

Write A Catalyst

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15 Red Flags I Overlooked Because I Wanted It to Be Love

When you're trauma-bonded, even the strangest things start to feel normal



Elena Byron

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1. He made sexist and homophobic jokes but said it was *just* humour. I shouldn't be so "woke."

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Write



3. His humour was hurtful at best but he thought it was "funny." I was too touchy.

4. He romanticised ideas like brain implants, robot pets, or "living outside the system." Anything that felt disconnected from real life and emotions

fascinated him. **I was too deep.**

5. Every time I brought up something practical, he couldn't handle a real conversation. **I was overthinking.**
6. If I needed support, he offered vague philosophies or buzzwords instead of care if I was lucky or straight emotional abuse on a regular day. **I was too needy.**
7. He dismissed complexity (mine, his, or life's) as unnecessary noise. **I was too complicated.**
8. He was completely disconnected from reality but claimed to be “ahead of his time.” **I was too behind.**
9. He was deeply emotionally unstable but saying that he was very “resolved” as he worked deeply on himself. **I wasn’t evolved enough.**
10. He would reject any form of real work on himself and just stick to magical thinking and conspiracy theories type of things. **I was uninformed.**
11. He would shout at me and then say he would NEVER get angry. **I was too emotional.**
12. He couldn’t hold a project, a job, or a plan, but always had a grand vision. **I was narrow-minded.**
13. He avoided any real emotional responsibility, always shifting blame. **It was always my fault.**
14. My instincts said something was seriously off but I silenced them to preserve the fantasy. **Maybe I was misinterpreting.**
15. He constantly twisted my needs into flaws. “**You’re too intense.” “Too sensitive.” “Too critical.”**

Projection was one of his favourite defense mechanisms.

Everything he hated about himself, he threw onto me. He couldn't face his own shame, so he externalised it and made it mine. A classic narcissistic pattern.

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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Write A Catalyst and Build it into Existence.



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.



Responses (2)



Write a response

What are your thoughts?



Mahi Nadeem he/him

May 16

...

Everything he hated about himself, he threw onto me.

And you can't sustain it for long!!



5



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atinder kaur she/her

May 16

...

Even when you know all this and understand what is happening, you just don't accept it and stay in denial.



5



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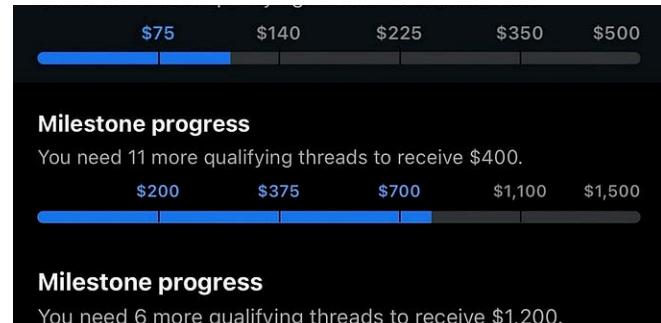


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