

## Things To Be Aware Of After Going No Contact

If you are at the point in your relationship with the narcissist where you are ready to go no contact, I truly wish you the best. As you know, it's a hard decision to make. It shows you have courage & strength just to make the decision. You'll need both of those things to follow through with it.

So many people that write about narcissistic abuse make it sound like it's all so simple. "Just" cut the abuser out of your life & all will be fine. Unfortunately, that is very far from true!

For starters, chances are good the narcissist won't respect your decision. Narcissists often do things like constantly trying to contact you via phone, email, text or social media. They may say they want to know what's wrong, but truth be told, they only want to tell you why you're wrong. They also may say they're sorry. Listen closely to the apology. Most likely it'll be a fake apology designed to pacify you & lure you back into the relationship. Something like "I'm sorry if I hurt you" "I'm sorry you feel that way" or lame excuses for their behavior. A genuine apology offers no excuses, genuinely admits to wrongdoings & behavior changes. Use your discernment & what you have learned about narcissism so you don't fall for any of it!

Granted, most narcissists smear their victims behind their back for years in order to discredit the victim, but it gets worse once no contact is initiated. The narcissist often will tell anyone who will listen about how horrible you are. This is basically damage control- if the narcissist can convince others you are mentally unbalanced or at least a bad person, others will believe the narcissist's version of events surrounding no contact over yours. The narcissist's reputation will remain in tact while yours is in shreds. As counter productive as it may sound, refuse to defend yourself when this happens. Any self defense will be construed as you being just as awful as the narcissist said you are. Sadly, you still will lose friends & family, but if they blindly believe a narcissist, you truly are better off without them. People who truly love you won't believe the narcissist's lies.

Watch out for flying monkeys! If the narcissist can't reach you because you have blocked their access to you, they WILL send flying monkeys. They are going to tell you how sorry the narcissist is & a plethora of lame excuses why it's OK that the narcissist abused you & how bad you are for not putting up with it. They are convinced the narcissist is right, you're wrong & they don't want to be bothered with the truth. Don't waste your breath telling it to them. Ignore the flying monkeys! If you can, avoid them or sever ties with them. If you can't, refuse to discuss the narcissist or anything about the narcissist with them. Tell them the topic isn't something you're willing to discuss with them. Change the subject. Be rude if you must. Hang up the phone or walk away. Repeat as often as necessary.

Stand strong in the truth. You know what really happened & what the narcissist is capable of. Don't let anyone convince you otherwise. Write down everything you can

think of, so that way if you have any doubts, you can read over your experiences to remind you of what made you come to this difficult decision.

Work on your healing. When there is a narcissist in your life, it's nearly impossible to heal because they take up so much of your time, energy & thoughts. Once they are no longer in your life, that burden is gone & your mind has more time, energy & thoughts it can devote to your healing from the abuse. In fact, it may not give you a choice. I found that some time after being no contact with my narcissistic parents, I started having more intrusive thoughts, flashbacks & nightmares than usual. Thankfully, they calmed down after a while. During prayer one day, God told me it was because my brain needed to heal from so much & hadn't been able to do it while they were in my life. It was like it was forcing me to face things so it could feel better. I figured if these things were going to happen, I might as well use them to my advantage, so when they happened, I prayed & worked on coping with them. The more you heal, the less intrusive thoughts, nightmares & flashbacks you have & they eventually can disappear

Most of all, pray. God understands you so much better than people can. He will help you to cope & to heal as well as comfort you when you're hurting if you let Him. All you have to do is ask.