



## **THRIVERcise: Healing from Toxic / Narcissistic Abuse – Get Some Distance**

**Introduction:** There are many opinions when it comes to healing from abuse whether it be from toxic, narcissistic, and/or downright controlling people. The video offering this **FREE THRIVERcise** mentioned four actions you can take to facilitate healing:

- **Get Some Distance** – It's hard to recognize abuse and rewire your brain to respond to maladaptive behaviors and abusive tactics while you are experiencing them. Getting some distance and perspective is important to consider your experience and practice how to respond to situations in the future. The greater and longer the distance the better but work with what you have.
- **Validate Your Experience** – Healing from abuse is impossible in the fog of war, or in this case, the confusion that comes with gaslighting, projection, deflection, and the push and pull of idealization and devaluation. It's easy to believe you may be too sensitive, making it up, or the maladaptive person yourself. And it's no wonder: that's why these techniques are used. Be assured, there is plenty of evidence supporting your reality if you have techniques for doing so.
- **Don't Personalize** – Remember, abuse is something that happens to the best and closest target, and that just as easily could have been someone else. If you can practice the belief that what is being thrown at you doesn't define you and says more about the person inflicting the abuse. An ability to not personalize what you are experiencing can help you take your power back and not internalize the nonsense and crazymaking of the controller(s) in your life.
- **Practice Radical Acceptance** – While it's a relief to get away from toxic behavior, validate your experience and know that what is happening isn't right, and stop personalizing behaviors to preserve your self-esteem, it can be downright daunting to accept that those people in your life who are perpetrating the abuse will most likely never change. And they will never acknowledge or apologize for their behavior. In fact, it's advised that you don't confront these people with 'their' truth. If they were able to hear it, acknowledge it, and change it, they would have. Surely, you're worth that to them. This is a tough one – Expect to grieve this fact.



In this **THRIVERcise**, you will practice the first of four techniques and work to **Get Some Distance**.

Our hope is that your journey continues, and this provides a good start or can supplement your current recovery efforts.

Want to discuss your results and how you can continue to practice these and other suggestions for healing? Schedule a **FREE Virtual 1:1 with your TtM Coach** [HERE](#) powered by Calendly. Scroll and select the **Meet the Matrix Consult** option in the TtM Scheduler on the website.

In future videos and on our website, we'll be providing updated and downloadable PDF **THRIVERcises** for the remaining three techniques.

**Instructions:** In this **THRIVERcise**, you will practice the **1<sup>st</sup> of four techniques, Getting Some Distance**, including using the **Grey Rock method** if you are unable to limit or go no contact and a brainstorm of ways to **Get the Distance** you need to consider your experience without experiencing it at the same time. For this, you'll also develop scripts you can use to stick to the facts and your ground if you get any resistance for taking time you are entitled to. Complete the activities directly following.

### **Healing from Abuse – Four Steps to Healing:**

1. **Get Some Distance** – It can be incredibly hard to recover from toxicity while you are in the middle of the maelstrom. You'll need some distance to quiet the noise and get some perspective. It makes sense: Many times when we're in the moment, even in daily interactions that aren't related to systemic abuse, we react in ways we wouldn't have if we only had time to think.

#### **Part 1 - Grey Rock**

Most suggest simply going no contact (including blocking abusers in any way possible to eliminate any interaction) or using the grey rock method: replying to toxic people & the controllers in your life with simple, unemotional responses that stick to the facts and essentially make you no more interesting or noticed as a grey rock you'd walk past on a walking trail. This technique starves the abuser of the fuel

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they need to perpetuate the abuse and obtain the desired result: inflicting pain on you to avoid their own. Developing scripts for using the Grey Rock technique will be helpful to quell the severity of the abuse.

### **Part 1 - Activity: Grey Rock Scripts**

**Instructions:** For the example provided, develop a script that you think will be effective in preventing or at least lessening the severity of the toxicity in your interaction with an abuser. Keep practicing. Use example interactions from your own life and brainstorm more grey rock responses.

**BEST PRACTICE:** Respond to the **QUESTION** and not the **ABUSE**. Try to recognize each, separate the two, and stick to the facts.

The first example has been completed for you, with the **QUESTION** and **ABUSE** color coded to help you identify the same in other examples listed. If you do respond to the abuse, don't fall into the trap. In the following example, which would mean making an explicit promise.

#### **EXAMPLE 1:**

**TEXT MESSAGE:** What time will you be home after work, or should I expect you at all? Last week when I asked, you told me 9:30 and you strolled in at 10:00. I should have expected that. You never keep your promises.

**GREY ROCK RESPONSE:** I work until 9:00pm tonight and I'd like to be home at 9:30. Thanks.

**BEST PRACTICE:** You shouldn't be surprised if your first factual response is unacceptable or not enough to your abuser. Of course it isn't, they aren't getting the result they want. **Remember:** You answered the question and didn't make any promises. Another response isn't required. If you **DO** decide to respond, just reiterate the facts.

**TEXT MESSAGE (REPLY):** So, I suppose I'll just have to see if you're able to follow through or if you'll just break another promise.



**GREY ROCK RESPONSE #2:** *I work until 9:00pm tonight. I'm planning to be home at 9:30pm. Depending on when I do get home, I'll be sure to say goodnight if you are still awake. Have a good evening.*

**Assuming that the sender isn't relying on you for anything after work (which would be a safe assumption as nothing was mentioned) and that you are an adult with your own agency, any additional responses shouldn't be necessary, even if additional texts are received.**

**You have stated the facts and haven't made any promises. In fact, you may never make promises you can't keep. Know that this is part of the abuse and will come into play in another step to healing that we'll review: validating your reality.**

**Now It's Your Turn:** *Color-code the facts and the abuse (if even in your mind) and document what you think would be an effective grey rock response.*

**PHONE CALL (Voicemail):** *Hi, how are you? I told you that I had some availability to catch up this week but haven't heard from you. I guess you have more important things to do, although I'm not sure what they are. You only work 9a to 5p. You have nothing going on, guess I'm just not a priority. Typical.*

**GREY ROCK RESPONSE (Call Back):**

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**Reply to Grey Rock Response:** *So, what are you saying? What is that supposed to even mean?*

**GREY ROCK RESPONSE (Call Back):**

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**Part 2 - Activity: How Can I Gain Distance**



*It's important to remember, distance is relative. Your circumstances are unique. You may rely on an abuser to live. You cohabitate and share expenses and it's just not possible to immediately strike out on your own. TtM would recommend contemplating a plan for doing so and working toward that plan. Otherwise, there are other creative ways you can establish distance.*

*Depending on how you find the time, place, and space to make sense of what's happening, it may be noticed, and you'll need some scripts to help you maintain it when challenged.*

*For this step, brainstorm ways you can get the distance you need to remove yourself. An initial suggestion has been added as an example given the scenario in which cohabitation prevents no contact.*

**Example:**

**Distance Plan:** *I will make it a priority to spend one full day or even better, 24 hours once per week away from the home, and will put my phone on silent or otherwise not respond to or reply to any controllers or toxic abusers.*

**Resistance:** *'You'll be out all day / gone overnight again? What do you have against spending time with me / us instead?'*

**Script:** *'With work and other commitments, I'm setting aside a day each week for some 'me' time. I'll have my phone on silent so I can focus on enjoying the day. I'll see you on \_\_\_\_\_.'*

**Resistance:** *'The Miler's invited us over on Sunday. I'm sure they'll be expecting you. How do you think that will look?'*

**Script:** *'I'll be unavailable Sunday but please let them know I said hello and that they enjoy the day.'*

**Now It's Your Turn:** *How many realistic distance plans can you think of, no matter how small? Each should provide time to clear your mind, reflect, engage in other healing activities, or otherwise connect to yourself and your interests. Be kind to*



***yourself. Have fun. Practice resisting the urge to feel any guilt for time and distance to which you are entitled.***

- 1.
- 2.
- 3.
- 4.
- 5.

**GREAT WORK**

## **Let's Talk About It**

***Validating your experience can help you lift the fog and give an accurate appraisal of your experience, and that appraisal can be devastating. Schedule your FREE Meet the Matrix Virtual 1:1 today. There will be grief, and there are ways to HEAL from that, too.***

***Get an early start on that process with supportive sessions full of sound strategy and THRIVERcises to help you DO THE WORK.***

***How to Schedule Your FREE Virtual 1:1 with your TtM Coach, Andy Lynch.***

1. Click [\*\*HERE\*\*](#) to bypass the TtM website and Scheduler to the Meet the Matrix scheduling option (powered by Calendly).

Or...

2. Visit [\*\*Thrive the Matrix - Coaching: TtM Scheduler\*\*](#) and select the **Meet the Matrix Consult** option on the website. You can also click the **Promotional Banner** at the top of the web page as shown below:

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3. When prompted with the calendar, select a Date to view available times.

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The screenshot shows a booking interface for a 'Virtual 1:1 - Meet the Matrix Consultation' session. The session is 20 minutes long and is presented by Andy Lynch, Founder & Coach of Thrive the Matrix. The interface includes a calendar for March 2024. The dates 26, 27, 28, and 29 are highlighted in blue, indicating available time slots. A red arrow points to the date 26. The interface also includes a 'Time zone' dropdown menu and a 'Payment Prompt' section stating that sessions are currently free.

**THRIVERcise**  
Do the work with TEM.  
Healing from Toxic/Narcissistic Abuse

THRIVE THE MATRIX

thrive TEM matrix

Andy Lynch, Founder & Coach, Thrive the Matrix

**Virtual 1:1 - Meet the Matrix Consultation**

🕒 20 min

**PAYMENT PROMPT FOR MEET THE MATRIX SESSIONS (\$20.00) TURNED OFF FOR FREE SESSIONS FOR A LIMITED TIME\*\*\*. START THRIVING TODAY!**

\*\*\*no payment is required for this session. Other

Select a Date & Time

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
					26	27	28	29	30
31									

Time zone

4. Select your preferred time. If a time is not available, it will not appear for selection.



The screenshot shows a 'Select a Date & Time' interface. At the top, it says 'March 2024' and 'Tuesday, March 26'. Below this is a calendar grid with days of the week (SUN to SAT) and dates (1 to 31). The date '26' is highlighted with a blue circle and a green border. To the right of the calendar is a vertical list of time slots: '9:00am', '9:20am', '9:40am', '10:00am', and '10:20am'. The '9:20am' slot is highlighted with a green border. In the top right corner, there is a small logo that says 'powered by Calendly'.

5. You'll be asked to enter your **Name, Email Address**, and select either the **Zoom or Phone option**. There is a field for entering anything specific you'd like to focus on.

The screenshot shows a booking page for a 'Virtual 1:1 - Meet the Matrix Consultation'. The page is divided into two main sections. The left section contains event details: a back arrow, the Thrive TtM Matrix logo, the name 'Andy Lynch, Founder & Coach, Thrive the Matrix', the event title 'Virtual 1:1 - Meet the Matrix Consultation', a duration of '20 min', the date and time '9:20am - 9:40am, Tuesday, March 26, 2024', and the time zone 'Eastern Time - US & Canada'. It also includes a payment prompt: 'PAYMENT PROMPT FOR MEET THE MATRIX SESSIONS (\$20.00) TURNED OFF FOR FREE SESSIONS FOR A LIMITED TIME\*\*\*. START THRIVING TODAY!'. A note states: '\*\*\*no payment is required for this session. Other 1:1 options allow for easy payment at time of scheduling.' At the bottom of this section, it says 'The Meet the Matrix Consultation Virtual 1:1 Option is a chance to meet and determine how Thrive the Matrix can help.' and includes links for 'Cookie settings' and 'Report abuse'. The right section is titled 'Enter Details' and contains a form with fields for 'First Name \*', 'Last Name \*', and 'Email \*'. Below these are radio buttons for 'Location \*' with options for 'Zoom' (selected) and 'Phone call'. There are two text input areas: one for 'Are there specific focus areas you would like to learn more about?' and another for 'Are you interested in an either of the targeted programs listed on the site?'. At the bottom of the form is a blue 'Schedule Event' button. A small 'Community of Thrivers' badge is visible in the top right corner of the form area.

6. That's it! After clicking **Schedule Event**, you'll be redirected to the website with a **QR code** to join the **Community of Thrivers** that I'd like to build with your help on Instagram. Scanning is optional.

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**Please Note:** You will receive a Calendar Invite at the email address entered and a reminder for the session before our designated meeting time.

Scan the QR Code on the [Build of Community of Thrivers](#) landing page to follow up on Instagram:

**Help Build a Community of THRIVERS!**

We call our Followers **THRIVERS.**

Come along for in app Exclusives on... Instagram

**Thank You. And...You're Invited!**

Thank you for your interest in Thrive the Matrix. In addition to our Virtual 1:1s & Programs, we look forward to offering new ways to THRIVE Reality as IT IS.

As a reminder, you are ALWAYS invited Scan the QR Code and join a budding community of THRIVERS on Instagram!

And, before you go, if you haven't reviewed them already, click the link below for the FOCUS AREAS that we can work on to THRIVE Together.

[TTM FOCUS AREAS](#)

**Best Practice:** If you found the THRIVERcise(s) and/or our session insightful, then be sure to join the eTHRIVER Email List.

**Please Note:** Your Email Address will only be used for the purpose of scheduling and doing so **will not automatically add you to the eTHRIVER email list.** Consider using [the Promotional Banner on our Contact PAGE](#) to join - follow the instructions below for joining via the banner or the Contact the Matrix form radio button.



### **Joining the eThriver Email List:**

**Clicking the Website Banner – Contact the Matrix:** Once clicked, an automated email will populate, only requiring you to hit send. Please review the email for more on how we use your information (we do not share your email address with third parties) and more on our Privacy Policy. Simply click Send. In two clicks, you'll have access to **additional FREE CONTENT** and **THRIVE & SAVE OFFERS** as they become available.

A screenshot of a website's contact form. At the top, a blue banner with white text says "Click HERE to Join the eThrive Email List for EXCLUSIVE FREE Content". Below the banner is a dark blue header with the text "Contact Us" in white. The main content area is white and contains the following text: "Contact Form: Your Resource for Timely Responses for... Inquiries, Ideas, Orders, Requests, Upcoming 1:1 Preparation, & More!". Below this are four input fields: "Name\*", "Email\*", "Phone Number (Optional)", and "Organization (Individuals please enter N/A)". At the bottom, there is a text area labeled "Request Summary: Add your inquiry, suggestion, or Request here!". A blue arrow points down from the banner to the contact form.

A screenshot of an email composition window. The 'To' field contains 'Contact@thrivethematrix.com <Contact@thrivethematrix.com>'. The subject line is 'I'd Like to Join the TtM eThriver Email List!'. The body of the email contains the following text:

Hello TtM - Please add me to your eThrive Email List using my Sender email address.

I would like to enjoy EXCLUSIVE FREE Content and Thrive & Save Offers. I am aware that I can reply or submit via the website Contact Form for removal at any time.

I understand that my email will be used only for this purpose and not shared with 3rd parties without notification per the Privacy Policy located on the website.

Any change to the policy will require notification from TtM including but not limited to an Email Notification and Notice displayed prominently on the TtM website Home Page.

If you would like to join as an **eThriver** using the **Contact the Matrix Form** for your Intended purpose, simply click the radio button before submission.

**TtM Best Practice:** Did you the **TtM Contact the Matrix Form** allows you to upload attachments? Before using the **TtM Scheduler** to secure an appointment submit your work for this or **THRIVERcises** using the form and TtM will review it prior to your session.

**Please note:** Each **THRIVERcise** is posted in PDF format\*\*\* (see footer for more information), however you collated your answers in a document is acceptable. However, the easier it is to correspond your answers to the action prompts in the activities, the easier it will be to review and be prepared to discuss.

Both the radio button for the **eThriver List** and **'add attachment' feature** are shown in in the **Contact the Matrix form** shown below. In the Example, the form is filled out as you would if submitting your work on a **THRIVERcise** for review prior to the session.



Contact Form: Your Resource for Timely Responses for... Inquiries, Ideas, Orders, Requests, Upcoming 1:1 Preparation, & More!

Name\*  
Anna Molyneux

Email\*  
[Redacted]

Phone Number (Optional)  
[Redacted]

Organization (Individuals please enter N/A)  
N/A

I am submitting my THRIVERcise for Validating Your Experience for review and feedback and am scheduling a What 1:1 at the TtM Schedule to discuss it.

Attach File Attachments (0)

Join our eTHRIVE List for Program Previews, Free THRIVERcises, and Thrive & Save Offers.

SEND

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