconscious directly and little did I know that when a girlfriend invited me to visit her in Koh Samui in Thailand for a holiday, it would all fall into place.

Something inside me told me I needed to go, yet I had no idea how it could be possible with acute agoraphobia. I had healed from C-PTSD and adrenal malfunction with the subconscious healing modalities I had thus far discovered. Yet even the best of those could not do any more than just merely manage my terror of being in wide open spaces

It felt like life itself would swallow me whole when the agoraphobia struck. This had been crippling me for almost two years. But I knew I had to go.



Travelling alone to Koh Samui was one of the most terrifying ordeals ever, yet somehow I made it. I collapsed into my girlfriend's arms at Samui Airport, trembling, sweating and in tears. She wrapped me in her arms and took me to the resort, where within hours I felt safe in the confines of the hotel perimeters.

Over the next few days I was enjoying juices, delicious food, swimming and massages. However, I was sick of being agoraphobic; exploring Koh Samui beckoned. I wanted to be out in life like everyone else enjoying themselves. So one day in the hotel room, I decided to find the answer to free myself.

Quantum Mechanics promised that it was possible. If I could find the trauma in my Inner Being that was generating the agoraphobia, then load up and release it, real and fast healing could take place. I had already achieved this for myself and others many times, for other different emotional and health conditions. After setting the intention to receive the answer, I opened my heart, body and mind and started taking dictation.

As I was writing out this healing protocol I noticed parts of it were energetic modalities I had previously trained in. There were components of Past Time Line Therapy that I had already been practicing for decades, alongside other protocols not logically recognisable, yet which felt incredibly familiar to my soul. As I was recording the information I was getting more and more excited – because I knew it was going to work.

Then I performed on myself the first ever Quanta Freedom Healing. Two hours later I had discovered deep primal wounds of not being safe in life. These had been acquired in my DNA from my ancestors, the collective wound in my feminine being, my childhood abuse experience and also my adult traumas. I loaded these up and released them, and when I had done this – space opened up inside me.

I then filled the place where the trauma used to be with the energy of Source (The Light), which activated joy, solidness and wholeness. Without any trepidation, I left my hotel room and the front gate of the resort, and entered the busy epicenter of Koh Samui. I started *playing in life*.

Never had I EVER felt this good before. I was free, and I knew something miraculous had happened.

I wondered if it was imagining it, yet the agoraphobia didn't come back.

I knew I was onto something really big in regard to **releasing trauma from our bodies, replacing it with Source Light and going free powerfully and for real**. I couldn't wait to share what I had discovered to help others as well.

I'd already worked with abuse clients with the most powerful energy tools I had previously learned. But when I returned to Melbourne after channelling Quanta Freedom Healing, these tools were laid aside never to be picked up again.

The ability to go free from trauma was like getting out of a family sedan and jumping into a Ferrari.

The results for other people were the same as for me; fast, powerful, and all-encompassing. Word-of-mouth spread fast. Before I knew it I was inundated with clients all day, seven days a week, and months-long waiting lists. I was burning out. I couldn't keep up this pace, but I hated turning people away, especially those deep in the throes of toxic abuse.

I knew I needed to create another way so that people who needed help could access Quanta Freedom Healing instantly. As a result, **The Narcissistic Abuse Recovery Program (NARP)** was born where people could access Quanta Freedom Healing without me having to perform the healings one-on-one.

The success of NARP exceeded my wildest expectation; people were using the healings as often as required and healing faster than my weekly one-on-one clients.

Within a few short months, NARP exploded worldwide. To date, tens of thousands of people from over 150 different countries have graduated with NARP to heal for real from narcissistic abuse. Psychologists, counsellors and domestic violence workers globally recommend NARP.

Today I'm so grateful for everything that happened! I'm living free and fearlessly being 'me', more than I ever thought possible. I am Thriving, and have been for years. I am living my soul mission, which I know is the reason all of this happened.

YET INTERESTINGLY
ENOUGH, MY SOUL WASN'T
COMPLETELY DONE IN
REGARD TO LEARNING AND
HEALING AS A RESULT OF
NARCISSISTIC ABUSE.

THERE WAS MORE TO COME!

Is a Narcissist Capable of Loving?

Four years later, I underwent a second narcissistic abuse experience, this time with an Altruistic Narcissist. It was incredibly confusing because much of the time, unlike narcissist number one, he was 'delightful'.

But the 'five percent' times of aggressive, out-of-bounds and intensely cruel behaviour was totally within the definition of Narcissistic Personality Disorder: completely without conscience and morals, and filled with pathological lies, including multiple affairs. Once I put the pieces together and got very clear, I was able to successfully recover, and this time even more profoundly and completely than the first narcissistic episode.

At the time when I realised what he was, and knew I had to break away, I felt like a complete imposter. Here I was writing inspirational articles for an entire Narcissistic Abuse Community and yet I was being abused AGAIN by a narcissist myself!

I was back in states of shock, feeling violated, polluted, and traumatised. I had lost property again after rebuilding from the first narcissist. I felt like a total fraud and failure. Christmas Day 2012, in intense pain and in the last throes of narcissist number two, I was barely able to engage with the family.

After lunch, my son Zac offered, "Mum let's go for walk." Away from the house and everyone's ears, I asked him, "Zac how could this have happened again? How could I do this not only to myself but thousands of other people as well?"

We were sitting on a curb, and he turned and looked me square in the eyes, and said

“Mum you know this was meant to be. And it’s not just for you it’s for the world as well. You will see, I have complete faith in you this time. You will take it to a deeper level, help even more people with what you have learnt this time, and come back better than ever.”

Of course, Zac was right. He knew what I didn’t yet know at that moment.

Not long after that, I got it. I realised this was all about cleaning up the last vestiges of my abandonment and security fears. I took the gifts of continued personal evolution and was able to help many people, who desperately needed this information, to also understand the dynamics of Altruistic Narcissists.

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

I am so grateful for both of the narcissistic relationships because their impact forced me to go inward and heal what was needed to be liberated.

Today, life is Universes away from the one I had with the unhealed trauma still wedged inside. As a result of the Thriver Way to heal, I now release any negative feelings and trauma, shift up and out of what hurts, to generate what is wholesome, loving, amazing, joyful and abundant instead.

I can’t wait to share with you how to achieve this!

I want you to understand the following – narcissistic abuse symptoms are identical, regardless of WHO the narcissist is. Healing from narcissistic or painful relationship patterns is ALSO identical, regardless of who the narcissist or painful person is.

This is not to take away from your unique experience, rather it is because **healing is all about healing YOU!**

So, before we take a deep dive into your first steps to recovery, I want you to gain as much clarity as possible about what you are currently dealing with.

12 Signs You Have Been Abused by a Narcissist

It's important to understand the damage that has occurred to you. If you have experienced narcissistic abuse, you may be battling with several or a multitude of the following symptoms:

- **Complicated/Complex Post Traumatic Stress Disorder.** (C-PTSD)
- **Severely lowered capacity to experience joy,** happiness, inspiration and creativity.
- **Agoraphobia.**
- **Diminished ability to trust yourself,** life and others.
- **Disintegrated self-esteem,** self-love, self-belief, self-acceptance and boundary function.
- **The traumatisation of feeling hooked and addicted to the narcissist,** with the obsessive feelings and thoughts which don't allow you to get the narcissist out of your energy field in order to move on with your life.
- **The mind-bending and intensely frustrating feelings that send you insane** when trying to get normal human sensibility and accountability with an individual who behaves, reasons and acts like a delusional 5-year-old.
- **Aftershock symptoms when attempting to leave the narcissist,** whereby you feel worse and not better as a result of being out of survival mode, and are stationary enough to feel the full onslaught of the abuse and violations that occurred yesterday, last week, last month, last year and so on. This is the most precarious time for victims of narcissistic abuse. It's during this time that you are most likely to mistake these obsessed and torturous feelings as *I can't live without him/her, I can't go on, and my life is destroyed without him/her*, and then return to the narcissist.
- **The insidious feeling of emptiness, torment, numbness and psychic violation** – as if the narcissist is 'crawling under your skin'. The feeling of being totally sucked empty, shell-shocked and taken over by the narcissist psychically, emotionally and mentally. This feeling is an intense feeling of torment and powerlessness.

- **The intense pain of anything 'nice' or 'joyous'.** Your soul and life was enmeshed so deeply with the narcissist that anything loving and pleasurable, as well as old places, memories and experiences are attributed to the narcissist and feel unbearable without him or her.
- **Little chance of attracting and sustaining a non-abusive, healthy relationship.** In dense energies and painful emotions, you are vibrating as a 'match' for people who match these wounds and may push away healthy people.
- **Difficulty in engaging in new healthy relationships.** You feel that it is too painful to interact in life and connect with anything pleasurable. You don't feel safe in your body, and you don't feel safe in life. It feels like the destruction of the relationship annihilated all pleasure, and all ability to feel whole, complete and safe.

All of the above symptoms and manifestations are totally understandable after going through such a mind-twisting and horrific level of soul-destroying conditions.

If you are still not sure whether or not you were narcissistically abused, you may wish to read this article for extra clarity: [Are You With A Narcissist?](#)

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

The above symptoms are common manifestations of how you will be feeling and operating as a result of narcissistic abuse. The pain and destruction of this abuse is wedged in your body like a disease and unlike 'normal' issues and pain, often does not dispel over time.

The more the trauma wedged in your Inner Being is felt and rehashed as pain, fear and despair, the more you feel like a victim, remaining separated from real love and joy. This is why the continued and even escalating trauma may astound you, months, years and even decades after narcissistic abuse.

Such is the contamination of the 'narcissistic abuse virus'. This **virus can be DE-TOXED from your Inner Being** for you to start becoming well again.

Many people within this Community and in other abuse forums, ask questions such as; "I know he's no good for me, why can't I move on?", "Why do I still miss him and love him when he treats me like dirt?", "It's been 5 years since she left me, why can't I get her out of my head?" and "Why can't I feel an attraction for anyone else other than this person?"

Regardless of how mind-boggling and helpless your trauma bonding feels, I promise you it can be de-toxified, relieved, healed, and reversed - faster and more powerfully than you ever thought possible. Once you start shifting trauma out of your body, which you will learn how to do very soon, your heart, mind and life can start to heal.

What Makes Us Susceptible to Narcissists?

Initially, this is one of the hardest things for people to understand.

When I was a victim of the narcissistic husband and totally terrorised and traumatised, if someone had told me that there was something about me that was co-generating this relationship with him, I would have wanted to yell at them!

It wasn't until profoundly awakening that I finally knew the truth – **there is a Universal Quantum Law of so within so without**. What that means is everyone who shows up in our personal experience is reflecting back certain aspects of ourselves.

This is where people (as I used to) can angrily ask, "Are you telling me I'm a BAD person too?"

No! That is not what Quantum Law means.

Rather, what it teaches us is this: **if you have unhealed trauma in your body (trapped in your subconscious) then the people and situations who match 'more of' that trauma will keep entering and be accepted into your reality.**

The relationships that we find painful, disappointing, and even abusive are showing us parts of ourselves to be healed back to wholeness.

One of the greatest truths I learned through this profound journey of Thriver Recovery is **we never accept a level of love below the level of love, respect and wholeness we have within ourselves**. Many people who have been abused by narcissists all of their life, starting from childhood, say "It was not my fault because I had no choice in it."

Abuse is never our fault. Nobody deserves abuse. Thriver Healing is not about blame or 'victim shaming'. I believe 'blame' is such an erroneous concept that takes us away from healing.

[I wrote an article that explains why here.](#)

Yes, as a child you were powerless, but as an adult, you aren't, you can heal. I promise you I spent many years believing that it was the ex-partner who was at fault and that I was just unfortunate to have entered into a relationship with him. By holding this viewpoint I was in denial and I wasn't taking responsibility to empower and heal myself, and I nearly died in my painful victimhood.

In order to heal for real, it's vital to acknowledge the reasons within your own Inner Being that has made you susceptible to narcissistic abuse. These are your unhealed parts that once loved and healed back to wholeness, will release you from the toxic states of breakdown and trauma symptoms that have infiltrated your being, and deliver you to newly liberated confidence, love, joy and inspiration.

You can't meet these states that gloriously await you, until you make a firm commitment to love and support yourself by healing these unhealed parts.

I have dedicated my life to uncovering the truth regarding narcissism and narcissistic abuse recovery, worked with countless people, as well as dug far down into the deepest recesses of myself, and I can assure you of these two things:

1) People who don't take responsibility for their Inner Being woundedness don't recover, and...

2) Certain characteristics are consistent in individuals who have been narcissistically abused, and these require healing.

You may not possess all of the characteristics within the following list but many of these traits, if not all of them, will be apparent if you are honest with yourself. This honesty is essential if you want to step onto the journey to become free of pain.



These characteristics are that you:

- **Had already suffered abuse**, feared abuse or had a strong aversion to people who are abusive.
- **Find it difficult to speak up** and stand up for yourself and create healthy boundaries.
- **Find it hard to say 'no'** and keep giving even when it feels bad.
- **Are highly intelligent** and can usually work out a solution in most areas of your life.
- **Tend to make things work** even against the odds, because you have a "can do" attitude.
- **Find it hard to receive from others**, and you are the person who usually does the heavy lifting.

- **Have a high level of integrity**, don't like people thinking badly of you, and can be highly disturbed if someone thinks you're a bad person.
- **Respect security**, strive hard for it, and don't want to give it up.
- **Work hard to keep security going**, and you clean up the messes that other people make which could threaten your security.
- **Feel that your worth is measured by how capable you are** at achieving goals, and you struggle to know that you are lovable and acceptable to others just for being you.
- **Try to win approval from others** by making them like you, or wanting them to admire your capabilities.
- **Are very hard on yourself** and criticise yourself for what you haven't achieved, rather than appreciate and love yourself for who you are right now.
- **Don't want to be alone**, and are fearful that you may never meet another person with whom you feel so connected. You feel you have to make your relationship work despite the abuse.
- **Are very independent and capable**, yet felt empty and alone and deeply want a relationship when single.
- **Have a tendency to want to fix and sort out other people's problems** rather than feel into and sort out your own uncomfortable emotions.
- **See yourself as an 'empath'** having a tendency to put other people's needs before your own – and believe that to be virtuous.
- **Tend to take responsibility for people**, rather than allowing them to learn through error and take responsibility for themselves.
- **Feel guilty when taking time out** and doing nice things for yourself. Struggle to see the value in providing yourself with 'inner healing time', feeling this isn't as productive as 'doing tasks', and
- **You didn't receive unconditional love, true connection, understanding or approval from your parent(s)**. Therefore you don't yet know how to self-soothe and transform your painful emotions, without seeking outer relief.

None of these things have made you a BAD person. In fact, you have been very GOOD to others, and not known how to be good to yourself yet!

You may think that these traits cover a great deal of the human community, and sadly you're right! Individuals who are over-functioning as well as co-dependent, who seek to be defined by others and accomplishments, rather than become their own self-definition are especially likely to attract and accept narcissists into their life.

Also, I can assure you that it is a total myth that a narcissist can target anyone, lure them, trick them and abuse them. This is not true, and a tragic and deadly excuse used by narcissistic abuse victims who wish to stay enmeshed in victimhood which makes healing impossible.

If we aren't prepared to give up this notion, not only will we never heal, but also how on earth is there any hope of a wonderful, free, empowered life for any of us?

Can You Fix a Narcissist?

Oh boy – I know what it is like to think "I can fix this".

Many of you who have been narcissistically abused are determined. You have succeeded as most things in your life, and you get up, get on with it, and make the best of any problems. That doesn't work with narcissistic abuse because no matter how much energy you exert trying to fix this person or mend all the resulting disasters, you feel like you are in quicksand, sinking deeper and deeper all the time.

Initially, no matter how many times I read there was no cure for Narcissistic Personality Disorder, I was determined to find a way. Surely love could conquer all. Surely, if I could just get him to the right therapist, or find out how to help him get help, there was hope? Surely I could re-create the perfect relationship that I knew it was supposed to be?

Despite discovering what narcissism was, and researching all there was to know about it, and even after seeing a Personality Disorder Specialist who said in no uncertain terms to get out of the relationship, I hung on – almost all the way to my total demise.

Like you, I was determined and had always been able to make life work when I decided to. This meant not admitting defeat under any circumstance.

We may believe we are motivated by determination, love, 'meant to be', a soul contract, the children, security, or whatever our reasoning is, yet there is a deeper truth to it all. I'll share mine because I know this is the same for all of us, regardless of the circumstances.

I didn't want to take the focus off him to meet, feel and deal with the triggered painful feelings within me.

That is what we all run from - ironically the only place where our emancipation can begin.

The triggered unhealed wounds, that already existed within our Inner Being, from our childhoods, our ancestral patterns, and our repeated painful adult experiences, which are now being bombarded by a narcissist, are EXACTLY what keeps us trauma bonded to them.

Trauma bonding means this - **you have assigned the person who is hurting you as your saviour, instead of being able to pull away, heal and save your own soul.**

The truth was I had the following traumas (painful beliefs) wedged in my Inner Being:

I am not safe in life.

I am not safe with men.

I am only loveable if I fulfill certain conditions.

People who are supposed to love me hurt me (annihilate me even).

I need a man to survive ... regardless of whether or not he is respectful and caring or even abusive to me.

If I let go and am alone, I'd die.

On my own I am worthless. And, of course ...

I am not worth loving.



None of the decades of therapy, reading, or research had delivered this truth to me. Quanta Freedom Healing (The Narcissistic Abuse Recovery Program - NARP) and the accessing of my Inner Being did. Up until then I had been battling a life-and-death abusive relationship, and the information I was being counseled about was all about the narcissist.

Without going inwards, how on earth could I heal the parts of myself that were binding me to him? He was the EXACT person who made all of my subconscious traumas and beliefs 'real'. Of course he was my reality! The only way he was not going to become my reality was for me to **heal these wounds and then have a new Inner Identify who was no longer a match for him anymore.**

Until this happened, like most of us I tried to stop the pain by trying to fix him. I absolutely held on to him as the saviour of my wounds, **yet he was the messenger of them.**

I clung on. I lectured, I prescribed. Whilst doing so, like all of us, I indulged in arguments that went on for weeks, trying to explain the basics of adult human behaviour that a normal five-year-old could grasp in minutes.

Then, the next day, it would be out the window as if we never had the conversation.

Clearly focusing on him was going very badly!

Even though I knew a lot about narcissists, I still didn't realise trying to change and fix an individual with Narcissistic Personality Disorder meant I provided him narcissistic supply (attention). The more he fed from this supply of my energy the less and less I became, until I was a mere shell.

I thought I was being a loving partner and supportive to him, yet unconsciously all of this was to try to get him to **be the Source of love, approval, security and survival to me that I wasn't as yet being to myself.**

By doing so I was simply offering myself up as prey.

I didn't understand the personality condition enough, because this hadn't ever been explained to me. He wasn't interested in solutions, remedies, win-win results or resolution. He wasn't interested in the topics we were discussing, or the intricacies of my feelings regarding the injustice, his non-validation, manipulation or lies. He was purely interested in the supply of attention. Good or bad it made no difference.

When in the throes of pain, addiction, and the terror of losing the relationship, you may be willing to do anything to save your connection to this person. One of the hardest and greatest lessons we need to learn as human beings is it is impossible to control another person's behaviour so that we can feel more in control of our own emotions.

If you are feeling broken, empty, panicked, triggered, and abused, then focussing on another person to try to fix these feelings is Wrong Town. It simply means you will be emptied out of your own life force.

This leads to chronic accelerated powerlessness, anxiety and depression, and the dangerous deterioration into relationship addiction and dire co-dependency. This means trying to get love, approval, security, and survival from another person who is not providing it and abusing you – all the way to your demise, without the ability to break away and look after yourself.

The only reason we continue to do this is we still have unhealed traumas within us causing us to hand power over. The Thriver Way to address this specifically treats these traumas.

Our Old World paradigms have been this:

Look outward and try to change or fix other people to make yourself happy.

The New Thriver Healing is this: Heal our own internal traumas to start generating healthy relationships, and to release ourselves from relationships that aren't.

I know what it feels like to believe that you can heal a narcissist and I've met so many people over the years who believed the same thing.

[If this is you, then please take a look at this video which will explain exactly what it would take to cure a narcissist.](#)

5 Things To Know About Narcissistic Relationships

Narcissists burst into your life seeming to be 'your other half' (if a love interest) or 'completely scintillating' (if a friend or business opportunity). Narcissists are extremely proficient at making you feel a powerful soulmate connection.

One of the most common ways they do this is through:

1) Narcissistic love-bombing

Connecting healthily involves ascertaining a person's character and values over time, rather than "letting them in" based on attraction and shared interests. Narcissists want you to bypass discovering who they are until you are hooked on them.

[To understand more about love bombing please read my article: Love Bombing – When It's Too Good To Be True.](#)

2) Ensnaring you quickly

If you succumb to the narcissist's charms, an intense bonding occurs, and the narcissist, like a Trojan Horse, gets through your gates into your mind, emotions, bed, home, finances and soul *far too quickly*.

This person feels like 'a dream come true'. You put this person on a pedestal. As the mask drops, the true personality starts to appear, and you start being mined for attention, resources and your life force. Yet still you hang on to the version of this person you wish them to be. You do this **because you already handed them your soul**.

3) The diminishing of your life and interests

Before long many aspects of your normal outside life diminish as the enmeshment and preoccupation with the narcissist increases.

The narcissist will start invading your space and demanding attention. Initially, it will feel like his or her attention is flattering and loving. At some point, it will become obvious that the love and attention feel uncomfortable and controlling as he or she starts violating your boundaries.

By comparison, healthy relationships encourage a maintaining of self, and both individuals are comfortable, accepting, and encouraging of each other's personal space, boundaries, and interests.

4) The hooking aspect

The narcissist expertly defines your strengths and weaknesses, knows how to mine (take) your strengths, and starts attacking your insecurities and your unhealed parts through gaslighting, suggestion and manipulation in order to throw you off balance.

This forces you to try and receive sense and validation from the narcissist and hooks your attention fully onto him or her.

At advanced stages of narcissistic abuse, the gaslighting and manipulation will turn to blatant and violent injustices, demands, accusations, projections and immature, vile and unthinkable behaviour.

This occurs when the narcissist knows that you're fully hooked and feeling powerless to leave.

By comparison, healthy relationships do not use pertinent personal information as weapons. Healthy relationships support, respect and treat your personal self 'warts and all' as sacred.

5) Baiting and maiming you

The narcissist is aware the abuse they deliver is exactly the weapon that keeps you coming back for more in the quest to gain some sort of accountability, sensibility, compassion, validation, or apology from the narcissist.

It also hooks you into trying to prove yourself as a decent human being to the narcissist, who will continually blame and accuse you of being a bad person (the projection of the narcissist's disowned parts). This will only make you try harder to receive decent recognition and validation.

Your obsessing about them grants significance, it's A-grade narcissistic supply to a narcissist. They will also scapegoat you as 'the crazy one' who is the reason for all of the problems in your relationship. The more irrational, hysterical and hurt you are, the more superior it makes a narcissist feel.

By comparison, healthy relationships do not involve the tactic of hooking and maiming. Within healthy relationships, even if troubled, there is a realisation that such vicious and cruel behaviours have no upside to them, and can only create relationship devastation.

In understanding these dynamics, I hope it's clear the narcissist doesn't operate within a standard human model. He or she is not interested in teamwork, reaching a resolution or creating peace, love and harmony. The goal is purely to receive narcissistic supply to feed the False Self.

How to Repel Narcissists

Narcissists find their way into you when you don't as yet have a solid inner self. Before Thriver healing, many of us could not know this because *it was our normal*. We grew up this way as a result of not having a solid sense of self modelled, nurtured and developed as children.

These insecure, unhealed parts caused us to look outwards and hold others responsible for our lives, instead of letting go and being able to rebuild and generate our own lives as adults.

The right inner healing work can resolve these inner fractures that the narcissist used against you. This is what *grows you up* to be a source of love, approval, security, and survival to yourself. Then you can show up very differently with narcissistic people.

You will no longer feel trauma bonded to them. You will start to ascertain people very differently at a healthy pace, rather than being mesmerised by them. You won't gamble the critical aspects of yourself - your health, emotions, mind, soul, money and security - with someone until you have taken your time to fully assess their character.

When you have healed yourself up to have a solid inner identity, you will trust yourself if something feels 'off', and confront things. You will know your limits of what you will and won't accept. You will detach from, and refuse to participate in, toxic behaviour because it just isn't your reality. It won't trigger you; it just won't deserve your presence anymore.

When you know your worth, you won't sacrifice your soul for 'security', 'what other people think', or because you may lose your 'lifestyle and dream'. If you are in a relationship where you are internally traumatised, these things aren't real anyway.

I go into this in much more detail in this video - [How To Become Narcissist Repellent](#).

I know it could be almost impossible right now for you to imagine that living like this is possible - **but I can assure you it is. If you make it your mission to heal from the inside out.**

How to Take Your First Step



It is not your fault that you didn't have healthy boundary function, and had co-dependent and over-functioning tendencies. We weren't taught this information. We usually had caregivers who carried their own trauma and were trying to survive it. Their trauma was passed on to them from their own caregivers.

Unconscious parents teach their offspring unconscious ways to operate - which for us, as the people who were narcissistically abused, meant trying to earn love and approval whilst handing our power and life force away.

Maybe you have tried to get help, yet haven't heard information about actual healing. Perhaps the therapists you have seen don't understand the effects of narcissistic abuse.

Perhaps there is no one in your life who 'gets' the severity of what you have been through. Absolutely the narcissist will have attempted the smearing of you on a grand scale, so it's possible people think you are the one with the problems.

When I discovered the inner processes needed to recover from narcissistic abuse, I had to share them. I know that if I hadn't found the solutions, I probably wouldn't be alive and if I was, I certainly wouldn't be living. The same truth exists for many victims of narcissistic abuse today.

What is important for you RIGHT now is some relief – a way to feel like you can survive this. The feeling of some clarity and power returning to you. I hope that this experience has started today with the reading of this eBook.

As you start healing, if you stay on course, I promise relief usually comes quickly. So now, before we move on to the last section of this eBook, I would love to share a video I created that I hope inspires you.

Watch this video: [How Do We Decide To Heal?](#)

Setting You Up For Thriving

My approach is not about solutions to merely cope. It's about creating true healing and empowerment *from the inside* in order to Thrive after narcissistic abuse.

Your narcissistic abusive situation right now will fall into one of the following categories:

- 1) You have been discarded by the narcissist either emotionally or literally and still feel trauma bonded.
- 2) You have left the relationship in order to try and regain yourself and sanity despite still feeling horrifically trauma bonded to the narcissist.
- 3) You are still with the narcissist and know that something needs to change if there is any hope of your life improving. Yet you feel so enmeshed or trauma bonded you don't know how to leave.
- 4) You still have contact with a certain person or family member whom you have identified as narcissistic, yet don't know how to protect yourself at these times of contact, and struggle to feel healthy even when you're not having contact.

Being 'trauma bonded' means you can't evict the thoughts of injustice, unthinkable behaviour, violations, lack of accountability, or missing the good times about this person, regardless of whether or not you wish to ever be in the relationship again.

You may be addicted to the thoughts of someone long after they have exited your life, even if you have been able to establish full No Contact.

You may be struggling with detaching and staying away from the narcissist. Maybe you haven't left yet, or perhaps you have and have returned many times.

Before Thriver healing, most of us left and returned more times than we can count.

Now it's time to read your next eBook How To Do No Contact. This eBook is important whether or not you have achieved No Contact. when you read it you will understand why.

If you have misplaced the link to the second eBook you can re-download it here:
[How To Do No Contact](#)

Or ... before doing so ... IF you still feel trauma bonded to the narcissist and would like powerful inner relief, I highly recommend direct shifting of the trauma out of your subconscious body - your Inner Being.

Then you will be able to detox the narcissist out of your heart, mind, spirit, and memory. It's how I have seen people heal for real - because of being able to meet, feel, release, and go free from internal trauma.

This severs the energetic ties with a narcissist and you become impervious to them physically as well.

This is the way to have the dissolving of rumination, pain, regret and heartbreak, resetting you back to wellbeing, without abuse symptoms, and accessing a "higher" life with the consciousness, confidence, and capacity to navigate it healthily.

This is the journey I am dedicated to sharing with you.

I know you deserve to claim freedom and true healing and your real life, and with all my heart I send you the strength and courage to move on to implementing the two *vital things* for your recovery:

These things are:

- No Contact or Modified Contact and,
- Your full focus on healing your Inner Being.

If you are ready to start healing the Thriver Way, with this Community's Super-Tool [The Narcissistic Abuse Recovery Program](#) - this is the fastest, most direct path to join our wonderful NARPer Tribe and have the best of our Thriver Team supporting you.

I hope you now have a deeper understanding of your personal journey and have much more hope that there is a real way to recover.

I'll speak to you again very soon

Much Love

Melanie xo