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# Escaping His Delusion: Breaking Free from Narcissistic Abuse

Leaving a Narcissist Who Chose Illusion Over Accountability



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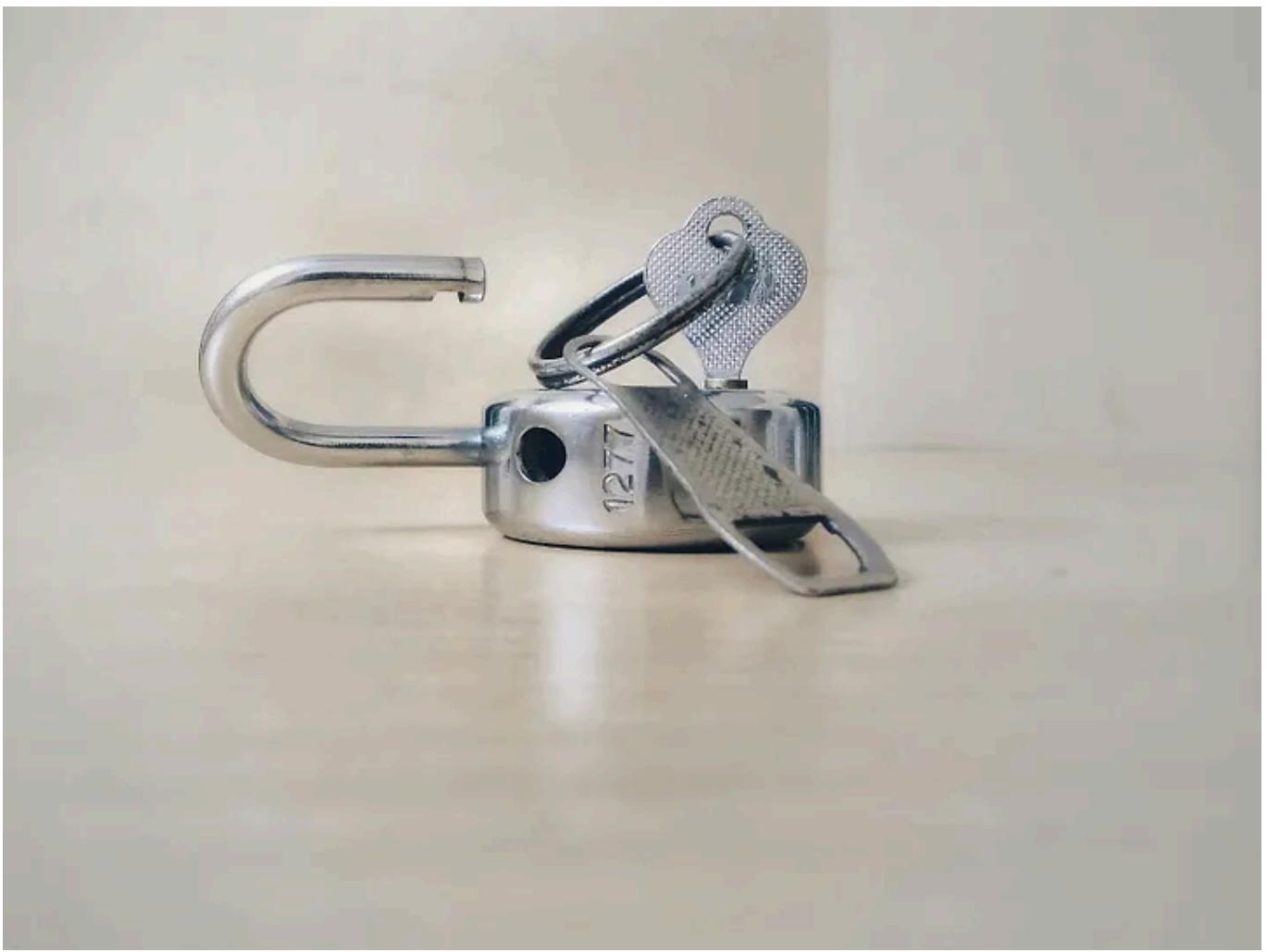


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Narcissism was certainly a big part of it. But in my case, the problem didn't stop there. It spiralled into full-blown delusion. Now, with distance and time offering clarity, the picture sharpens each day.

On one hand, it's incredible to see the pattern so clearly now — the red flags that were there from the very beginning. That uncomfortable gut feeling I couldn't quite decipher, or worse, the one I chose to ignore. Deep down, my emotional self was trying to warn me that something was wrong, dramatically wrong, as it turned out.

It has only been two months since I ended the relationship, but it feels like a lifetime. In these two months, I have learned more than I did in the past two years. Or maybe I finally decided to open my eyes and see what I had spent so long justifying.

The moment of reckoning came when I realised my choice was stark: save myself or stay and emotionally succumb to his control, manipulation, gaslighting, and delusion. It was a hard decision. A part of me still clung to the idealised version of him in my mind: the man I believed he could be, his unfulfilled potential. But when, for the umpteenth time, he attacked me emotionally, twisted reality to control the narrative, yelled at me, and reduced me to tears in a public place — all while claiming he was just worried about me — I could no longer look away! That moment forced me to confront the first brutal truth: I was in a relationship with an abusive man who, despite my endless efforts, hopes, and second, third, and fourth chances, would **never** change.

My adult self knew this too well. The man shouting across the table only vaguely resembled the fantasy I had built in my mind. That fantasy had been kinder, more balanced, more loving. It had very little to do with the man sitting in front of me.

After I walked away, he responded in the most textbook narcissistic ways: first hoovering — crying, professing love, making empty promises — then devaluing me with a full-blown smear campaign, and finally, discarding me. He couldn't accept being left. He had to rewrite the narrative. He was too fragile to acknowledge any wrongdoing, let alone admit that he had been

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And when it finally ended, he created an entirely new reality. One in which he is a visionary, a genius changing the world. Now, he claims to be unraveling century-old physics paradoxes, engaging with philosophers and mathematicians, bending entire disciplines to fit his delusions.

He had always been eccentric, always a little “different.” But he never truly let me into his deepest thoughts. Occasionally, he would hint at something, but never fully disclose what was really going on inside his mind. I sensed early on that something wasn’t right, though I couldn’t quite put my finger on it. Once or twice, he even told me I wasn’t “ready” to comprehend his thoughts.

Looking back now, the truth is undeniable: he was slowly breaking away from reality. And now, two months after leaving him, I have had to confront an even harder truth than the first.

The man I was with wasn’t just an abuser, **he is also severely mentally ill.**

This realisation has left me with complicated, conflicting emotions. Did he mean to hurt me? Can his actions be excused because of his illness?

His delusions have conveniently shaped a new, unchallengeable world – one where there is no accountability, no responsibility. A heaven for his fragile ego. He is rewriting reality altogether, labelling those who question him as “gatekeepers” or simply incapable of grasping his brilliance.

And yet, despite everything, I no longer feel trapped in his world. Because I have finally reclaimed my own.

If this resonated with you, *follow me for more raw and honest stories on healing from narcissistic abuse. I'd love to hear your thoughts in the comments.*

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Written by Elena Byron

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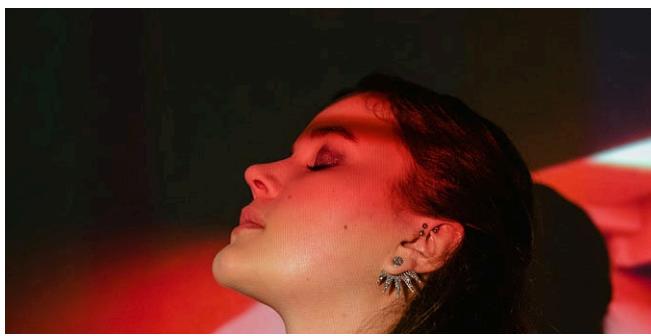


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