

One of the most frustrating things about being narcissistically abused is that **you the victim** **are** **is** often told how bad, insensitive, selfish, uncaring and incompetent **you she are is**. It doesn't matter how hard **you she try tries** to do the right thing, **the narcissist you** still **finds find** fault with **you her**.

If **the narcissist in your life you is are** a love partner - the relationship didn't start that way.

In stark contrast **you she** thought **you she** could do no wrong with **this person you** - in fact **you she** could not imagine **them you** ever getting annoyed about anything.

Generally ... that's how narcissistic relationships kick off - as glorious and delightful.

If **the person inflicting narcissistic abuse in your life you is are** a family member, maybe **you the victim** can not remember anything but being demeaned and criticised ... yet there may have been extremely confusing times when **this family member you** knew how to turn on the charm to play **you her** and get something from **you her**.

And at these times **you she** hoped that the abuse would stop and that **this person you** really did love **you her** and care about **your her** wellbeing.

However the cycles of abuse and demeaning inevitably repeated all over again.

Why does this happen?

Why **is are the narcissist you** sometimes so wonderful, and then *again* rarely appeased for long, and incessantly finding fault with **you the victim**?

That's what **I** am going to explain in this article.

The narcissist's You Reasons For Initially Idolising You the victim Before the Demeaning Starts

The interesting thing about narcissistic abuse, in regard to the initial charm known as love bombing and the constant criticism (known as devalue and discard), in both cases **the narcissist you is are** a chameleon.

It really doesn't have too much to do with **his or her your** preferences - it actually has to do with what will hook **you the victim** in the beginning the most, and what will hurt **you her** as time progresses the most.

It's all about getting a reaction and energy.

This is why it is pointless to try to work out why **the narcissist you wants want** this or **wants want** that and how **you the victim** can change whatever **you she are is** or **are is** not doing to try to make **the narcissist you** happy.

Because it actually has nothing to do with what **you the victim are is** or **are is** not doing that is “fabulous” at the start, or “terrible” as time progresses - all of that is an excuse.

At the beginning of the relationship - or when love bombing **you the victim** and pulling **you her** back into the fold - **the narcissist you has have** discovered what **your her** “gaps” are.

The things **you she** desperately **want wants** to hear to feel good and the things that “turn **you her** on”.

This is what made **you her** initially trust **the narcissist you**, fall in love with **him or her you**, and get excited about spending **your her** life with **this person you**. In regards to a family member narcissist or being love bombed by an intimate partner narcissist after trying to break up with them - these are the exhibitions of “affection” that make **you her** want to reconnect.

Narcissists are experts at manipulation. **The narcissist you** very quickly **is are** able to identify what **you your partner like likes**, what **your her** dreams are, and also what **you she** missed out on that **you she** would have dearly loved ... what **your her** childhood and other partners did not necessarily provide **you her**.

These are the gaps that **the narcissist you fills fill** in, and tragically set up so many people to be narcissistically abused.

And **the narcissist you** will go out of **his or her your** way to go beyond the call of duty to do the little and big stand out things that differentiate **him or her you** from anyone else **you the victim have has** been out with.

Narcissists, initially and when love bombing, are generally very demonstrative and incredibly charming. At these times **the narcissist you knows know** how to position **him or herself yourself** as the “dream partner” especially tailored for **you your victim**.

These are not attributes **the narcissist you has have**; this is all about how **the narcissist you knows know** how to play **you your victim**.

The narcissist you does do not feel real, and **does do** not even know who **he or she you is are** without narcissistic supply. But **he or she you** certainly **knows know** what it feels like to not be a real entity in **his or her your** own body ... the terrible gnawing of screaming emptiness, self loathing and dire insecurity - the feelings of always being close to total emotional collapse without energy from the outside feeding **his or her your** ego (False Self).

There is no True Self available to have preferences or to have a real identity - there is simply the dire need to get attention, acclaim, stuff, compliments, even other people's negative emotions (this makes **the narcissist you** know **he or she you is are** important enough to affect a person) so that **the narcissist you** can escape being alone with **him or herself yourself** as often as possible.

This is all about escaping an inner demonic void which is ever present, that threatens to eat **the narcissist you** alive.

Therefore the vital goal is: being *whoever* is necessary to secure **you your victim** as a source of narcissistic supply.

The best way to do that is appear, as much as possible, to be everything that **you she want wants** **the narcissist you** to be.

The narcissist you works work out what **you the victim like likes**, what **you she are is** drawn to ... topics such as spirituality, intelligence, religion, sexual attention, compliments, tenderness, big future plans, being cooked for, or even if **you she are is** prone to fixing people who have been victimised - **the narcissist you** will incite **your her** need for fixing.

Naturally the connection feels wonderful, **you she are is** having enough of **your her** gaps filled to feel euphoric.

You she may feel a sense of "wholeness" with **this person you**, or even a sense of "coming home". Many people report that for the first time they felt TRULY loved and safe.

This is the beginning - the dream days when **you the victim** thought **this you was were** the perfect person and it would always feel this wonderful.

The narcissist you seemed so accommodating, understanding and gentle - and **you the victim** thought that you were both on the same side of the team.

But it didn't last.

Acts Don't Last

So why doesn't this "wonderful" stage last - even if it is an act?

Because what is real can not stand the test of time. The truth always comes out - and the truth is Dr Jekyll is an act.

The narcissist's **your** real self - the real inner being is Mr/Ms Hyde - a tormented self that is far from healthy, loving or capable of love.

And even at the beginning there are cracks - especially if **you your partner** still **retain retains** **your her** own interests, **your her** own time and **your her** own circle of friends (including members of the same sex as **the narcissist you**) ...

I promise **you** these are the people who flush narcissists out. These are the people who inherently know it is not healthy to do instant relationships, time is needed, and it is sensible to get to know someone before putting your heart, body and life on the line.

They also know that healthy mature adults spend time apart, and things like neediness, possessiveness and jealousy do not constitute healthy relationship material.

The love bombing stage is much easier for **the narcissist you** to pull off and hook **you the victim** with, if **you she enmesh enmeshes**, if **you she fall falls** in, and if **you she allow allows** the fast bonding to occur.

Once **you she are is** hooked, devoted and besotted **the narcissist you** can start relaxing. The snaring, enmeshing and taking narcissistic supply has been established.

It has taken an almighty effort for **the narcissist you** to maintain "decency" and "delightfulness" in order to capture **you your victim**, and when the need for **the narcissist's your** "wonderful" persona starts easing back ... the cracks will start *cracking open*.

This is when the damned if you are, and damned if you aren't stuff starts happening.

How quickly that will happen depends on a few things.

Many people say this happened hugely when they moved in with the narcissist, or married the narcissist, or that it was subtlety there all along and it just got worse and worse.

The truth is: even at the beginning because **the narcissist you is are** a pathological self, **he or she you** will expose some personality flaws - and maybe very big ones - accidentally.

It may be a look that **you the victim see sees** when **the narcissist you is are** unaware that is really creepy or malicious. It may be something that **the narcissist you says say** that is "off", something that is really "wrong", a statement that is childish, demanding, nasty or warped.

And when it happens something inside of **you her** *twists into a knot* ...

Something from **the narcissist's your** past may pop up ... unsavoury stuff or drama that is not "normal".

One of the greatest warning signs is: there are things that **you the victim** sense **senses** the narcissist **you is are** lying about - things that *just don't add up*. And for some reason **you she do does** not wish to confront them. Maybe **you she** even find **finds** out about the lies, but **you she do does** not want to acknowledge them.

If we are honest with ourselves, we know this is because we didn't want to shatter the illusion of how wonderful we wanted this person to be. Or, if **you she do does** confront these issues, somehow the reasons given to **you her** still don't make concrete sense and don't put **you her** at ease.

Another warning sign is: **the narcissist you is are** isolating **you your victim** - and it is very difficult to have communications and relationships with other people without getting a weird vibe or disdain from **the narcissist you**. Yet, **you she** may dismiss all of this subtly or *obviously* happening because the time you spend together is still wonderful.

Mind you, NOT all narcissists will display all of this, but some or all of these warning signs will be apparent, and **your the victim's** gut will register and feel ill at ease at these times.

Some people have reported ... people with very low self-esteem, that the narcissist right from the beginning treated them terribly, told them they would never be good enough from the narcissist, and abused them from the beginning.

Most people need more of a show to get hooked in - some people don't - and **the narcissist you** quickly **works work** out which category people are in.

One thing is for certain ... that when **you the victim are is** sufficiently hooked **the narcissist you** will start to ascertain how far the mask can come off and still have **you her** around for narcissistic supply.

That is if **you she** still have **has** something to offer that **the narcissist's your** ego wants, otherwise **you she** will be discarded.

Attacking What **the narcissist you** Originally Supported

Let's further investigate how **your the victim's** gap get used against **you her**.

Let's say **you she have has** body image issues. Originally **the narcissist you** professed to help **you her** feel good about **your her** body and love **you her** unconditionally. **The narcissist you** may have even asserted that **he / she you** loved fuller bodied partners.

Now that **you the victim are is** hooked, **the narcissist you is are** mercilessly targeting **your her** body image with insults.

Let's say **you** **she** hate **hates** jealousy, and **have** **has** told **the narcissist** **you** about **your** **her** journey with jealous partners in the past. **The narcissist** **you** originally stated how much **he** or **she** **you** was **were** not the jealous type, and agreed with **your** **the victim's** non jealous orientation 100%.

Yet, now that the mask has slipped, **the narcissist** **you** starts **start** generating jealousy. Being suspicious, starting to make **you** **your partner** suspicious - and accusing **you** **her** of being untrustworthy as well as unjustly jealous.

Another one of the most painful things about the demeaning that goes with narcissistic abuse is - **you** **the victim** can not win.

What gets incredibly frustrating about narcissistic abuse is whatever **you** **she** do **does**, **you** **she** are **is** "wrong".

Maybe **the narcissist** **you** has **have** told **you** **her** that **you** **she** are **is** lazy and **you** **she** do **does** not contribute enough - so **you** **she** pick **picks** up overtime and **start** **starts** working back late. But to **your** **her** dismay **the narcissist** **you** now accuses **accuse** **you** **her** of being a workaholic who only cares about money and certainly not about **him** / **her** **you** or your children.

Because **the narcissist** **you** is **are** attacking **your** **her** body image, **you** **the victim** start **starts** watching what **you** **she** eat **eats** and exercise **exercises** more. Rather than **the narcissist** **you** being happy with **you** **her** losing weight, **you** **she** are **is** then accused of being obsessed with how **you** **she** look **looks**.

I remember one of **my** most maddening "damned if you do, damned if you don't" situations was when **we** were renovating **our** house together. If **I** went to the hardware store with **him** for materials without wearing makeup **he** would tell **me** that **I** didn't care enough about being **his** partner to want to make **myself** look good for **him** (like **I** apparently did for everyone else). Then when **I** did wear makeup **he** would accuse **me** of doing this to get the attention of every other man in the hardware store.

It was total madness!

The Narcissistic Relief of Offloading

The narcissist **you** can get additional pain relief from **you** **your victim** as a result of attacking **your** **her** weak spots.

Narcissistic supply was the first part of this. Lovebombing **you** **her** and securing **you** **her**, and then removing **your** **her** outer sources so that bit by bit by bit **the narcissist** **you** becomes **become** the centre of **your** **her** Universe, for good or for bad.

Then **the narcissist you** can extract energy from **you her** at any time when **the narcissist you** **needs need** narcissistic supply, and when other sources of supply have dried up.

If **you the victim** have **has** physically disconnected from **the narcissist you**, and **are is** still obsessing emotionally about **the narcissist you**, this still provides **the narcissist you** with *psychic energy* ... **I** promise **you** - and this is a very vital part of what needs to be healed within ourselves - in order to heal from narcissistic abuse.

However, when **you she are is** still in **the narcissist's your** physical space, there is the added benefit of being able to belittle **you her**, so that when **the narcissist's your** inner demons can't get drowned out, **the narcissist you** can project them on to **you her**.

In effect what this is literally, is the assigning of these onto another person so that **the narcissist you** can try to attack and defeat **his your** internal enemies.

Naturally this is unconscious - and according to **the narcissist's your** pathological and severely distorted brain wiring - these demons ARE **you the victim**.

In regard to consciousness, narcissists are on a very low end of the scale.

Conscious people know how to have control over their emotions despite the circumstances.

Unconscious people's emotions are controlled by the circumstances.

Narcissists make up the circumstances to match their emotions.

Narcissists make up events in their minds to match the inner painful feelings they experience, and have grave difficulty in separating fact from fiction.

Therefore according to **the narcissist's your** twisted brain wiring, there is concrete evidence supporting **his or her your** accusations against **you your victim**.

These accusations come about in 3 different ways.

- 1) **Your the victim's** gaps that **the narcissist you** has **have** identified as **your her** weak points.
- 2) What **the narcissist you** is **are** projecting in regard to **his or her your** own dark, shameful, unwholesome behaviour, and
- 3) Anything that **you the victim** experience **experiences** connection, joy, acclaim, or fulfilment about that takes energy away from **the narcissist you**.

How Narcissistic Abuse Escalates

The danger period begins when **you the victim have has** rationalised initial warning signs away, not confronted “ things that don’t add up ” squarely and directly, and when **you she have has** talked **yourself herself** into “ why ” **you she** should be in the relationship regardless.

Now more cracks have appeared ... things like jealousy, unease, put downs, inappropriate anger and behaviour, and **the narcissist you** taking umbrage at any perceived criticism.

Now **you the victim have has** seen with **your her** own eyes that **the narcissist you has have** serious issues and **is are** not taking personal responsibility. There is always an excuse or someone else to blame.

You the victim have has crossed the line of selling out **your her** gut feelings, and even putting up with real life unpleasant experiences with **this person you**, as a trade off for something that **the narcissist you is are** providing **you her** with ... something that **you she are is** not anchored healthily into for **yourself herself**.

Maybe **you she do does** not speak lovingly to **yourself herself**.

Maybe **you she hold holds** harsh expectations that **you she judge judges** **yourself herself** by.

Maybe **you she criticize criticizes** rather than **compliment compliments** **yourself herself**.

Maybe **you she do does** not know how to be with **yourself herself** healthily in **your her** heart, and **you she are is** incessantly in **your her** mind disconnected from **yourself herself**.

Maybe because these states were always how **you she have has** been as **your her** “ normal ”, **you she** had no idea that was even happening within **yourself herself** until now.

The narcissist you filled some or many of these gaps initially for **you her**.

The narcissist’s your act took away the pain of self doubt and an insecure future, the fear of being alone and the pain of feeling unlovable, unworthy or not good enough.

These remedies are what **you she are is** hanging on to, even though the initial large doses starting petering out to crumbs, and got replaced with abuse.

When people work through their inner recoveries they discover how true this is, and the true reasons as to why **you she have has** been suffering the abuse and why **you she stay stays** *despite it*.

This following statement is one that **I** really want to include in as many of **my** radio shows and blog articles as possible - because *it is so important to understand*.

We need to have this statement as our mantra.

We will never tolerate a level of love less than the level of love we have for ourselves.

So until we acknowledge this, and we do the essential work on ourselves, we get stuck in the grand illusions; the falsities that *do not* set us free from the agony of narcissistic abuse. We believe that this is all about what **the narcissist you is are** or **is are** not doing, and we cling trying to force **the narcissist you** to wake up and change in order to fix the trauma and the pain that we are experiencing.

Not only is this akin to expecting a crocodile to roll over while we scratch its tummy, it's also completely missing the bigger picture point.

The narcissist you was were never in **your her** life to *love you her*, **the narcissist you** came into **your her** life as a *messenger*, helping **you her** locate and heal the parts of **yourself herself** that weren't loving and approving of **yourself herself**.

Do **you** believe that "everything happens for a reason?"

Narcissist abuse is no exception - **I** promise **you** ...

The gaps that **the narcissist you has have** identified as **your the victim's** weak points

Most narcissists are really skilled at identifying **your their victim's** weak points, and tailor the nasty behavior to suit the person in question. Our gaps include having unhealthy tolerances to certain things, and it is through identifying these gaps **the narcissist you works work** out what **he or she you** can get away with. If **you your partner have has** zero tolerance to affairs and would never put up with being cheated on, then **the narcissist you** will not throw other people in **your her** face, and will use another angle to demean **you her** with.

If **you she have has** a tendency to hang on to adulterous partners rather than leave, and this has been **your her** pattern, **the narcissist you** will punish **you her** this way by battering **you her** with comments about **the narcissist's your** attraction to other people, and how **you the victim are is** not "good enough".

The narcissist you may even blatantly and indiscriminately have open affairs, knowing this will trigger **your the victim's** emotional panic and hook **you her** in harder. To ascertain what **your her** weak links are and how they can be played, **the narcissist you tries try** out **your her** levels of tolerance.

To understand **your her** own weak links **you she** can investigate the patterns **you she have has** had in relationships. What has hurt **you her** the most that **you she** still **have has** emotional energy tied up in? In short, what is it that **you she** still **fear fears**?

I promise **you** this: all of these unattended to traumas attract *exactly what you **she** fear fears*.

Fear is as strong as an attraction force to a narcissist as blood is to a shark.

Pain bodies hone in on, and attach, to pain bodies ... *point blank ... period*.

Your **her** greatest fears may include being replaced by someone else, being abandoned, not being trusted and believed in, maybe having things stolen from **you her**. Maybe they are: being physically, emotionally sexually or financially abused.

This **you she** also **need needs** to understand ... what we fear we tend to draw into our lives and *roll around with*.

In stark contrast, it is the things that we have *healed and resolved* that we no longer tolerate and play out.

Please also understand this: tolerance doesn't just mean shutting **your her** mouth and putting up with it. Being tolerant means staying in the relationship *in any capacity*.

If **you she** stay **stays** attached to **the narcissist you** whilst being abused with **your her** weak spots - arguing, trying to catch **the narcissist you** out, trying to force **the narcissist you** to be accountable or change ... be VERY clear ... **you she are is tolerating what is happening to you her**.

You **she are is** also handing over A Grade narcissistic supply to **the narcissist you**, which makes him or her **you** feel incredibly significant regarding being able to have such a powerful effect over another person.

Zero tolerance means **you she** get **gets** up and leave **leaves** regardless of the pain and the cost.

Zero tolerance means that **you she** will not have "that" in **your her** life in any shape or form.

Zero tolerance means **you she** will not sell **yourself herself** out by compromising on what **you she** have **has** decided will never have any place in **your her** life.

The things that **you she** have **has** zero tolerance about are the things that **you she** will never experience. Life does not need to hand **you her** these situations in order to heal **your her** self-esteem and help **you her** grow beyond **your her** previous self.

You **she** do **does** not hate these things that **you she** have **has** zero tolerance for, and **you she** do **does** not fear them.

They are just not any part of **your her** reality.

This is the level to where **your her** previous and current emotional traumas, including unfinished childhood business, need to be healed to - in order to not get hooked by these weak spots.

That is what the inner work is all about.

As with all narcissistic abuse **the ex-narcissist** targeted **my** weak spots, **my** unfinished business, profoundly.

But rather than accept how **his** many abusive behaviours were diminishing **me** piece by piece ... **I** stayed, **I** argued, **I** prescribed, **I** lectured ... **I** fought back.

And **I** stayed even though there was no change or resolution that ever lasted.

My reactions got worse and worse ... and **I** didn't realise that this was wonderful for a narcissist - it granted **him** tons of attention. The knowing that **he** existed and had the power to affect another human being so significantly.

All of this drama was keeping **him** distracted from **his** own tormented inner being and alive.

The more **I** was hooked onto trying to get **him** to change **his** behaviour, the more **I** lost the ability to detach and look after **myself**, and as a codependent **I** had never mastered this skill previous to **him** anyway.

In this severely dangerous state of **me** being separated from being anchored in **my** own body able to create **my** own sanity, safety and peace, **he** was able to swiftly pull out the rug from beneath **me**, with violent threats and actions, intimidation and or abandonment - with **me** not letting go.

And **I** clung on to **him** trying to get **him** to fix what **he** was doing, because **I** felt like **I** would die if **I** could not.

Because **I** wasn't detaching **I** was nowhere near taking responsibility for healing **my** own weak points that **he** was able to batter and hook **me** with.

I know **I** am not the only one who has experienced this - the grave handing over of our power - not by a long shot.

There is an entire community of people here who have played this out!

What **the narcissist you** unconsciously **detests detest** about **his or her your** own dark, shameful, unwholesome behavior.

One of the most painful and exasperating parts of narcissistic abuse is being constantly accused of all the things that **you the victim know knows** the narcissist is and does.

Things like being materialistic, selfish, nasty, unfaithful, uncaring, devious, a bad parent ... the list goes on and on.

Everyone I know who has been narcissistically abused stated that so many of the things that the narcissist accused them of doing were all the things that the narcissist was doing him or herself.

It's safe to say that a great deal of the blame throwing that **the narcissist you does do** will leave **you the victim** in shock, tearing **your her** hair out screaming, "Look in the mirror!"

Anything **you the victim receive receives** enjoyment, acclaim, purpose or fulfillment from.

Anything that takes energy away from **the narcissist you** is going to be a target. So with this comes the accompanying nastiness, which is the response to **the narcissist's your** inner self loathing that is accentuated and further triggered by pathological envy towards **you your victim**.

This is in relation to people or activities that **you she get gets** positive energy from, such as love, acknowledgement, accomplishment or joy.

Because of the intense feelings of being inferior (unable to feel genuine happiness) and **you the victim** being superior (able to feel genuine happiness) **the narcissist you needs need** to take **you her** down a peg or twenty in order to feel vindicated.

At these times it feels devastating that what is so important to **you her** is attacked and sabotaged by **the narcissist you** mercilessly.

Many abuse forums like to purport that point number 3 makes us completely powerless and targeted, and it is all to do with how much we have to offer that the narcissist wants but can never have.

But ... we need to understand this focus only keeps us entrenched in ongoing powerlessness and victimisation.

Yes, there are things that we are naturally happy about, accomplished at and get wonderful energy from that the narcissist pathologically abhors ... but if we stay attached to the narcissist, regardless of the abuse, *there are deep reasons within us as to why we aren't pulling away and honouring ourselves - and these are the gaps within us which require inner healing.*

So ... if **you the victim are is** sufficiently hooked it is likely that **you she** will try to please **the narcissist you**.

Maybe **you she start starts** feeling the insecurity of possibly losing **the narcissist you** - **your her** supply of security / love / approval / lifestyle / enjoyment / saviour from loneliness, and **you**

she try tries to adapt accordingly ... you she try tries to change to make this person you happy so that he or she you will stay connected to you her.

Maybe you she are is trying to keep the peace because you she do does not like confrontation - so you she give gives in.

Maybe you she doubt doubts yourself herself and make makes excuses for this person you, or think thinks there is some value in what they you are saying – even though your her gut is trying to tell you her otherwise.

Maybe you she do does try and stand up for yourself herself, but then give gives in because the narcissist you knows know how to always up the ante in ways that make you her stay.

The Narcissist Does Not Want Resolution

So why doesn't the narcissist want resolution and peace? This is often the "million dollar question" that people ask.

Before I understood enough about what was really going on and what I deeply needed to heal within myself, I used to view the situation through surface level human eyes.

I know you the victim might be doing this too.

Because I thought he ultimately wanted what every human wants - *resolution and love*.

After leaving there were times when I believed this illusion more. This would follow on from clawing my way out of my horrendous addiction to him to get to a safe house away from his threats and abuse.

Then he would switch the tables and love-bomb.

Then I was back in the relief of believing that my prince charming did want love, happiness and happily-ever-after. And the evidence of this falling flat time and time again did not alter my delusions of relief and wanting to believe in him for years.

Of course I believed in him, I had projected onto him the version of who I wanted him to be, rather than seeing him for the truth of who he was.

Narcissists do not want happily ever after. They are not partnered with you their victim or anyone else. They serve one master only - the relentless ego that can never be filled or satisfied.

Peace, normality, togetherness, love, gentleness, trust, honesty and teamwork are “ poison ” to the ego - they annihilate it.

As “ Oneness ” does - “ Oneness ” renders egos obsolete.

The ego is a lone wolf, a relentless machine of needing more, more, more. More notoriety, more acclaim, more worship, more stuff, more superiority, more recognition, more POWER.

You the victim and the relationship were only the vehicle to try to get these things. It was never about love and all the synonyms that go with love.

There is no genuine relationship possible with a narcissist for this reason - *period*. There is only, after narcissistic abuse, the ability to heal and create a genuine relationship with **yourself oneself**.

And this is what *our healing* is all about.

Deep Self-Reflection Revealing the Empowering Truth

Naturally, until we *really* look inwards, and accept that *we are the generative source of our own experience* - we will not only be very confused about what is going on - we will also blame the narcissist for what is happening to us.

And this is something that victims stuck in victimhood have a very hard time accepting (as **I** once did also) ...

This ... *as an adult no-one else other than ourselves is responsible for our wellbeing - we are.*

We need to understand that the narcissists and codependents are playing out two sides of the same coin.

The glue that is holding the narcissist and the codependent together is *neediness*.

Meaning: *I need something from you that I can't supply for myself.*

We know that the narcissist needs narcissistic supply. He or she can't self provide any positive energy, self worth or self approval - it all has to come from the outside.

And when we deeply investigate ourselves to heal and break free from the prison, enmeshment and future or present horror of narcissistic takeover - we discover we assigned the narcissist as our source of “ feeling loved ” or “ feeling attractive ” or “ having security ” or “ a fun lifestyle ”

or “ not having to be alone anymore ” or “ great sex ” - or whatever it is that we rationalise is worth being in a relationship that we know deep in our heart is not healthy for us.

We try to believe it is “ love ” but it’s not, really it is an obsession based on fear - the fear that without this person we may not be able to have this “ thing ” or “ state ” in our future - that we are not going to be able to generate it for ourselves.

I promise **you** that is the real reason **you the victim are is** staying - and until that development and healing within **yourself herself** is addressed, **you she are is** highly susceptible to hanging around whilst the intense devaluation continues.

Or **you she** may never be able to heal and move past the trauma that **your her** devaluation caused - even long after **you she have has** crawled away barely alive, or **have has** been thrown in the gutter and discarded mercilessly.

So many of us were trapped in the cycle of abuse, and I know that many people in this community still are.

This is what the cycle of abuse looks like: abuse ... breakdown ... reconnect ... relief ... tension building ... abuse ... breakdown ... reconnect ... relief ... tension building - and the cycle continuing all over again.

In faster times with greater intensity, all for the higher purpose of bringing the lesson screaming home to us, “ This is NOT your soul truth to be living this, and HOW MUCH pain do you need to get it?! ”

That’s the lesson ...

What our soul truth is about, IS the coming home to ourselves to be able to heal the gaps that led us to and hooked us into narcissistic abuse. *Then we break free, and we don’t just survive, we evolve ourselves to a level beyond trauma and beyond abuse.*

That is what *thriving* after narcissistic abuse is all about, and I’d love **you** to learn about that.

If this article resonated with **you** I would love **you** to join **me** for my next free Live Teleclass called the 3 Keys To Thriving After Narcissistic Abuse. In this event I share **my** healing system, Quanta Freedom Healing which has allowed thousands of people from over 50 different countries to break free from narcissistic abuse and start new lives filled with abundance, freedom and joy.

Also, if **you** know someone who is in an abusive relationship, who is playing out these cycles with a narcissist, please pass this article on to them.

And please if **you** have any questions or comments, write them in the section below, **I** respond to all of them.