

Dedicated ;

To all those who are trapped in a narcissistic relationship. You can't live that way forever, it will kill you. This book will help you understand the type of abuse a narcissist will inflict on you. Maybe you're in denial and can't bring yourself to say, "I'm being abused."

It's the hardest, saddest thing in the world to realize the one you have loved and tried to have a relationship with, does not love you, has never loved you and is abusing you in many ways. I will elaborate on those types of abuse in this book. There is life beyond the hopelessness you feel and the pain you are enduring. Please read this book with an open mind and heart because it has been written with understanding, compassion and concern from my heart to yours.

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What Is A Narcissist?

- They choose themselves over others (selfishness personified).
- If they do something good for you they want to brag about it and bring it up often to you and to others to show how selfless and good they are to you.
- They make you look small so they can look big.
- They treat their companion like a possession. You exist for their needs and pleasure.
- When they make you cry it satisfies something twisted inside them. They feel powerful.
- They demand total control of your life, every aspect of it.
- They want to know where you are at all times and what you're doing.
- If you want to do something to improve your life or mind they will raise hell until you give up on your needs and dreams.

Your life belongs to them.

- They try to separate you from family and friends. They don't want you to have a support system or the love of others.
- They get angry for no apparent reason. They will yell and curse at you and sometimes embarrass you in public or keep you awake all night raging at you for something you don't understand or didn't do.
- They will accuse you of affairs with almost everyone you know and that will probably include spiritual leaders or church acquaintances. They might accuse you of homosexual relationships with friends of the same gender. They may even accuse you of knowing and having affairs with total strangers that pass you on the street and smile.
- They will tell others you are having affairs and you neglect them sexually, all untrue.
- They constantly find something to criticize you about. It may be some character flaw or a physical one. The way you dress or your hair. The way you laugh, your lack of a sense of humor or even your name.
- They will share intimate details about your body or the sexual relationship between the two of you, with their family and sometimes with friends or mutual acquaintances.

- They may slam you into a wall while passing or throw something and hit you then claim it was an accident. It may happen frequently. They want to hit you but they're afraid you'd leave if they do. If they hurt you by pushing you into a wall or hitting you with an object, they can call it an accident and you will believe them.
- They may physically throw you around, hit you, kick you or choke you. They want you to fear them and know they are in control. You will have a bruised body and heart you feel you must hide from everyone. You are so ashamed.
- They will accuse you of taking their money, you are a thief. Or accuse you of wastefulness while you are pinching pennies and trying to pay all their bills and the whole time they are throwing large amounts of money away on unneeded things.
- They may accuse you of taking drugs