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EXECUTE and  
ENFORCE

NO CONTACT

( or MODIFIED CONTACT )

WITHOUT  
EXCUSES!

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# SOME SPACE TO BREATHE...

**When you execute and defend No Contact, you are making a conscious & proactive decision to remove yourself from danger.**

As a result of cognitive dissonance and trauma bonding with their abusers, many survivors struggle to defend their space from a narcissistic or ANY toxic ex-partner (family, friend, co-worker, etc.) due to being conditioned to rely on the abuser's validation during the abuse.

Though it could possibly be one of the most difficult things you do at first, **No Contact is absolutely necessary in order to create space, take back some room to breathe and think, heal, and move beyond the narcissistic abuse.**

Even if you are still unsure whether or not the toxic person really is a narcissist, it is imperative to remove them from your space to begin your healing process.

Think of this analogy... it's bad enough that you are stuck in a leaky lifeboat in the middle of the ocean; but 1000x worse if you're stuck in a leaky lifeboat in the middle of the ocean, *surrounded by hungry sharks!* Without the sharks, you at least have the time & space to think and give yourself a few more options to save yourself. However, in shark infested waters, your fear for your life only allows you to think about the sharks!

**It's also important to understand that No Contact is not limited to physical contact** (cutting out visits, phone calls, texts, etc.), but also removing THOUGHTS about the narc and everything that had happened from your head.

This is precisely why I've written this guide for you... because if you don't learn to PROPERLY do No Contact or Modified Contact, your efforts to heal and recover will be greatly jeopardized.



## In this guide, I will show you...

- Why No Contact is absolutely REQUIRED for your healing.
- How to successfully prepare for and enforce No Contact.
- How to execute MODIFIED Contact if you share custody, joint business, or family you must still see at events - preventing you from going FULL No Contact.
- How to overcome the narc-addiction that makes it so hard to defend your No Contact.
- How to prepare yourself for the manipulation tactics a narcissist commonly use when you initiate No Contact... and how to successfully DEFEND it.

You don't have to walk through this hell alone. I've been there and have cleared a path to freedom from this lonely, painful, and confusing place. I'm right here with you, ok?

XOXO

*Carmen*

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The logo for Carmen Sakurai features the name "carmen sakurai" in a lowercase, cursive font. The text is positioned over a stylized pink cherry blossom graphic with several petals.

# WHY NO CONTACT IS REQUIRED

In the “First Steps To Recovery” guide, we covered what Narcissistic Personality Disorder (NPD) is; the cycle of abuse; and the mental, emotional, spiritual, and physical damages resulting from the abuse.

**We will now create a PROTECTIVE SPACE around you from all of the narcissistic toxins and contamination so you can begin doing the inner-work needed to heal and claim your whole self.**



## Narcissistic Personality Disorder is a **VERY REAL** illness

Narcissistic Personality Disorder (NPD) is classified within “Cluster B” by the Diagnostic and Statistical Manual of Personality Disorders, and characterized by unpredictable thinking or behavior and manipulative, exploitative interactions with others.

This means your abuser wasn’t being nasty just for the sake of being a douche-bag... but also because **parts of their brain had been so whacked-out, they are unable to behave like a normal human. Their brains are hard-wired this way.**

**WHY is this important to TRULY and COMPLETELY understand? Why does Carmen repeat this information over and over x1000 again?**

**Because it's virtually impossible to physically identify individuals with NPD as disordered and ill, and THIS draws us to believe they should behave and respond like you and me. It's a HUGE reason why WE suffer from Cognitive Dissonance!**

## Invisible illnesses are REAL

NPD is a VERY REAL mental illness characterized by the lack of a functioning personality and emotional empathy, as well as a dimmed conscience and the inability to feel guilt. **Brain scans of NPDs reveal abnormalities in the area of the brain related to compassion. This disorder is physically REAL.**

NPDs are dependent on external approval and adulation (ie. supply) to validate and regulate their self-esteem and self-definition. **Their disorder has wiped-out their ability to see beyond their own needs**, and their only motivation is to obtain narcissistic supply to relieve their immediate feelings of emptiness.

**Their illness is just so ALIEN from what we are familiar with in our own everyday reality that it is insanely difficult to TRULY grasp what we are really up against... Because of that, we can't help but expect the narc to possess the same ability to love and care for others like we can.**

Narcissistic manipulation is so covert; many victims don't even realize they're being abused. Some continue to question whether they have been abused at all (giving the narc the benefit of the doubt... and possibly absorbing the blame themselves) long after the relationship.

## Hiding in plain sight...

**Narcissists come in all varieties...** from successful entrepreneurs and powerful CEO's of billion dollar companies... to supportive social workers and classroom



teachers. They may contribute to charitable causes and volunteer to help the less fortunate. They can also be unemployed freeloaders sponging off of one victim after another. Regardless, **they easily escape accountability because of the charming masks they wear for the outside world...**



It's why executing and defending No Contact with No Excuses is your only option. **Unless you remove ALL illusions projected by the narc from sight, it will hinder your recovery.**

You must shut them out completely because narcissists don't care about loving or being loved... understanding or being understood. They don't care about the relationship the same way you do. **They LIVE moment by moment driven by their need for narcissistic supply.**

So even if they drop on their knees and confess they've made a terrible mistake... even if they say they're ready to see a counselor... even if they tell you the skies parted, the angels blessed them with a shower of confetti, and they found religion... even if they tell you they now realize there is no one more perfect than you... no one they love more than they love you... **NO CONTACT. NO EXCUSES.**

\*\*\* Read my article about this on Thought Catalog \*\*\*

[When Your Narcissist Ex Comes Back, Please Choose Yourself](#)

**It's never about truly loving you or caring deeply about you. It will ALWAYS be about getting narcissistic supply. ALWAYS.**

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## Have you ever seen the narc's REAL IDENTITY?

Narcissists wear many masks to make them appear charming and appealing in order to hide their incredibly fragile and virtually non-existent true-self... that you may be wondering who the heck they REALLY are... and what were you up against all this time?

**Think of the times when the narcissist looked at you with their empty, lifeless eyes... when they responded and behaved as though they have no love or respect for you... zero emotional connection with you... and act like they've lost all common sense, intelligence, morals, and integrity in their being.**

Do you remember asking yourself:

- “What the hell is wrong with him/her?”
- “Why does it feel like this is a completely different?”
- “Are they high on something?”
- “How could they suddenly become so clueless and inconsiderate?”

Many victims mistake that as normal human reaction out of anger and hurt in response to something YOU did... the frightening reality is, it wasn't a “reaction” at all.

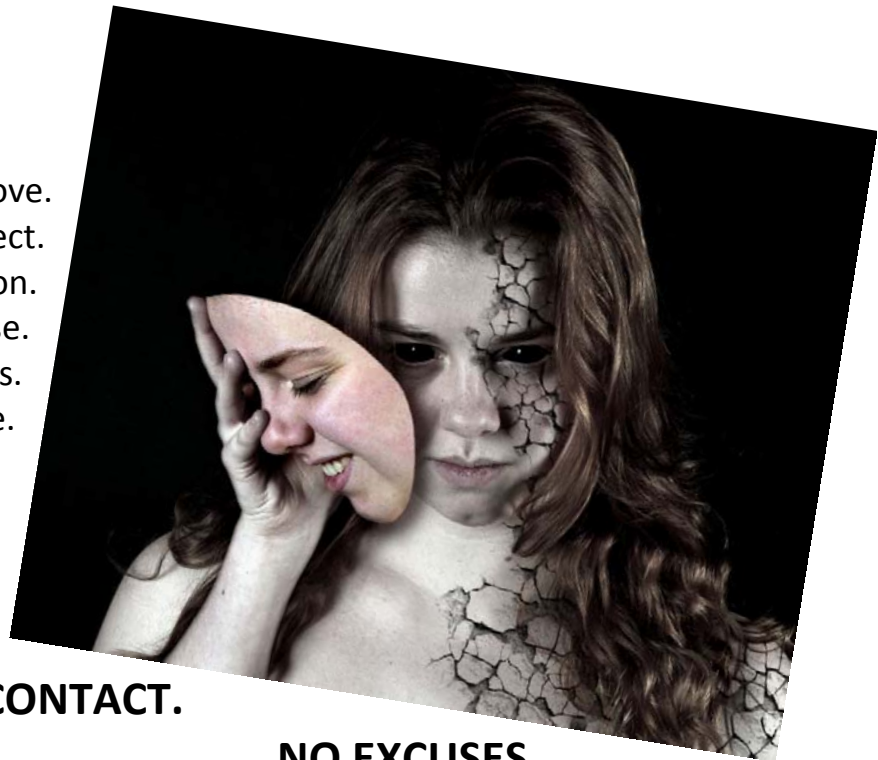
**You may have even thought that you're the only one seeing this side of them because you don't deserve the “good” side the narc always manages to share with the rest of the world...**

Nope... nothing can be further from the truth, because the TRUTH is...

You got a glimpse of their true identity. That empty, emotionless, and totally disconnected anomaly is who they really are. That is the narc without a mask... no acting... no illusions.

That's the closest you'll ever see of the narcissist's TRUE SELF.

No love.  
No respect.  
No connection.  
No common sense.  
No values.  
No Remorse.



**NO CONTACT.**

**NO EXCUSES.**

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# HOW TO PROPERLY DO NO CONTACT

**No Contact is absolutely REQUIRED in order to give yourself some UNCONTAMINATED space to breathe, think, and heal.**

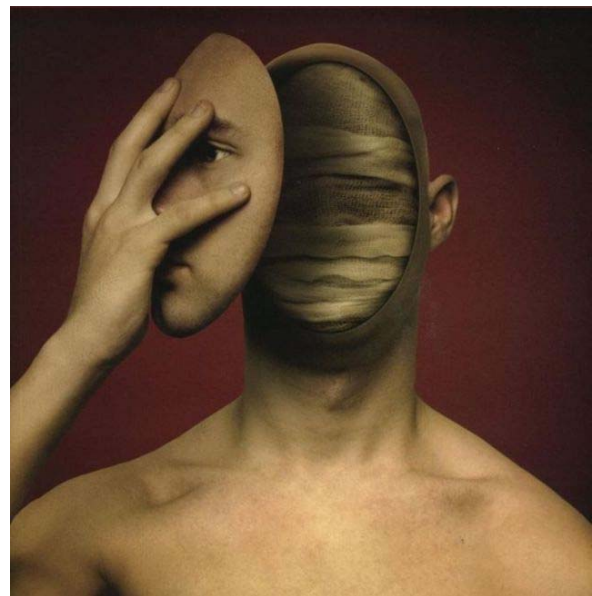
Right now, you're dealing with an addiction to an emotional and psychological abuser, and like an addict needing their drug regardless of how harmful it is, it's normal to long for contact with the narcissist. **The important thing is to stand firm in your TRUTH and enforce No Contact NO MATTER WHAT.**

They're holding an UNLOADED gun (narcs are EMPTY). YOU have the bullets (you're the SOURCE of supply). Breaking No Contact is like handing all the bullets over to the narcissist so they can begin shooting at you all over again.

You already learned that a person with NPD has nothing of value to contribute in a healthy, loving relationship. **They lack a functioning personality and are unable to define their worth.** As a result, they NEED someone – ANYONE - to CONSTANTLY feed their fragile egos with reassurance that they are "somebody" in this world.

However, narcissists are master manipulators and will shape-shift to appear as a "dream-come-true soulmate" in order to trick a good source (you) into their miserable and empty world. **And their tactic is to go straight for your unhealed wounds and appear to offer you the RELIEF you have likely learned to live without.**

We were seeking the love, support, security, and understanding we've always wanted... from an emotionally disordered person who can't even maintain their own self-esteem.



*That's disturbing & frightening!*

## NC is also meant to give you a much needed BREAK...

Experts will encourage you to “Step into your VALUE or POWER” (as I would if circumstances were different)... but at the moment, I know you’re not feeling very valuable or powerful. So while you’re working on building yourself up, my advice to you (the same one I gave myself) is...

Step Into Your SELF and Give Yourself a BREAK...



### “But I feel so lonely...”

I understand that **at first, you probably won’t care that the narc’s intentions aren’t genuine... you just want to be the one in their life!** But think about where that longing comes from...

I’ve been there. I know what that feels like.

I wanted to be “his one” even if he’s unable to truly love and care about me. I **just wanted to be in that “picture”... even if it meant dealing with the doubts, frustration, triangulation, loneliness, and emptiness for the rest of my life.**

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That is the mindset of someone who believes “I don’t deserve to be genuinely loved and protected. I will never truly be accepted” ... and so you feel like you’re missing out on the BEST chance you have at “the closest you’ll get” to the picture of love, happiness, and security.

But you know what? You deserve so much more than pathetic scraps of fake attention and affection. You don’t have to settle for some phony relationship that will only keep destroying you until you’re left completely exhausted, depleted, and defeated.

**This toxic belief will be REMOVED with inner-healing... which can ONLY happen with NO CONTACT done PROPERLY.**

So take this time to give yourself a break from wondering why another person could not accept you. **Do not base your worth on anyone... especially someone who is NOT mentally capable of thinking and behaving like a healthy human being!**

NC gives you the time and space to DETOX from the LIES you’ve been fed by people who have so completely given up on THEMSELVES, their only relief was to tear YOU down so they can rise above you.

**YOU are the source. YOU are the prize. ALWAYS CHOOSE YOU.**

## How to do FULL No Contact

**If you have been poisoned from swimming in disease infested waters, the first thing you must do to save yourself is GET OUT of the disgusting, contaminated water! No Contact is based on the same idea.**

You’ve been mentally, emotionally, spiritually, and possibly physically POISONED by lies, manipulation, infidelity, projection, triangulation, gas lighting, shaming, and countless other psychological warfare tactics used by the narcissist... and the first thing you must do to save yourself is GET OUT of that crazy-making toxic energy and environment!



**Without PROPERLY doing No Contact (NC), you will continue to be infected with narcissistic toxins from all directions, impairing your ability to process this trauma and begin healing.**

It will be tough at first, but NC is absolutely necessary for your complete and successful recovery. Removing yourself from the horrible world of lies and manipulation will give you a clean space to detox, heal your wounds, and begin your journey to **move beyond** the cycle of abuse!

## Let's start by cleaning out your space of all NPD contamination:

- Block the narc on Facebook, Instagram, Skype, WhatsApp, and all your other social media and communication accounts.
- Block them on your phone (my cell phone provider gives me the option to block numbers through my online account).
- Send "blocked" and "unknown" numbers to voicemail.
- Block their emails and filter their address directly to spam/trash. If they use a different email, immediately block and spam/trash.

***\*\* Remove ALL possibilities or outgoing AND incoming contact. Not reaching out or responding, but still allowing their messages to come through is NOT NO CONTACT! \*\****

- Block all mutual contacts who are members of the narc "fan club" who will fake concern for you, then run back to the narc with info.
- NO talking about the narc to mutual friends or relatives.
- Ask family and friends to support you by honoring your request not to update you with news/gossip about the narcissist, unless it compromises your safety. (This alone is INVALUABLE!)
- You may even opt to get a new phone number and email address to start fresh. Move to a new address if you must!

- ❑ Immediately DELETE any communication that slip through the blocks and filters, and NEVER reply.
- ❑ If you receive anything through post, throw straight into the trash. Let them wonder whether or not you have received it.
- ❑ NO stalking the narc on Facebook or anywhere else.
- ❑ No driving by their house, workplace, school, etc., because you “happened to be in the neighborhood.”
- ❑ Get rid of everything narc-related: gifts, cards, photos, anything that will remind you of your relationship. You can even sell/donate items such as jewelry, clothing, and electronics.

*\*\* You do not need a reminder of what "you've survived"... because the goal is to break free and move BEYOND this experience so all that's left of it is insignificance. \*\**

## >> How to do EMOTIONAL No Contact

This is where many who go No Contact fall short. NC doesn't only mean that you no longer contact the narc or accept/respond to their contact. It's because we stop here that many who are doing NC still suffer from constant thoughts of the narc and are at high risk of breaking NC.

No Contact also means you must also stop handing power over to the narc to be the SOURCE of love, acceptance, and security in your life. Unless you take that power back, you will remain addicted to the narcissist's lies, manipulation, and illusion.

**To properly do Full No Contact – which includes EMOTIONAL No Contact, you MUST begin the self-healing process right away!**

## Time to jump off the Crazy-Train!

1. That “relief” you are addicted to is NOT REAL. But without self-healing, you will continue to rely on the narc to provide that illusion.
2. Of course, you won’t get genuine relief because narcs are empty and are unable to care about or emotionally bond with anyone like healthy people...
3. But you continue to make the narc responsible for the love & security in your life because they promised to heal your inner wounds...



*See where this crazy-train is headed?*

## When NC is done RIGHT...

At the time of this writing, I have been NC from the ex-narc for nearly eight months. Since my “relapse” during “month four” and immediately doing two weeks of FOCUSED inner-healing, I’ve had no thoughts about him... **no longing... no triggers... no flashbacks... NOTHING.**

When I’m writing NPD articles or creating recovery guides such as this, I must think back to the relationship in detail... but those thoughts are not emotionally charged. The mental and emotional energy used is about equal to recalling when I last pumped gas into my car. **I can visualize it but I’m not triggered...** there is no emotion attached to it.

I’ve also successfully released the feelings of NOT being lovable, special, intelligent, and worth protecting – the very feelings I’ve been tormented with since childhood. **This most horrendous experienced forced me to come face to face with all my demons and wipe them out.**



The result? Freedom and REAL relief... and the space to completely feel and receive love, acceptance, and support which looks like this:

1. My mind is clear
2. I have more energy than ever before (I used to always feel exhausted... needing naps throughout the day)
3. I have strong boundaries that I enforce without compromise
4. I finally get my sleep! (I was desperately searching for sleep aids during the relationship with the narc)
5. I'm comfortable with making my well-being a priority (I used to feel selfish for wanting to invest any time and effort on myself)
6. I have the self-respect and self-love to walk away from toxic people and situations without hesitation
7. I flat-out refuse to absorb or own someone else's issues (I used to take responsibility for other people's crap)
8. and I'm finally able to form genuine bonds with good people

**This allows me to show up as my very best in my life, for my son, myself, and those who depend on me.**

## When NC is done **WRONG**...

A frighteningly large number of motivated and intelligent people who have gone NC from the narc are finding themselves still painfully traumatized by the experience... *YEARS after the disastrous discard*. How is that even possible?

Though they NEVER broke No Contact, they **remained in EMOTIONAL contact with the abuser**. This is a result of not properly processing and healing the childhood injuries.

**The narcissist was still their SOURCE of love, approval, and security. The abuser still had power over them.**



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**If this is where you are, know that you are NOT at fault!** My heart goes out to you because I am all too familiar with the veil of self-doubt, fear, and defeat you are unable to escape from. Most of what you find for NPD abuse recovery are “narc education” and “going NC.” Proper healing to recover from the abuse is still far and few... the truth about NPD abuse is still at its infancy.

Also, many survivors mistakenly believe they’ve gone No Contact, when in reality, they have gone **No Response**. If the narc is still able to reach you by their regular phone, email, social media, etc., you’re NOT doing No Contact. **Simply “not responding” is NOT No Contact.**

Going No Response is incredibly dangerous to YOU because it gives you the illusion of “personal strength & control” when what you’ve done is to trap YOURSELF in the abuse long after the relationship has “ended.”

Please don’t trick yourself into believing that you can keep the line of communication open – just in case, as long as you don’t respond. Narcissists won’t change for ANYONE... and they will continue living the cycle of abuse until they die. **BLOCK all forms of outgoing AND incoming communication to save your sanity & protect yourself.**

## How to do MODIFIED contact...

If you have children with the narc, a joint business, or NPD family member(s) with whom you must still have contact with at family events, proceed to the next section where I explain how to properly do **Modified Contact**.

**Modified Contact is ONLY if you have family or legal obligations with the narc. No Exceptions!!!**

Otherwise, start doing FULL No Contact by skipping over to “[Begin The Healing Process](#)”



# HOW TO PROPERLY DO MODIFIED CONTACT...

Modified Contact is to be implemented ONLY if you have children with the narcissist, a joint business or a family connection that forces you to engage with one another. The goal is creating boundaries which ensure as little contact and least emotional effort as possible.

**Decide now that you will no longer allow the narc to invade your life or behave like s/he is entitled to it!**

When doing Modified Contact, you must...

- Not fall for the bait. Avoid reacting out of emotion to anything the narc dumps on your lap.
- Stop and give yourself the time and space you need to think and decide how you should respond (or if one is required at all.)
- Not initiate or participate in conversation outside of necessary matters (children/business).
- Not give responses that encourage them to unnecessarily expand on the conversation.
- Keep interactions short and stick to facts.

The narc may react with anger & aggression. They need supply and you're withholding. If they show abusive behavior, give them a warning such as, "If you can't speak without yelling, I'm going to hang up." Or... "If you continue to treat me with disrespect, I'm walking away." If they persist, hang up or walk away. **Defend your boundaries!**

**Matters regarding children and business must be dealt with in a laser-focused, facts-only manner.** Avoid sharing other personal thoughts and emotions at all cost because doing so will only give the narc a giant "green light" to bust in and manipulate you again.



## Tips to get you started with Modified No Contact:

Modified Contact could be a little trickier than going Full No Contact, but there are many who have successfully perfected this skill to a point where seeing the narcissist at children's activities or speaking over the phone about business, no longer triggers them.

You are still creating a **PROTECTIVE SPACE** around you from the narcissistic toxins in order to allow you to heal and take back your life. **This is Hardcore Boundary Enforcement!**

### You're not obligated to answer the phone whenever they call

Don't pick up whenever you see their name on caller ID... let the call go to voicemail. This way, you can decide how you need to respond... or if a response is needed at all. When you do speak to them, end it as soon as the focus shifts away from your kids or the business. If they become abusive, simply hang up.

### Do not allow the narcissist to freely walk into your home

Your home is a place where you're supposed to feel calm and safe, so you have the right to demand they no longer enter your property. If they attempt to disrespect your request, warn them that you will contact the authorities. You must defend your right to keep fear, uncertainty, and toxicity out of your life and your home!

### Require that they contact you ONLY by email

This is based on personal experience as well as from survivors I've been working with. Email will not only decrease the number of attacks by phone or text, you will have an electronic "paper trail" to present to court if you need to prove the narc's instability.

An "add-on" you may want to consider using is a communication notebook. In it you can write facts-only notes and instructions regarding the children's well-being that you place in your child's bag to give to the narcissist.



## “Let go” during the narcissist’s time with your children

As difficult as it is, children are much safer and healthier with the narcissist if you remove yourself from their time with them.

However, if you can prove the narcissist is abusing your children, immediately take legal action to deny the narc any access to your kids, or if appropriate, allow only supervised visitation.

## You are NOT obligated to agree with their requests for schedule changes... and no, it won’t make you a bad person

Do not allow the ex to make last-minute plans that do not include the kids, during their scheduled parenting time. This not only disturbs your children’s sense of stability and routine, it will invite and encourage your ex to continue taking advantage of you.

The parenting agreement should include that each parent must make these types of personal plans during times the children are with the other parent. And if you choose to make an exception, make certain it’s in the event of confirmed illness or injury.

Many survivors feel guilty doing this to someone with whom they used to share a life with. But remember, you would not be forced to do these things if they weren’t who they are. **Make your peace of mind and safety a priority over trying not to upset the narc.**

## What is Gray Rock and how do you implement it?

If you’ve been reading up on ways to recover from narcissistic abuse, you’ve no doubt come across the term “gray rock”.

According to Skylar, the woman who [coined the term](#):



*The Gray Rock Method is primarily a way of encouraging a narcissist, psychopath, stalker or other emotionally unbalanced person, to lose interest in you.*

If you have toxic family members, co-workers, or acquaintances that you MUST temporarily share air & space with, going Gray Rock is key. These are the toxic people with whom you do NOT have a legal obligation.

You basically remove all emotion from words and actions when interacting with toxic individuals. Be painfully boring... like a "gray rock." Practice self control and keep required responses to the bare minimum.

Remember: Narcs draw supply from both positive and negative feedback... **refuse to be a source and cut off all supply.**

Example convo with a narc at a mutual friend's birthday party:

*Toxic person: Hey! I haven't seen you in a while...*

*You: Yeah, it's been a while.*

*Toxic person: Did you hear? I got that promotion! My boss announced to the entire department that there's never been a more high-performing employee than me!*

*You: Nice. Congrats.*

*Toxic person: Now that I'm a "big deal" my calendar is completely booked with dates... but I still feel weird dating people from work!*

*You: Well, it will work out for the best I'm sure.*

*Toxic person: Something wrong? You seem quieter than usual.*

*You: Nah. The weather's been unusually warm this week so it's got me feeling real mellow.*



*Toxic person: Well, I wanted to catch up but it doesn't seem like you want to talk, so I'll get going.*

*You: Oh, ok. Sorry you feel that way... take care.*

**The goal is to avoid the bait and encourage them to go away.** In this example, they wanted you to celebrate them. When that didn't work, they shifted the focus on finding fault with you... until finally leaving your space in search for a better source.

**Be SELECTIVE where you invest your time and energy! Decide you will no longer feed the narcissist's ego only to be left feeling lousy. And be so BORING that even you'll want to walk away from yourself. 😊**



*\*yawn\**

# BEGIN THE HEALING PROCESS

Now that you have removed yourself from the contaminated energy and environment, it's time to focus on identifying and healing your inner injuries.

We begin by **finding the damages to your self-esteem and self defeating beliefs** that were planted in your mind throughout the years.

Don't know how to do this? Start by being totally honest and partner with yourself in pointing out at least **THREE of the most important things** the abuser *appeared* to have provided for you.

For example...

- |   |  |
|---|--|
| <input type="checkbox"/> Deep love          | <input type="checkbox"/> Physical protection     |
| <input type="checkbox"/> Solid family       | <input type="checkbox"/> Financial security      |
| <input type="checkbox"/> True friendship    | <input type="checkbox"/> Intimacy                |
| <input type="checkbox"/> Fun companionship  | <input type="checkbox"/> Admiration and respect  |
| <input type="checkbox"/> Emotional security | <input type="checkbox"/> Acceptance and approval |

Look at your list. These are the “illusions of relief” you have become dependent on. This is how the narc soothed the pain you have been quietly suffering, as a result of your deepest inner wounds. This list will help you identify the underlying traumas urgently needing attention.

Ok... but how did the traumas get there in the first place? They were most likely put there by emotionally, mentally, and spiritually unclear people who exploited you throughout the years.

## Experiencing your every moment based on other people's personal issues...

Have you ever noticed that a theater full of people sitting through the same exact movie at the same time... can come out experiencing and feeling something **TOTALLY DIFFERENT**?



It's because we all see and respond to the world differently based on our individual experiences, interpretations, and the meanings we assign to each and every moment of our lives. **And YOU – like everyone else – have the right to hold your own views and beliefs.**

But when someone with their own issues and agenda convince you that you are flawed... you move forward **living your every moment based on SOMEONE ELSE'S UNRESOLVED ISSUE.**



Doesn't that infuriate you? Your right to freedom as an independently thinking & feeling individual has been violated! Doesn't that make you want to completely wipe that garbage out and disinfect your space?

So let's go back to your list of the "illusions of relief" you just finished. **Let's use the item "acceptance and approval" as an example and think back to where the injury came from...**

- Maybe you didn't receive the unconditional love and support you needed from your caregivers as you were growing up.
- Maybe you were silenced from expressing your thoughts and ideas... even ridiculed for communicating your feelings.
- Maybe you were raised to live according to someone else's expectations and instructed to avoid disturbing other people's comfort levels.
- Maybe you feel you can't be loved or accepted for just being you.

**These injuries have taken away your "permission" to SELF-LOVE and SELF-VALIDATE. They keep you from living your REAL LIFE.**

When we enforce NC and heal our wounds, we empower ourselves with a new, healthy SELF - instead of waiting for the narcissist (or any toxic person) to become someone who can truly love and care about us.

**Focus and follow through completely with No Contact and your inner-healing, and you will soon realize you cannot be triggered anymore... because there will be NO MORE TRAUMA to trigger!**

And can I tell you something? Once you've healed all your old injuries, you'll find your self-value kick up to the next level, your attitude towards your other relationships grow healthier, you stop absorbing other people's issues, and you will face the world with brand new, healthy and empowered eyes!



Wondering how the narc is able to move on so quickly? If you should warn the new victim? Or if they've changed for the new relationship?

[Get Answers to Your Q's About the NPD Abuse Cycle Here](#)

# WHY WE BREAK NO CONTACT AND HOW TO SUCCESSFULLY DEFEND IT

One of the first directions I give my breakup recovery clients is to immediately execute No Contact. It makes sense, doesn't it? If you want to get over someone quickly, you remove everything that reminds you of the relationship so you can TOTALLY FOCUS on your own healing.

But as you know, a breakup with a narcissist is NOTHING like a breakup between two healthy people. **You are the only one dealing with a breakup.** Narcs don't have a breakup to recover from because they're emotionally empty and were never emotionally bonded or invested.

## >> The three major reasons why we break No Contact:

### 1. Cognitive Dissonance

This is when you hold two or more contradicting beliefs, ideas, or values at the same time. It makes it nearly impossible for us to accept what we **already knew** to be true: that the entire relationship was a fraud.

#### ***Core belief established during idealization:***

*My partner is my best friend and soulmate. We're perfect for each other. S/he promised to love and protect me forever and will never hurt me!*

#### ***Contradiction identified as the relationship progressed:***

*My partner's words and actions do not match. They constantly behave in ways that leave me feeling insecure and confused. No one would treat someone they deeply love the way s/he treats me.*

The contradicting evidence is so disturbing that we literally FIGHT ourselves to disregard it in order to defend our core beliefs that we hold as "truth."

**TRUTH: NOTHING we experienced with the narc was what we believed it to be. They didn't love us or care about us one bit. Never have... never will.**



Every cherished moment, every shared laugh, every kiss and embrace... those moments of silence looking deep into each other's eyes... all those times we thought they'll be coming around at any time now... ALL LIES.

None of it had anything to do with us, how much they loved us or cared about us. **It was ALWAYS about getting their supply.**

The only "authentic" parts the abuser shared of themselves with us were during those times of darkness when they caused us pain, loneliness, confusion, and self-doubt.

*The very parts we quickly swept under the rug in hopes to get back the illusion and lies... were the ONLY truths.*

We were trapped in the cognitive dissonance of loving and trying to receive validation from a person we knew didn't love us back.

The one truth that kept me from completely losing my mind in the aftermath, and the last few months of the toxic relationship was: **I must be able to identify the LOGIC behind the narc's words and actions for it to be genuine.**

In narcissistic cognitive dissonance, when you cannot find the logic, you must believe the painful contradiction. Here are just three of the contradicting questions that haunted me for weeks after the discard...

How was he so convinced I'm his soulmate, love of his life, and best friend for so long... **then leave me at the drop of a hat and instantly move on like what we had never existed?**

How is it possible that we were happily planning our family trips for the brand new year... **and the very next day, he admits he's been pursuing someone else because he realized "about a month or so ago" that he was no longer happy with me?**

After almost two years of daily "good morning" texts, how could he suddenly stop... **and move right on to a new relationship like I never mattered to him?**

As badly as I wanted to hold onto the illusion, there was no way to make it logically fit with the horrible contradiction. I forced myself to see the lies for what they were... **and BELIEVE his ugliness as the truth.**

## 2. Trauma Bonding

**This is what happens when victims are psychologically bonded to their abusers as a subconscious survival mode.**

The abuser establishes “trust, security, & dependence” during the idealization phase when they love-bomb you with an insanely excessive amount of love, attention, and admiration. They put you on a pedestal, worship you... you’ve never felt so loved, safe, accepted, connected, or understood. You become addicted and sit safely in their promise of living in this dream forever.

But the narc begins to withhold love, attention, and affection. Their words and actions don’t exactly match. You notice they are “connecting” with others in ways you thought were reserved only for the two of you. You feel insecure and afraid... so you work hard to earn back their love.

Then the narc finally throws some scraps of attention your way. This gives you hope that they are coming back... but find yourself left feeling lonely, afraid, insecure, and confused again.

You see, the narcissist is totally aware of what they’re doing to you and how this makes you feel. Yet they continue doing this to keep you hooked. They enjoy seeing you suffer for their attention because it feeds their ego... they thrive on watching you light up and jump for the bits of affection they throw at you because it makes them feel superior.



This is called “intermittent reinforcement. You become addicted to this very limited and fleeting “relief” the narc offers you in between their bad behavior. **The stronger and more frequent the pain, the sweeter the relief – no matter how little the relief may be.**

For example, I would find my ex-narc giving other women inappropriate attention (again). I bring it up and we argue. He eventually ends up promising to stop behaving that way (again) because I'm his priority and focus.

Here's the kicker... No matter how many times we get into the SAME argument about the SAME thing, *at the end, I always end up THANKING the narc for taking care of my heart... and even feeling GRATEFUL for having such a kind and compassionate man!*

I was addicted to his little scraps of LIES that relieved the nagging suspicions in my head and horrible pain in my heart. **So I had to force myself to identify the ridiculous things I was "thanking" him for and reframe it with the TRUTH...**

Illusion: I thanked him for making me "feel better" and "protecting my heart" every time I felt insecure and jealous.

Truth: I was thanking him for the lame lies because I didn't believe I deserved genuine love or respect. **I've been thanking him for treating me badly over and over again.**

### 3. Dependence on the abuser to provide relief for old wounds.

Narcs are unable to offer anything of value required in a healthy and loving relationship. **Yet we break No Contact because we continue to make the narcissist responsible for providing us with love, acceptance, and protection.**

This is beyond dangerous because we are depending on someone with a SERIOUS personality disorder (who doesn't even have an identity of their own!) to heal our wounds.

The narcissist hooked us in when they positioned themselves right in the center of our lives and promised us all the wonderful and perfect things that we've always wanted, but learned how to cope without. Perhaps it was unconditional love... honesty and security... financial stability... or maybe they appeared to "get" your weirdness and accept you as you are 100%.

But when they started pulling away... when their mask started to crack... they grabbed at the wounds we've long hidden deep in our subconscious and violently ripped them right out to the surface. They brought our suppressed internal injuries into our current reality, leaving us desperate for our abuser to rescue us once again like they did during idealization.

This is why you must put all your focus into healing your internal wounds. Recover from the damage and establish strong boundaries to minimize the chances of falling for this deception again. **Once you go through the process, your toxic dependence will be broken!**

## Statements of Strength that's personally helped me DEFEND No Contact like my life depends on it

### Ignoring the Narcissist Causes Them the GREATEST of Narcissistic Injury.

You've likely read by now that what the narc hates most is being IGNORED. It leaves them feeling meaningless & insignificant. Many survivors have used this knowledge as motivation to get started with No Contact.

**Just remember... as satisfying as it is to take this "revenge", you must begin doing your inner-healing right away.**

Why? Remember how the narcissist has to CONSTANTLY have his/her ego fed with supply to keep them from sitting in their own miserable emptiness? Well, the ego works the same way *for ALL of us...*

Have you ever felt a sense of incredible strength after facing a difficult life challenge... only to find yourself feeling defeated and hopeless again a few days (or even mere moments) later? That's your ego at work.

**Whatever you feed the ego, the effects are very short lived...** the energy you give it is only temporary because unlike your true self, **the ego needs CONSTANT proof and validation.**



If you do not begin doing your inner-work to heal your wounds and remove your addiction from the narc, you'll find yourself tempted to check up on the narcissist for proof and validation that your efforts to ignore them are really causing them grief.

So while you can use this knowledge to empower and motivate you to begin No Contact... you must keep in mind that it's only to get you started. You have to start working on your healing and putting YOU at the center of your focus as soon as possible.

## **Every Decision I Make to Remain No Contact is a Choice to Protect Myself Against Abuse.**

Every time you choose to enforce No Contact... by not reaching out, responding to, or checking up on the narcissist, you strengthen your self-worth, self-esteem, self-love, and self-respect! You are making your healing a priority and **you practice YOUR RIGHT to protect yourself from harm.**

The results are barely noticeable at first, so don't let the slow-start fool you! It's a snowball effect... once you're on a roll, it will grow quickly and the results... LIFE CHANGING.

By remaining NC, you're choosing to defend your thoughts and emotions from damaging information and psychological violence... you're finally choosing YOURSELF over a personality disordered, mentally ill ABUSER.

## **I Will Defend Myself and Will Not Hand Anyone the Power and Control Over Me Ever Again!**

**Narcissists do not possess any real, personal power.** They don't even have a core identity, so they depend on us to constantly feed their ego and drain all our energy until we have nothing left.





Their only “power” is to take everything we have without contributing anything of value in return... leaving us feeling powerless, weak, and empty – *pretty much like the narc’s natural state.*

The difference is, while there is no absolute cure for narcissistic personality disorder, **YOU can recover and take back your power and control over yourself and your whole life!**

By healing your inner wounds, you have the ability to build yourself back to WHOLE... no longer susceptible to abuse by narcissists and other toxic people.

[Find all the quality support you can](#) to help reinforce the protection around you. Change your phone number, block them on social media, block and filter their emails, file a restraining order... do whatever you need to protect yourself from the narcissist’s direct and indirect abuse as you move forward on your journey to recovery!

## **I Am Worth More Than the Narcissist’s Empty Promises.**

**Doing No Contact IS NOT limited to physical contact.** You must emotionally go No Contact to successfully free yourself from your addiction to the narcissistic illusion and their cycle of abuse.

**Stop entertaining the ILLUSION of what the relationship “could have been.”** It’s important to **acknowledge it for what it REALLY was** - a fantasy from the mind of a mentally ill person who is unable to see past their own needs, and whose ONLY motivation is to have others feed their ego to validate their worth.

You accepted what the narc offered because the illusion they fed you quieted the pain you were feeling from your unhealed wounds. You long for what they promised... but **you deserve more than empty promises!**

Heal your wounds and you will be able to filter out the phony, psychologically unhealthy “wannabes”, clearing the way for the people and experiences that are able to provide you with the REAL thing.

## My Freedom is Worth More Than Validation by an Abuser.

It's common for victims of narcissistic abuse to find themselves longing for validation from their abuser. And when we witness the abuser happily move on with a new victim without batting an eyelash, our need for confirmation that WE were not the problem becomes overwhelming.

*How could they be so happy while my soul has been torn to shreds? Perhaps the problem really was me after all?*

Remember how perfect everyone around you thought the narc was... and how you willingly confirmed that illusion because you wanted so badly to have your perfect soulmate back again? I can pretty much guarantee that the same thing is happening (or soon will be) about now.

Remove yourself from that suffocating prison of LIES & MANIPULATION and focus on taking care of YOU! Fight for your right to FREEDOM from abuse!

## My Success is the Best Revenge. Leaving the Narcissist Irrelevant... Even Better.

Put yourself at the very center of your focus. You deserve to be genuinely loved, appreciated, and respected just like anyone else. **Heal your wounds and live your life as it was meant to be lived... FULL OUT!** Don't keep checking up on what the narc is doing because it's all just for show anyway.

**My ex-narc revealed so much about NPD without even knowing it – it's crazy.** For example: during his 10-year marriage to his ex-wife, he made it a point to display only happy and successful images for his "fans" and family to see... but inside he felt trapped, empty, & miserable; stuck in a "loveless" marriage.

Of course it was a loveless marriage... he's unable to truly love. Of course he felt empty & miserable... he IS empty & his ego needs constant feeding to keep him from feeling like a nobody. **Of course he was stuck... he's a narc for LIFE.**



carmen  
sakurai

*No one would guess he's so miserable. All you see is a happy go lucky guy who enjoyed life! Narcs are pros at image control!*

He may have believed he was gaining sympathy from me... and at the time he got it. But now I realize he was actually giving ME something for once: all the first-hand information to help with my healing... and now, yours too.

*Thank you, Carmen's ex-narc!*

So whatever the narc might be doing or appearing to “get away with” is totally irrelevant... it's always going to be a show to get cheers and **stuff like that has no place in your life now!** They will FOREVER feel like a ZERO and it takes a lot out of them to maintain the mask they wear for others to see.

Take comfort in that TRUTH and give 100% of your focus and attention to yourself... because the **BEST “revenge” is YOUR SUCCESS and their ultimately being left IRRELEVANT in your life.**

When you do No Contact, go ALL IN. Do it with the intention to take your life back from a mere shadow of a person.

**YOU are the light... without light, the shadow cease to exist.**



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sakurai*

You've been prioritizing everyone else above yourself... so this is a good time to put YOU first! Enforce No Contact to **build yourself back to WHOLE so you will never tolerate this horrible, abusive behavior again.**



I hope this guide has helped explain and clarify what No Contact is, why you must immediately begin doing NC, and how to begin successfully executing No Contact for the best, most effective results!

Keep your eyes out for more action plans for relief and recovery that I share – FREE – on my podcast... guiding you towards complete recovery from the narcissistic cycle of abuse so you can finally break free.

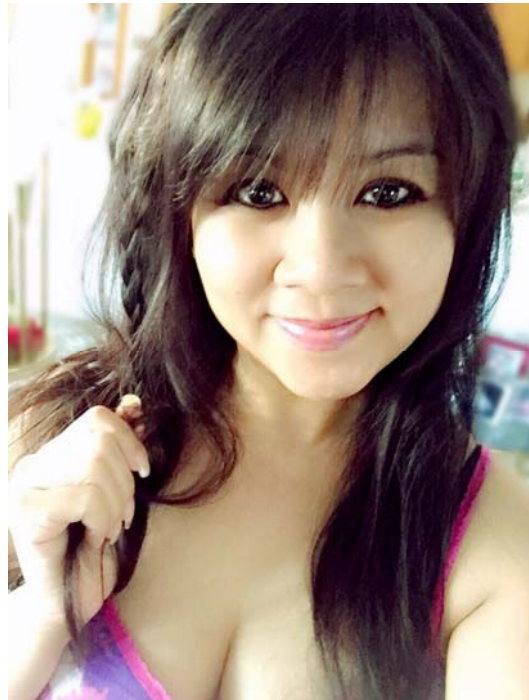
**YOU are the prize... CHOOSE YOU.**

With Love,

*Carmen*

*carmen sakurai*

## About Carmen Sakurai and the Choose You Podcast



Hi! I'm Carmen Sakurai... Certified Life Strategist, Teacher, 2x Best Selling Author, and Advocate for Victims of Narcissistic Abuse.

I'd like to welcome you to the **Choose You** podcast. A weekly audio coaching program to provide survivors of narcissistic abuse with validation, solid answers, and real-life solutions to help heal and break free from this dangerous cycle.

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