

The Reality Of Going No Contact With A Narcissist

Today's podcast is about the reality of going no contact with a narcissist.

Going no contact with a narcissist is often misunderstood by those who have never gone through it themselves. People sometimes assume it was an easy decision, done in the heat of the moment or that the relief of ending the abuse outweighs any other emotions. The truth is far more complex. While no contact is a necessary step for many victims, it does not come without pain, doubt, or immense difficulty.

One of the greatest challenges of going no contact is overcoming the gaslighting. Narcissists are skilled manipulators who work hard to convince their victims that they are unlovable, broken, or incapable of surviving without them. They sow intense doubt, making their victims question their own self worth and even reality. Walking away means untangling these lies from the truth, which is a very painful, arduous process.

In John 8:32 in the Amplified Bible, Jesus said, ***"You will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]"***. Recognizing the truth is freeing, but getting there requires a great deal of effort and a willingness to challenge long held beliefs about oneself.

For many, the fear does not end with no contact. Narcissists often react poorly when they lose control over someone. Stalking, harassment, smear campaigns, and attempts to lure their victims back, also known as hoovering, are common. Even if they do not engage in overt retaliation, the psychological wounds left behind continue. The fear they instilled does not disappear overnight.

Proverbs 29:25 reminds us, ***"The fear of man brings a snare, but whoever trusts in and puts his confidence in the Lord will be exalted and safe"***. It takes time, but with faith in God, distance from the narcissist and help from supportive people, victims can begin to feel safe again.

Surviving narcissistic abuse means living in a constant state of survival mode, always looking for the next hint of danger. The body and mind become wired for survival, always on high alert. Even after leaving, the habit of scanning for danger, people pleasing, or self censoring does not vanish overnight. Victims struggle with anxiety, hyper-vigilance, & difficulty trusting others, including even those who genuinely care about them. This is why healing takes time and patience. There is no switch to turn off survival mode; it must be gently unlearned through safety, stability, and self compassion.

Once the immediate danger is gone, the mind finally has a safe space to process past traumas. Memories that were pushed aside for the sake of survival start surfacing, & they can be overwhelming. Flashbacks, grief, and emotional pain are very common after going no contact. What once felt tolerable in the chaos of abuse may suddenly feel unbearable.

Psalm 147:3 offers this beautiful promise: ***"He heals the brokenhearted and binds up their wounds [healing their pain and comforting their sorrow]"***. Healing is not instant, but God's love provides comfort and support in the most painful moments.

If you have gone no contact with a narcissist, know that your struggle and pain are valid. It was not an easy choice, but it was a courageous one. Healing from narcissistic abuse is a journey, not a destination, so give yourself grace as you walk through it. Surround yourself with supportive people, seek professional help if needed, remember that you are worthy of love, respect, and peace and most importantly lean on your Heavenly Father.

You are not what the narcissist said you were. You are strong. You are valuable.

Thank you for listening to my podcast!