



# CHOOSE YOU

Breaking Free  
from Narcissistic  
Abuse

with Carmen Sakurai

<https://carmensakurai.com/chooseyou/>

## THIS WORKSHEET INCLUDES...

- Damages Caused by Narcissists
- Common Characteristics of Victims of Narcissistic Abuse
- A Printout to Remind You that YOU are the Source of Your Love, Strength, and Identity... not the narc.

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# DAMAGES CAUSED BY NARCISSISTS

Still not sure if you have experienced narcissistic abuse? See if you can relate to some (or all) the following symptoms:

- Shattered self-esteem, self-acceptance, self-confidence, and personal boundaries.
- Severely decreased ability to trust yourself, others, and life.
- Deteriorated memory and the ability to focus.
- Obsessive thoughts and feelings about the narcissist which negatively affects and limits how you function on a daily basis.
- Feeling worse after finally leaving a miserable relationship, due to being left alone with your thoughts and feelings about the horrible and abusive treatment inflicted on you by the ex partner.
- Repeatedly finding yourself in toxic relationships (romantic or otherwise).
- An intense feeling of hopelessness, helplessness, and powerlessness resulting from surrendering all power to the narcissist and depending on him or her to define who you are.
- Feeling sad - not joy, over acts of kindness shared with you by others. You wish it was the narcissist showing you kindness, and receiving goodness from anyone but the narcissist is absolutely unbearable. You also feel pain because you long for the narcissist to share in these experiences with you.

These are common symptoms resulting from narcissistic abuse. **They do not completely “heal with time” and must be processed properly and as efficiently as possible** to help you move beyond the cycle of abuse... as well as prevent you from falling victim to future abusers.

# COMMON CHARACTERISTICS OF VICTIMS OF NARCISSISTIC ABUSE:

The following list are characteristics that are consistent for individuals who have been narcissistically abused. **Sadly, I identified with ALL of them...**

- You have suffered emotional/mental/physical abuse in the past.
- You have trouble defending your boundaries (or don't have any).
- You find it difficult to say, "No."
- You possess a high level of integrity and will defend it at all cost.
- You value the feeling of security, work hard to keep it, and quickly fix "breaches" caused by others to maintain your security.
- You have grown to enjoy being single, but now that you've experienced the narc's idealization, you fear you will never find anyone else with whom you feel so bonded to, so you do whatever it takes to make your relationship work – even with an abuser.
- You can make pretty much anything work regardless of what you're up against.
- You feel uncomfortable receiving from others. You are usually the one who is giving/helping.
- You feel bad when you take some time to do nice things for yourself. It feels selfish to use up time/money that could be spent taking care of others who are more worthy.
- You take the punches for other people's mistakes to spare them the pain and humiliation, instead of letting them learn their lesson and take responsibility for themselves.
- You do not believe you are lovable just for being you, so you are constantly trying to "earn" it by prioritizing the needs of others above your own.

These are injuries from long ago, likely during childhood. It was not your fault... you were only a child deserving of unconditional love, support, and protection! But while you were powerless as a child, as an adult, you have the power to think for yourself, heal, break free, & step into your SELF.

All this time, I believed I was just an unlucky girl who kept “randomly” falling into one toxic relationship after another. This belief kept me in “victim” mode... It was embedded into my psyche! But it was during the aftermath of this last narcissistic relationship that I became desperate to find out exactly WHY I couldn't release such a horrible human being from my life. What the hell did this soulless creature offer that I was so bonded to?

**I finally came to terms with the fact that he was providing me with a false sense of “relief” from all my unhealed injuries.**

Identifying and processing your hurt buried deep inside you can be PAINFUL beyond words. It's highly advised to work on healing old trauma with a licensed therapist or counselor.

### **So here's your very first step...**

On the next page are important points to keep in mind while you sift through the lies, illusions, and addiction... **PRINT IT OUT** and stick a copy on your bathroom mirror, vanity, fridge, and on your nightstand. Review it whenever you have conflicting thoughts and memories!

**You must begin re-programming what your brain has been tricked into believing during the cycle of abuse** and these reminders will help begin separating the illusion from the truth.

In time, you will be able to logically and emotionally accept that **you did not lose a soul mate; you've been set free from captivity by a desperate and needy leech! Let's do this together.**

## **YOU are the one with EVERYTHING to offer... not them. YOU are the SOURCE of love, strength, and identity... not them.**

- **The person you have been enmeshed with has a virtually INCURABLE personality disorder.** It's NOT your fault for not knowing this! While many narcs suspect they are "different", most are unaware they have a personality disorder; and those who know don't care to fix anything because without the ability to feel guilt or remorse, they see nothing wrong with leaving a trail of destroyed lives behind them.

And because they lack emotional empathy, no amount of love, patience, and understanding will heal them. NO EXCEPTIONS.

- **Narcissists lack a functioning personality.** Because they are unable to define themselves, they always require supply (external approval and admiration) to validate their identity and regulate self-esteem. He or she lives with an emptiness that needs CONSTANT feeding.

And because narcissists are motivated by only one thing – NARCISSISTIC SUPPLY, where they get it from (you/anyone who provides them with approval and admiration) is always interchangeable. NO EXCEPTIONS.

- **Narcs are unable to offer anything of value required in a healthy and loving relationship.** Whatever you believed you received from them were ILLUSIONS of "relief" from your unhealed wounds. Nothing they said or acted on was genuine or in your best interest. No matter how great their performance, EVERYTHING they do is to get narcissistic supply. NO EXCEPTIONS.
- **Executing NO CONTACT or Modified Contact is REQUIRED.** Any interaction with the narcissist will be delusional – no matter how convincing they can be! Unless you remove ALL illusions projected by the narc from your sight and mind, it will hinder your recovery. NO EXCEPTIONS.
- **NO CONTACT is not limited to visits and communication.** Even repeated thoughts about the narcissist and everything that's happened increases the damage in your self-esteem and brain function. It is absolutely imperative to detox your mind, body, and spirit from this dangerous parasite. NO EXCEPTIONS.

~~IT'S NOT THAT BAD~~  
~~IT'S NOT THAT BAD~~  
~~JUST BE HAPPY~~  
~~JUST BE HAPPY~~  
~~DON'T BE SAD~~  
~~DON'T BE SAD~~  
~~YOU'LL GET OVER IT~~  
~~YOU'LL GET OVER IT~~  
~~YOU'RE OVERREACTING~~  
~~YOU'RE OVERREACTING~~  
**I BELIEVE YOU.**

**YOU are the prize... CHOOSE YOU.**

With Love,

*Carmen*

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