

Healing Guidelines

For Gay Men & LGBTQ+ Survivors of Narcissistic Abuse
By The Rift with Rick ■

Reclaiming Your Voice

- Understand that **what happened to you is not your fault**.
- Give yourself permission to **feel and express your truth**.
- Begin journaling to **separate your story from theirs**.

Setting Healthy Boundaries

- Learn to say “**no**” **without guilt** — your safety comes first.
- Recognize manipulative tactics like gaslighting, love bombing, and future faking.
- Protect your peace by **limiting contact** or creating **no-contact plans** when needed.

Grounding & Emotional Regulation

- **Box Breathing**: Inhale → hold → exhale → hold (4 seconds each).
- **5-4-3-2-1 Method**: Identify 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.

Rebuilding Self-Worth

- Replace negative self-talk with affirmations:
- “Who I am is valid.”
- “I am safe, I am worthy, and I belong.”
- Surround yourself with **affirming voices** — friends, therapists, and community.
- Celebrate **small wins** and milestones in your healing journey.

Finding Your Circle of Strength

- Engage with tools that help you **reconnect with yourself**.

- Explore journaling prompts and reflection exercises built for survivors.
- Join affirming communities that **understand LGBTQ+ experiences**.

Crisis & Support Resources

- **U.S. National Hotlines**
- • 988 Suicide & Crisis Lifeline — Call or text 988
- • National Domestic Violence Hotline — 1-800-799-7233
- • The Trevor Project (LGBTQ+ Lifeline) — 1-866-488-7386
- • SAMHSA Helpline — 1-800-662-4357
- **Global Helplines:** <https://www.opencounseling.com/suicide-hotlines-international>

“Your story isn’t defined by what broke you — but by how you rise, reclaim your truth, and step
into your power.”

— **Rick, The Rift with Rick**