

How To Go No Contact

Going no contact isn't an easy decision to come to. No matter how cruel & abusive a person is, it's a big decision to eliminate them from your life, especially if that person is a parent. Deciding how to do it isn't easy either. My goal in this video is to help you decide how to do so in a way that is the best, safest way for you.

To start with, pray. Prayer is the best place you can start in any situation. Ask God for wisdom, discernment, strength, courage & anything else you need, & He will give it to you.

Focus on your healing & mental health. It will help you while you're still in relationship with the narcissist to do this. It will help you to get stronger & also to figure out ways to deal with the narcissist that are beneficial to you until the time is right for no contact. As a bonus, the healthier you get, the more likely it is the narcissist will leave you alone. Narcissists prefer mentally unhealthy people to manipulate & use because they won't understand what the narcissist does is actually abusive. They'll put up with it & maybe even blame themselves for not being good enough for the narcissist, so they'll try harder & harder to please her. Mentally healthy people don't do those things. They set boundaries & call abuse, abuse.

Starting out low contact is often a good idea. Low contact may sound similar to the narcissist leaving you alone as you get healthier or even the silent treatment, but it isn't. Low contact is on your terms, not the narcissist's. You deal with the narcissist only when you feel able to do so. If you feel unsure of exactly how to go full no contact, lowering your contact is often a very good place to start. If the narcissist in your life isn't terribly high on the spectrum, you may even find low contact is something you can live with, & decide not to go full no contact. Or, low contact may be the stepping stone you need to go no contact. You may feel strengthened by your ability to go low contact, which enables you to go no contact.

Some people opt to tell their narcissistic parent that they no longer want that parent to contact them. That is something you'll have to decide for yourself if it's a good idea or not. Narcissists don't want to hear anyone in their life setting boundaries, let alone a big boundary like saying "never contact me again." They may throw big fits, cry, claim to be the victim, say you're unreasonable or abusive or a host of other things. If you can deal with this display & not be sucked into their drama, & you feel it'll do you good just to say it, then telling the narcissist you want no contact is a good idea. On the other hand, if you think telling her will make her change or show remorse for her behavior, you're sadly mistaken. It won't happen. Narcissists aren't moved by their victim's pain or pleas because they have no empathy.

Other people simply withdraw quietly from the narcissist's life. They stop answering phone calls, texts & emails. If the narcissist knocks on their door, they refuse to answer it. They offer no explanation for their behavior, they simply disappear. This is why I did with my father. I'm sure it's confused him & he's obviously been very

angry about it, but after trying to explain why I was angry with him & being ignored, this seemed like the best way to go no contact for me.

There are still other cases where a person knows no contact is the right option for them but for reasons unknown at the time, they know in their heart God doesn't want them to initiate it. This doesn't seem to be an overly common occurrence but it does happen sometimes. I was in that position. I wanted to go no contact with my parents for over a year before it happened. Then suddenly my parents & I had a huge argument, & my mother stopped speaking to me. A few months later, I felt God wanted me to withdraw from my father's life, & I did. I blocked his phone number, not responded to his mail, & ignored his flying monkeys' attempts to force me to contact him.

If you're in the process of going no contact with the narcissist in your life, I hope this video helps you. I wish you the best in your situation!