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I Was Looking for Myself and Got Trapped in Narcissistic Abuse

Trying to find who I was led me straight into a narcissist's trap



Elena Byron

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2 min read · May 13, 2025



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When people ask how it happened, I want to say, “Because I was searching.”

For love, yes.

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For something that made me feel alive again.

I had spent years feeling numb, unseen, overwhelmed by life responsibilities, duty.

So when he came along with all his intensity and promises, I mistook it for

magic.

He looked straight into me. Or so I thought.

He repeated my words, pretended to admire my depth.

I thought: *Finally, someone gets it. Gets me.*

But it wasn't real. **Actually, it was all a lie.**

He wasn't seeing me. He was studying me.

Not to love me, but to control me.

Not to build something, but to feed his illusion.

I didn't stay because I couldn't see the red flags.

I stayed because I hoped this time, someone would really see me.

That hope...

By the time the cracks began to show, I was already too attached to the fantasy.

A part of me started to dismiss the empty promises, the gaslighting, the cruelty, **the abuse.**

Too invested in the idea that this time I would be loved.

That I could soothe that old wound he had reactivated in the first place.

And that's the cruelest part of narcissistic abuse.

It doesn't just hurt you: it makes you betray yourself in the process.

I thought I was growing.

I was actually disappearing.

But i found myself in the process, when abuse was too much to tolerate, to justify, to dismiss.

Escaping him wasn't just about leaving him.

It was about finding myself again. Without the distortion, without the performance.

And learning that real love will never come from a narcissist. But also healing begins when the adult in me stops abandoning my inner child.

This time, for real and forever.

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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What are your thoughts?



Tina she/her



May 18



When people ask how it happened, I want to say, “Because I was searching.”
For love, yes.
But also for recognition.
For intensity.

So many of us mistake intensity for connection, especially when we’re starved for recognition or feeling invisible in our own lives. Narcissistic abuse doesn’t just break your heart; it distorts your reality, rewrites your self-worth, and convinces... [more](#)



5



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Shereen Gull

May 13



But also healing begins when the adult in me stops abandoning my inner child.

Here we say,

Came late but came right!

The best thing is that you survived ❤️💬



15



1 reply

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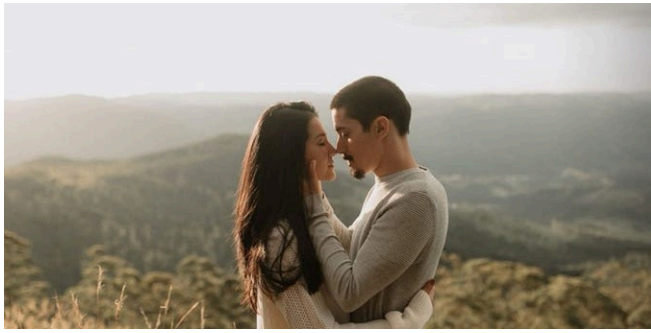


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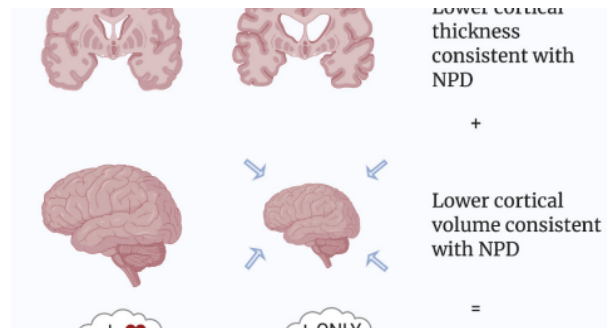
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How to Heal From Narcissistic Abuse

Here's a list of actions that I took and found helpful, to finally heal from Narcissistic abuse.

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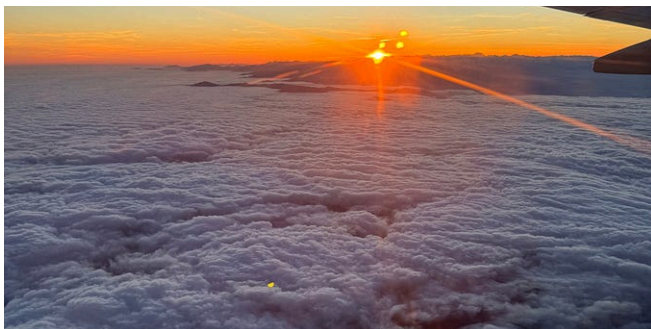


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Firstly let's understand what narcissism is.

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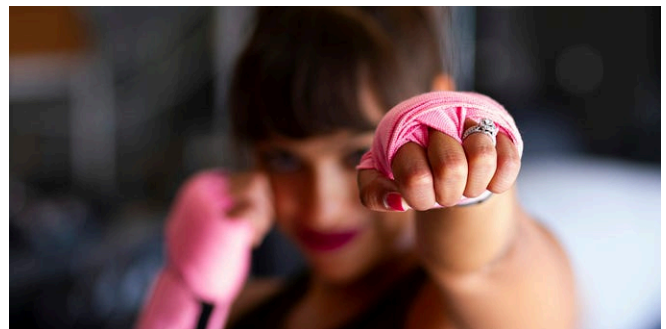


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 3



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