

Creating A Safe Exit Plan From A Narcissistic Romantic Partner

Today's podcast is about creating a safe exit plan from a narcissistic romantic partner.

Leaving a narcissistic partner feels like an impossible and dangerous task. The abuse inflicted by narcissists and their manipulation and control make it incredibly difficult to break free. However, with careful planning and wisdom, it is possible to leave safely and begin to reclaim your life.

While there are no guarantees for safety when leaving an abuser, there are steps you can take to minimize risk and ensure that you have a better chance of leaving without harm. This process requires preparation, privacy, and an unwavering commitment to leave. The following advice will help you create a safe exit plan.

One of the first and most important things to remember when planning your escape from a narcissistic partner is never tell them you plan to leave. Narcissists will do anything in their power to prevent you from leaving. Telling them your intentions likely will prompt them to escalate their manipulation, threats, or even violence in an attempt to keep you trapped. It is vital to protect your safety. This means keeping your intentions private until you are ready to execute your plan.

Once you decided to leave, do not start second guessing yourself. Narcissists are masters of manipulation, and they will likely try to convince you that they have changed, that things will be different, or that you should give them another chance. However, the Bible cautions us to trust in God's wisdom and not to be swayed by deceit. Do not allow the narcissist's manipulation. They may offer empty promises, but you know the pattern: any changes they show are temporary, and things will likely return to the same abusive cycle or get worse. God's wisdom is greater than the lies they try to feed you, so listen to His voice and your instincts, not the narcissist or their flying monkeys.

Before leaving, ensure you have hidden cash and important documents in a safe place where your partner cannot access them. This may include things like your Social Security card, birth certificate, car title, passport, and any other personal documents. Proverbs 21:5 in the Amplified Bible says: ***"The plans of the diligent lead surely to abundance, but everyone who acts in haste comes surely to poverty."*** Planning ahead and securing what you need for your next steps is a sign of diligence and wisdom. If possible, have a trusted friend or family member hold onto these items for you, or hide them in a place that the narcissist cannot easily find.

It also is very important to have cash on hand for emergencies. Having financial independence will make it easier to leave safely and without delay. Hide as much cash as you can where the narcissist cannot find it.

In today's world, technology can be a powerful tool for narcissists to monitor and control you. Log out of any electronic devices your narcissist has access to, and change all passwords to prevent them from accessing your personal accounts. Narcissists often install trackers on phones or cars to keep tabs on their victims, so do not forget to check your devices and vehicle for any potential surveillance.

Reaching out to a domestic violence hotline can provide you with the personalized advice and support you need. These professionals can help you understand your options, assess risks, and guide you in making a plan tailored to your unique situation. The Bible encourages us to seek counsel in times of difficulty in Proverbs 24:6 ***“For by wise guidance you can wage your war, and in abundance of counselors there is victory.”***

Expect that the narcissist will likely try to manipulate or charm you into returning. Their tactics may include playing the victim, showing false remorse, or using guilt to pressure you into coming back. Always remember that going back only makes things worse. Narcissists become more confident in their manipulation tactics after a victim leaves, knowing they can draw you back in. Believe me, I know.. I returned to my narcissistic ex husband after breaking our engagement and things got much worse! Remember 1 Corinthians 10:13 promises that God will not allow you to be tempted beyond your ability to resist it. Lean on Him if you consider returning to the narcissist.

As much as possible, avoid all contact with the narcissist. Change your phone number and email, and limit necessary contact to the bare minimum. Similarly, do not speak to anyone who tries to guilt you into returning or expresses how much they miss you, as this is part of the narcissist’s strategy to regain control.

Lastly, do not share anything personal on social media. Narcissists use public platforms to try to manipulate you, spread false information, or use your vulnerability against you. Protect your privacy.

Creating a safe exit plan from a narcissistic romantic partner requires courage, diligence, and careful planning. While there is no guarantee for complete safety when leaving an abuser, taking these steps can help minimize risks and make your departure as secure as possible. God promises to be with us, guiding us with wisdom and protecting us with His strength. As you take steps to free yourself from manipulation and control, trust in His guidance and remember that He is your refuge. You are not alone in this journey! God is with you, offering His protection as you move toward healing and freedom.

Thank you for listening to my podcast!