

FREE  
EBOOK

FLEEING A  
*Narcissistic*  
RELATIONSHIP

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Being in a relationship with a narcissistic partner can be an emotional rollercoaster that leaves you feeling drained, confused, and unsure of yourself.

Narcissistic partners have a tendency to manipulate and control their partners, making it difficult for them to leave the relationship. However, it's important to understand that leaving a narcissistic relationship is possible, and it's crucial for your mental and emotional well-being.

### **Identify the signs of a narcissistic relationship**

The first step to fleeing a narcissistic relationship is to recognise the signs that you are in one. Some of the signs of a narcissistic relationship include:

- Constant criticism and belittling
- Manipulation and control
- Gaslighting, where your partner makes you doubt your reality
- Refusal to take responsibility for their actions
- Lack of empathy for your feelings and needs
- Jealousy and possessiveness
- Emotional abuse and manipulation

If you find that you are experiencing any of these signs in your relationship, it's important to take action to protect yourself.

### **Create a safety plan**

Before leaving a narcissistic relationship, it's essential to create a safety plan. This plan should include steps you can take to protect yourself physically, emotionally, and financially. It may involve finding a safe place to stay, notifying trusted family or friends, securing important documents, and taking steps to limit contact with your partner.

### **Build a support system**

Leaving a narcissistic relationship can be challenging, and you don't have to do it alone. It's essential to build a support system of trusted friends, family members, or a therapist who can help you through this difficult time. They can provide emotional support, offer practical advice, and help you stay focused on your goals.



### **Take care of yourself**

It's easy to lose yourself in a narcissistic relationship, but it's crucial to take care of yourself during and after leaving. Make time for self-care activities such as exercise, meditation, or hobbies that bring you joy. These activities can help you rebuild your confidence, self-esteem, and sense of self-worth.

### **Seek professional help**

Leaving a narcissistic relationship can be traumatic, and it's common to experience feelings of anxiety, depression, and PTSD. Seeking professional help from a therapist or counselor can help you process your emotions, develop coping strategies, and build resilience.

### **Cut off all contact**

Narcissistic partners may try to contact you after you leave the relationship, which can be triggering and lead to feelings of guilt or confusion. It's important to cut off all contact with your partner, including blocking their phone number, social media accounts, and email. This can help you stay focused on your healing and prevent further emotional abuse.

In conclusion, leaving a narcissistic relationship is a difficult but necessary step towards regaining your emotional and mental well-being. It's important to recognize the signs of a narcissistic relationship, create a safety plan, build a support system, take care of yourself, seek professional help, and cut off all contact with your partner. Remember that you deserve to be treated with love, respect, and kindness, and you can move on to a healthier and happier life.