

# The Power And Way To Heal You Of The Pain And Abuse By Narcissist Betrayal

**When survivors of psychological abuse truly begin to value the time they have in each day, their energy levels, emotional stability, financial security and/or physical health, the trauma bonding that occurs in toxic relationships begins to unravel. Once a survivor learns to value themselves, no amount of Hoovering (sucking them back into the dysfunction) by an abuser will work. Recovery from psychological abuse is a process and has many stages to the journey. Valuing oneself over the demands of an abuser is a vital stage in recovery. It takes time to get to that point so survivors should not feel compelled to rush the process but know that better days are ahead.**

**~ Shannon Thomas**

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Are you tired of feeling trapped in a cycle of pain and abuse caused by a narcissist? Do you crave liberation and healing? Look no further - this article will guide you on a powerful path to healing and freeing yourself from the clutches of narcissistic betrayal.

## Understanding Narcissist Betrayal

Narcissist betrayal refers to the emotional, psychological, and sometimes physical abuse inflicted upon individuals by narcissistic personalities. These individuals manipulate, exploit, and undermine their victims for personal gain, leaving them scarred and broken.



### HEAL the EMOTIONAL ABUSE: The Power and Way to Heal You of the Pain and Abuse by a Narcissist (betrayal Series Book 4)

by Pea Jung (Kindle Edition)

★★★★☆ 4.2 out of 5

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The pain caused by narcissist betrayal is deep-rooted and can have long-lasting effects on the victim's mental, emotional, and physical well-being. It can erode self-esteem, trust, and one's ability to form healthy relationships.

### The Power Within You

Although healing from narcissist betrayal may seem daunting, it's essential to understand that the power to overcome and heal resides within you. You have the strength to free yourself from the cycle of pain and reclaim your life.

Recognizing your worth and acknowledging that you deserve love, respect, and happiness is the first step towards healing. Accepting the reality of the abuse you endured and refusing to let it define you allows the healing process to begin.

## **The Way to Heal**

### 1. Seek Support and Professional Help:

Healing from narcissist betrayal is challenging, and it's crucial to seek support from trusted friends, family, or support groups. Additionally, consider consulting with a therapist specializing in narcissistic abuse to guide you through the process.

### 2. Set Boundaries and Prioritize Self-Care:

Establishing boundaries is essential in protecting yourself from further abuse. Learn to recognize red flags and prioritize your well-being. Practice self-care activities that nourish your mind, body, and soul.

### 3. Educate Yourself About Narcissistic Personality Disorder:

Gaining knowledge about narcissistic personality disorder helps you understand the root causes of the abuse you endured. This knowledge empowers you to detach emotionally and regain control of your life.

### 4. Practice Forgiveness and Letting Go:

Forgiving the narcissist doesn't mean condoning their actions; it's about freeing yourself from the burden of anger and resentment. Letting go allows you to move forward and focus on your healing journey.

## **Embracing Your New Life**

As you progress along the healing path, it's vital to embrace your new life and nurture positive relationships. Surround yourself with individuals who uplift and support you. Engage in activities that bring you joy and allow you to discover your passions.

Remember, healing is a journey, and it takes time. It's normal to have setbacks and moments of doubt, but the power to heal is within you. You are resilient, and through the power of self-love and self-care, you can emerge stronger and wiser.

Releasing yourself from the pain and abuse caused by narcissist betrayal is possible. By recognizing your worth, seeking support, setting boundaries, and practicing self-care, you can embark on a transformative healing journey.

Remember, you are not alone, and countless others have found healing and reclaimed their lives. The power to heal lies within you - embrace it, and step into a future filled with joy, freedom, and authenticity.



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Sorry to disappoint you, but abusers do not have power over you.

No.

You are not the source of your pain. You do not deserve to be in relationships with weak, spineless, aggressive, uncompassionate, lazy people who steal your energy from you and who want all the benefits you can provide without any of the work. They are aggressive but the truly, they are the very weak ones who cannot generate their own power so they steal yours from you.

Remember that the ex-girlfriend, boyfriend, sister, father, mother, co-worker is nothing more than weak bullies.

Once you learn that;

- Narcissists are aggressive but weak,
- You are not powerless or defenseless to them,
- You have to stop thinking like victims,
- You are the master regulator of your own pain,

You no longer become a victim not only to a narcissist but also to your own thinking.

The narcissists, I promise you, disappear like the wind.

So stop feeding the beasts and take your power back. Your children, too, will also heal through you!



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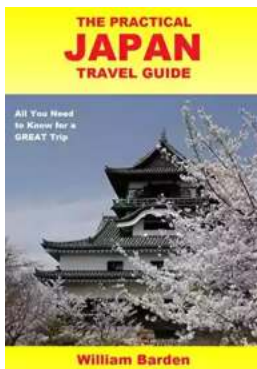
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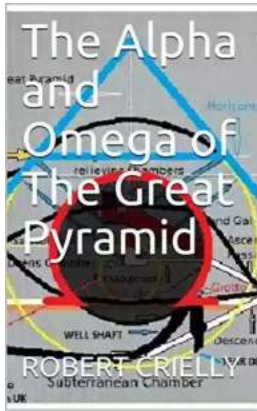
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