

In Their Own Words

Some thoughts and feelings from those who have come through narcissistic abuse.

Personal and Emotional

'I didn't realise how tough I needed to be. I would have taken the easy way out, but I learned to stand up for myself. My partner hated it!'

'There were times when I wanted to end everything. If I hadn't been supported, I wouldn't be here today.'

'It was hard watching videos, reading blogs and books which showed me what was really happening. I lived a lie for so long that I found it hard to adjust my thinking and emotions.'

'My advice? Get away from the narcissist and discover who you really are. Afterwards, nothing of the narcissist or their empty, material world will be appealing.'

'Don't lose hope!'

'There is a time when being selfish and putting yourself first is right. I felt like a butterfly must feel when breaking free of its chrysalis. It was slow and painful. Then I broke free. After shock and trauma, I spread my wings and learned to fly, even though it was scary.'

'Inside every narcissist there is nothing.'

Relationship with a Narcissist

'I found it hard accepting that a person I thought I knew was really a total stranger and a fraud. I have lost years of my life.'

'I wanted to believe the best about them, but I learnt that there was nothing good to believe.'

'Even when you know how pathetic they are, it's still hard to stay quiet. It feels so wrong and goes against everything I am.'

'I took ages to learn that talking to them gave them the supply they craved.'

'Gaslighting was hard. I was going mad. Learning about this type of relationship confirmed that the only insane person is the narcissist.'

'They knew exactly how to trigger me. I soon learnt that the best way to handle it was by ignoring them, to treat them like they don't exist.'

'The smallest, irrelevant point becomes this big drama, a major debate. Protect yourself. Don't respond. Narcissists never lose arguments, but they lose a case.'

'They [narcissists] are cynical and vindictive, hell-bent on winning.'

'Don't think it ends at divorce. They are this gift that keeps on giving!'

'My ex was military. I had to handle status, rank, importance and narcissism!'

'We have been through similar experiences, even though we were shackled to different kinds of parasites.'

'We are made to fly, not to be kept in a cage and drained of self-worth. It's narcissists who feel worthless and you can't change that. They rot in their private hell. We're worth much more! Escape! Live your life!'

'It is insane how far they push their lies and deception to avoid admitting they are wrong.'

'More toxic than cyanide but kill much slower.'

'Narcissists are vacuums, nothings that just suck!'

'If you're in a narcissistic relationship, secretly plan your exit and go.'

Friends and Friendship

'I cannot forgive so-called friends who deserted me without asking for my side. I hope they never experience what I have!'

'They gave me lots of moral reasons to stay in the relationship. That's easy! They don't see the evil I experience.'

'When I left, friends asked why I took so long! I didn't think it was so obvious.'

'People must take this kind of abuse seriously! I had no help from friends who had known about it for years. They just turned their backs when my ex started spinning the stories.'

Regarding Legal and the Law

'The narcissist's attitude? "I will take whatever I want. Try stopping me!"'

'I could not believe it when my ex began criticising their own solicitor.'

'My partner's solicitor sent me a message of condolence for being married to them.'

'I was embarrassed by my ex's performance in court.'

'They showed how great they were, only to be reprimanded by the judge for ignoring the law and advice they were obviously given by their solicitor.'

'After disappearing for a day, they returned and resumed battle.'

'My ex is the law. They represented themselves. I believe this is quite common.'

'My ex was so paranoid I would steal their things, that they hid them. How sad is that?'

'They dig their own grave! My ex pissed off their solicitor, barrister, my legal team, the judge and the police.'

Supporting and Supporter

'My ex-partner was afraid of my support. They couldn't get away with their tricks and schemes anymore. I felt their fear.'

'Amongst all the crap, I hated being challenged about my own thinking and behaviour. But I needed it. It taught me to be mentally tougher.'

'I felt out of control during the divorce and the advice I was given often felt controlling. I now know it wasn't, but I still fought against it at the time!'

'Finding my own voice was hard and when I did, I wanted to be my own boss! Having lived with someone who was always right, I was afraid to accept help in case I was taken advantage of again.'

Practical Tips

'Mediation is expensive and pointless. I was worse off afterwards. Avoid it!'

'Always make notes. I was under so much stress I lost my memory.'

'My supporter attended meetings with me, listening, taking notes, and later helping me make sense of it all.'

'Never be ashamed to contact agencies like Women's Aid. They helped so much and confirmed that I was not mad.'

Words from Legal Teams

'In my thirty-five years as a family solicitor I have never come across someone so vindictive, entitled or, quite frankly, childish in a case.'

'Their solicitor's apology does not surprise me!'

'These are dangerous people who convince with their lies and alternative facts, even in court. You are best rid of them!'

And FINALLY ...

Narcissists About Their Victims

'They argued with everything I said and were unreasonable, even abusive. I only wanted what was best for us both.'

'I am losing everything because they would not see reason!'

'I've done this before, so I know what I am doing. If you have any friends getting divorced, I could represent them.'

'They accused me of stealing items that were theirs when I was only taking what was rightfully mine.'

'I had to call the police on them a couple of times because they were so unreasonable and went hysterical, throwing things at me. I had to lock myself in my bedroom for my own safety.'

'My wife was so interested in my affairs that I couldn't even talk on the phone at home in case she was listening at the door. She even stalked me when I went out.'