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# After the Illusion: What Breaking the Spell of Narcissistic Abuse Taught Me

Escaping delusion, reclaiming presence and learning to love real life again



Elena Byron

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It's strange how much more vivid life feels now.

Like I've been living in black and white, and someone suddenly turned the colours back on.

Surviving narcissistic abuse was like waking up from a nightmare I didn't know I was in. A twisted version of *A Christmas Carol*, except the ghost was real and hid his cruelty with a mask of enlightenment.

But here's the gift: I didn't just wake up. I came back to myself.

Now, I notice the warmth of a morning cup of tea, the laughter of my children, the softness of a real hug. I don't need grand declarations or

delusional promises. I value what's here, **what's real**, in every single moment.

I've learned to trust silence over noise, presence over performance, kindness over charisma, truth over lies.

Real connection doesn't need to shout.

And maybe, just maybe, the gift of that darkness...  
was that it made me see the light I already had.  
**The light in myself.**

*Hi, I'm Elena. I'm a clinical psychologist and a survivor of narcissistic abuse.*

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

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## Written by Elena Byron

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Psychologist & Trauma Therapist | Survivor Exploring the aftermath of narcissistic abuse, the resilience of the human mind and the path to self-reclamation.

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What are your thoughts?



Pallvi

1 day ago



This piece resonated deeply — a testament to the strength it takes to reclaim oneself after narcissistic abuse. Truly inspiring.



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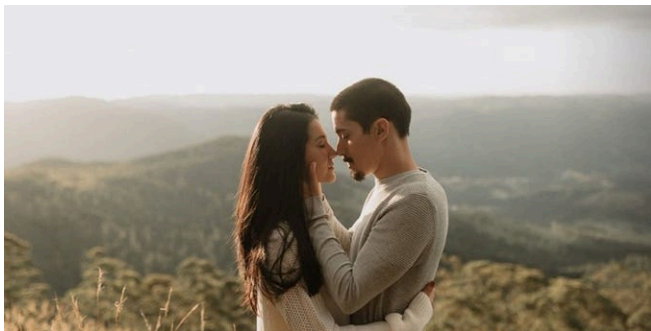
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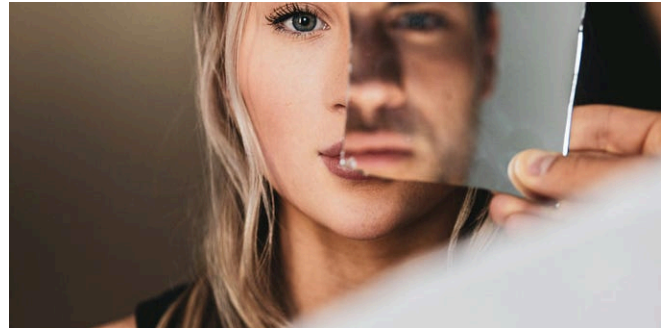
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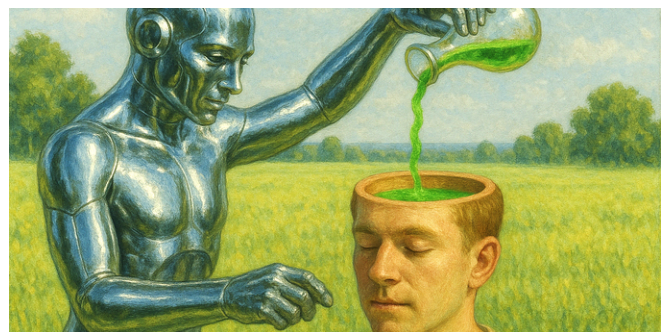
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