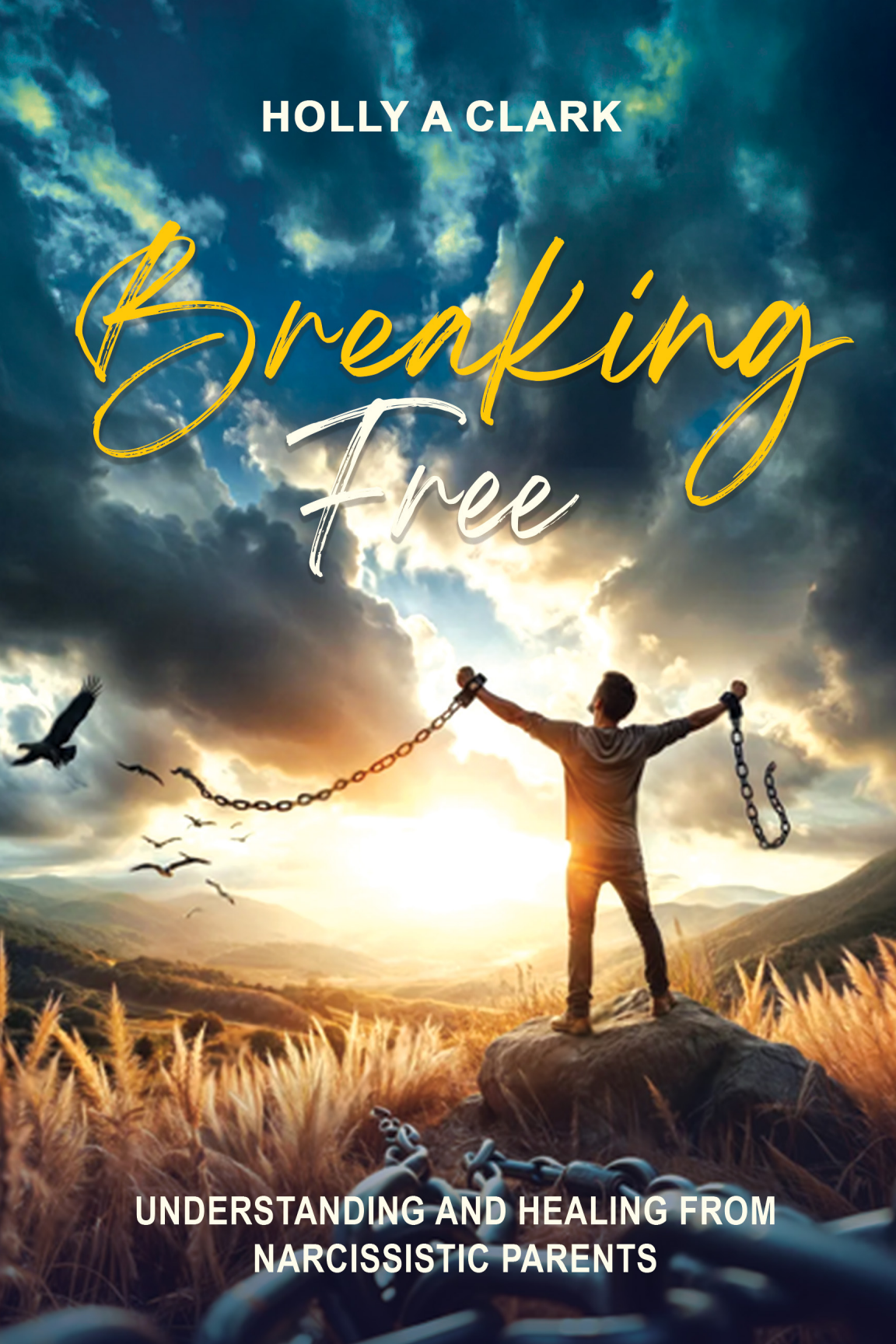


HOLLY A CLARK

Breaking Free

**UNDERSTANDING AND HEALING FROM
NARCISSISTIC PARENTS**



Copyright © 2025 by Holly A Clark

All rights are reserved, and no part of this publication may be reproduced, distributed, or transmitted in any manner, whether through photocopying, recording, or any other electronic or mechanical methods, without the explicit prior written permission of the publisher. This restriction applies to any form or means of reproduction or distribution.

Exceptions to this rule include brief quotations that may be incorporated into critical reviews, as well as certain other noncommercial uses that are allowed by copyright law. Any such usage must adhere to the specified conditions and permissions outlined by the copyright holder.

Formatted by Hmdpublishing

INTRODUCTION

For most of my life, I carried an invisible weight—one I couldn't quite name, but one that shaped the way I saw myself and the world. I struggled with self-doubt, people-pleasing, and an overwhelming sense that I was never quite *enough*. It wasn't until much later that I realized this burden had a name: the wounds of being raised by a narcissistic parent.

Growing up, love felt conditional. Affection was a currency, given only when I met certain expectations and withheld when I dared to have needs of my own that didn't match what she expected of me. I became an expert at walking on eggshells, at reading between the lines, at making myself small to avoid criticism. But no matter how much I tried to be “perfect,” it was never enough. The damage ran deep, shaping my relationships, my self-worth, and my ability to trust in my own power

I was 60 years old when I finally saw the truth, my mother didn't just fail to love me, she was actively trying to break me. For decades, she chipped away at my self-worth, making me feel stupid, ugly, and unworthy of love, but she did this in subtle ways. The manipulation had been so expertly concealed, that I didn't fully grasp what she was doing until she grew older, and her mask began to slip.

Looking back, I always knew my mother wasn't like my friends' moms, the ones who hugged their children, showed warmth, and offered encouragement. My mother was different. In fact, the only time I ever remember her reaching out to hug me was when I was voted

onto my high school's homecoming court. That moment—one of external validation—was apparently worthy of affection. But love for simply being me? That was never on the table.

At home, she was cold and calculating, a master manipulator. But in public, she played the part of the doting mother and stepmother flawlessly. People saw a loving, charming woman, completely unaware of the emotional battlefield that existed behind closed doors. For years, my older half-brother was her scapegoat, the one who bore the brunt of her cruelty. But once he moved away, that role became mine.

Walking on eggshells was a way of life in our house. Every word, every action, had to be carefully measured, lest it trigger her next calculated attack. It took me six decades to fully understand the depth of her narcissism—but when I finally did, everything made sense.

Then, when I was about 55 everything changed. After yet another painful breakup, I was determined to understand why I kept attracting the same kind of men into my life. That's when I came across *Will I Ever Be Good Enough* by Karyl McBride. The moment I read the first paragraph; I broke down in tears. For the first time, I felt seen—I wasn't alone. Others had experienced the same struggles I had with my mother. But the most profound revelation was that there was nothing wrong with *me*. I wasn't unlovable. The truth was, my mother had deep, unresolved issues, and now, I finally had a name for them. The realization was exhilarating I felt like I was floating for weeks. But as the initial euphoria faded, the weight of it all settled in. I understood that this had shaped my entire life, and its impact would likely stay with me forever.

Shortly after discovering the truth about my mother, I decided to see a therapist. For a year, I poured my heart out to her in session after session, hoping to find some relief. Then, one day during a regular appointment, I began discussing my struggle to forgive my mother for the impact she had on my life. My therapist's response caught me off guard: "Of course, you should forgive her. She doesn't mean to do what she's doing."

While I understood that my mother had a personality disorder, I found it hard to believe she was unaware of her actions, especially since she only behaved that way behind closed doors. Her words felt dismissive, as if she was minimizing the deep and lasting effects of my mother's behavior. In that moment, I felt invalidated and betrayed. I never went back after that session.

Although therapy didn't work out for me in the way I had hoped, it did lead me to something invaluable: EFT (Emotional Freedom Technique), also known as tapping. Through EFT, I discovered Brad Yates' channel, which eventually introduced me to the Law of Attraction. At first, I was skeptical—could shifting my thoughts and beliefs really heal wounds that had been decades in the making? But as I started applying these principles, something remarkable happened, I began to reclaim my life.

Through conscious intention, I rewired my inner dialogue. I let go of limiting beliefs that had been planted in me since childhood. I replaced fear with trust, resentment with forgiveness, and self-doubt with a newfound sense of purpose. I realized that I had the power to rewrite my story—and that the universe was ready to support me in doing so.

This book is designed to help you start on a journey of self-healing, empowerment, and self-love. It's about how I used the Law of Attraction to step out of the shadows of my past and into a life filled with joy, freedom, and authentic self-worth. If you've ever struggled with the lasting effects of a narcissistic parent, I want you to know this: **You are not broken. You are not powerless. And you are not alone.**

No matter where you are on your healing journey, I invite you to walk with me as I share the lessons, insights, and practical steps that helped me transform my life. If I could do it, so can you. The power is already within you—all you have to do is claim it.

Let's begin.

CHAPTER

1

UNDERSTANDING

Narcissism is often misunderstood. While the term is frequently used to describe self-centered individuals, clinical narcissism is more than just an inflated ego or selfish behavior. It is a deeply ingrained personality trait characterized by an excessive need for admiration, a lack of empathy, and a pattern of manipulating others to serve one's own needs. Narcissistic Personality Disorder (NPD) is a recognized mental health condition, and its impact on parenting can be devastating.

What Is Narcissism?

- Narcissism exists on a spectrum, ranging from mild traits to a full-fledged personality disorder.
- People with narcissistic traits often have an exaggerated sense of self-importance, a deep need for external validation, and difficulty handling criticism.

- While some narcissists exhibit grandiose behaviors, others may be more covert, playing the role of the victim to manipulate those around them.
- Narcissistic individuals often struggle with self-awareness and do not recognize the harm they cause to others.

The difference between healthy self-esteem and narcissistic traits

- Healthy self-esteem allows individuals to feel secure in themselves without needing constant validation from others.
- People with strong self-esteem can accept constructive criticism and engage in self-reflection.
- In contrast, narcissistic individuals seek admiration at the expense of others and react negatively to perceived slights.
- Narcissists often have fragile self-worth hidden beneath their outward confidence, leading them to overcompensate through arrogance and control.

Types of narcissistic parents:

- **The overt narcissist:** Openly arrogant, boastful, and controlling. They demand admiration and obedience from their children, often resorting to intimidation or manipulation to maintain power.
- **The covert narcissist:** Plays the victim, seeks sympathy, and manipulates subtly. They often present themselves as martyrs while guilt-tripping their children into compliance.
- **The controlling narcissist:** Micromanages their children's lives, dictating everything from career choices to personal interests. Their need for control stems from insecurity and a desire to maintain dominance.
- **The neglectful narcissist:** Ignores emotional and physical needs, often dismissing their child's feelings. This type of parent may be emotionally absent, forcing the child to seek validation elsewhere.

How narcissism affects parenting

- Narcissistic parents view their children as extensions of themselves rather than independent beings with their own thoughts and emotions.
- Their love is often conditional, based on the child meeting their expectations rather than being valued for who they truly are.
- They manipulate and exploit their children to serve their personal agendas, often without remorse.
- The unpredictable emotional climate they create fosters anxiety, low self-worth, and chronic self-doubt in their children.
- Many children of narcissistic parents struggle with feelings of guilt, believing they are responsible for their parent's happiness.
- The emotional instability of a narcissistic household makes it difficult for children to develop healthy coping mechanisms and self-trust.

Understanding narcissism is the first step toward healing. By recognizing the patterns and behaviors of narcissistic parents, survivors can begin to reframe their experiences and reclaim their sense of self. The following chapters will delve deeper into the signs of narcissistic parenting, the impact it has on children, and the pathways to recovery.

It's easy to overlook the signs of a narcissistic parent. Despite holding degrees in Sociology and Psychology, it never crossed my mind that my mother might have a personality disorder. When you grow up in a certain environment, it feels normal, making it easy to dismiss certain behaviors as mere difficulty rather than something deeper. You don't realize that this person may not actually love you—or even be capable of it. On top of that, we're conditioned to believe that all parents love their children, so we assume ours must too. The real danger lies in how this distorted version of “love” becomes our baseline, shaping the relationships we carry into adulthood.

CHAPTER

02

SIGNS OF A NARCISSISTIC PARENT

Recognizing the signs of a narcissistic parent is an essential step toward healing. Many victims grow up unaware that their experiences were abnormal or abusive because their reality was shaped by the parent's manipulative behavior. Identifying these behaviors can help you detach from their impact and begin the journey of emotional recovery.

Emotional manipulation and guilt-tripping

- Narcissistic parents use guilt and emotional manipulation to control their children's behavior.
- They may blame the child for their unhappiness, claiming that they sacrificed everything for them.
- Phrases like "After all I've done for you" or "You're so ungrateful" are common tools used to induce guilt.

- Over time, the child becomes conditioned to prioritize the parent's emotions over their own needs.

Lack of empathy and invalidation of feelings

- Narcissistic parents struggle to acknowledge or validate their children's emotions.
- They may belittle or mock their child's feelings, dismissing them as exaggerated or weak.
- Instead of offering comfort, they turn the conversation back to themselves or minimize the child's distress.
- This consistent invalidation leads to deep-seated self-doubt and emotional suppression.

Control and excessive criticism

- Narcissistic parents seek to control every aspect of their child's life, from career choices to personal relationships.
- They often enforce rigid expectations and punish any deviation from their standards.
- Criticism is frequent and harsh, leaving the child feeling like they are never good enough.
- This control fosters dependency, making it difficult for the child to develop autonomy and self-trust.

Gaslighting and reality distortion

- Gaslighting is a manipulation tactic that makes the victim question their perception of reality.
- A narcissistic parent may deny past abuse, claiming the child is imagining things or being overly dramatic.
- They twist events, making themselves the victim and the child the problem.

- This erodes the child's confidence in their own memories and experiences, leading to confusion and insecurity.

Favoritism and scapegoating among siblings

- Many narcissistic parents divide their children into roles, such as the “golden child” and the “scapegoat.”
- The golden child is showered with praise and favoritism, reinforcing the idea that love is conditional.
- The scapegoat, on the other hand, is blamed for family problems and treated with disdain.
- This dynamic breeds sibling rivalry and resentment, fracturing family bonds.

Emotional unavailability and neglect

- Some narcissistic parents are emotionally absent, failing to provide warmth, support, or guidance.
- They may be preoccupied with their own lives and only interact with their children when it serves their interests.
- Emotional neglect can be as damaging as overt abuse, leaving the child feeling unseen and unworthy.
- This results in struggles with self-worth and an ongoing search for validation in adulthood.

Unrealistic expectations and conditional love

- Love from a narcissistic parent is often conditional and based on the child's performance.
- If the child meets their expectations (e.g., excelling in school, fulfilling parental ambitions), they are praised.
- If they fail to meet these standards, they may be ignored, ridiculed, or even disowned.

- This conditional affection teaches the child that love must be earned rather than given freely.

Understanding these signs is the first step toward reclaiming your emotional autonomy. In the following chapters, we will explore the lasting impact of narcissistic parenting and the steps you can take to heal and redefine your self-worth.

The damage a narcissistic parent inflicts on a scapegoated child is almost unimaginable. My mother's chosen scapegoat was always my older half-brother. I truly believe she harbored a deep hatred for him, and the abuse he endured shaped his entire life. As an adult, he developed narcissistic tendencies of his own and went through multiple marriages. In his later years, he suffered from early-onset Parkinson's, which took a heavy toll on him. He passed away a couple of years ago, and I miss him deeply. Among my four siblings, he was the only one who truly understood what it meant to be my mother's scapegoat, we had that bond between us.

CHAPTER

3

THE IMPACT OF NARCISSISTIC PARENTING

Narcissistic parenting has profound and lasting effects on a child's emotional and psychological well-being. The influence extends far beyond childhood, shaping how the child interacts with the world, forms relationships, and perceives themselves. Below are some of the most common long-term consequences experienced by survivors of narcissistic parents.

Low self-esteem and self-doubt

- Constant criticism leads to feelings of worthlessness and inadequacy.
- Children raised by narcissistic parents often believe they will never be “good enough.”

- They internalize the negative messages they received, leading to self-destructive thought patterns.
- Chronic self-doubt results in fear of decision-making, second-guessing choices, and struggling with self-trust.
- Survivors may develop imposter syndrome, feeling unworthy of their achievements and success.

Anxiety, depression, and complex PTSD

- Growing up in an unpredictable emotional environment creates chronic stress.
- Survivors often develop anxiety disorders, fearing rejection and failure.
- Many experience depression due to a deep-seated feeling of emptiness and lack of self-worth.
- Complex PTSD (C-PTSD) is common among survivors, leading to emotional flashbacks, hypervigilance, and dissociation.
- The trauma stored from childhood may result in a constant state of fight-or-flight, making relaxation difficult.

Struggles with boundaries and people-pleasing tendencies

- Survivors of narcissistic parents often struggle with asserting their boundaries.
- They may feel guilty when saying “no” and prioritize the needs of others over their own.
- Growing up conditioned to seek validation from their parents, they become people-pleasers in adulthood.
- They may tolerate abusive or toxic relationships due to an ingrained fear of abandonment.
- Learning to establish and maintain firm boundaries is a key aspect of healing.

Difficulty forming healthy relationships

- The parent-child dynamic serves as a blueprint for future relationships.
- Many survivors unknowingly replicate toxic patterns in romantic and professional relationships.
- Trust issues arise due to past experiences of emotional betrayal.
- Survivors may struggle with vulnerability, fearing rejection and emotional exposure.
- Others may seek partners who mirror the emotional neglect they experienced, continuing the cycle of abuse.

Fear of abandonment and rejection

- A lifetime of conditional love fosters deep-rooted abandonment fears.
- Survivors often go to great lengths to avoid rejection, even at the cost of their own well-being.
- They may stay in unhealthy relationships out of fear of being alone.
- Self-worth becomes dependent on external validation, leading to feelings of insecurity.
- Healing involves developing a secure sense of self and recognizing that love should not be earned through suffering.

Hyper-independence or excessive dependence

- Some survivors develop extreme self-reliance, fearing that depending on others will lead to disappointment.
- They may struggle to accept help or express their emotions openly.
- On the opposite end, some survivors become excessively dependent on others for emotional security.

- These extremes in behavior often result from a lack of a stable, nurturing childhood environment.
- Balance is key—learning to trust oneself while also accepting healthy support from others is part of the healing process.

Negative self-talk and internalized shame

- Narcissistic parents instill messages of inadequacy, which become the child's inner voice.
- Survivors may be excessively self-critical, reinforcing their parents' damaging words.
- Internalized shame can prevent them from recognizing their own achievements and worth.
- Breaking free from this cycle involves rewiring thought patterns and practicing self-compassion.
- Affirmations and mindfulness techniques can help replace negative self-talk with healthier beliefs.

Understanding these impacts is essential for progressing on the healing journey. Recognizing the root cause of these traits within ourselves can be incredibly freeing, as can understanding how our relationship with a narcissistic parent has influenced the patterns we've attracted in our lives. For years, I struggled to build a successful relationship with a man simply because I had no model for what a healthy one looked like. While I still hope to find love someday, I can genuinely say that I feel deeply content with my life as it is. The Law of Attraction has given me that sense of peace.

CHAPTER

4

THE CHAPTER 4 JOURNEY TO HEALING

Healing from narcissistic parenting requires a multi-faceted approach that addresses both emotional and psychological wounds. While the journey is deeply personal and unique for each individual, there are fundamental steps that can help survivors break free from the long-lasting effects of narcissistic abuse and rebuild their lives with strength, confidence, and self-love.

Recognizing and accepting the truth

- Acknowledging that your parent was narcissistic and that their behavior was harmful is a crucial first step.
- Many survivors struggle with denial or minimize their experiences, believing they are overreacting.
- Understanding that their treatment was not a reflection of your worth but of their own unresolved issues can help in detaching emotionally.

- Seeking validation through books, therapy, and support groups can reinforce the reality of your experience.
- Letting go of the hope that they will change allows you to focus on your own healing rather than waiting for an apology or acknowledgment that may never come.

Rebuilding self-worth and self-confidence

- The damage done to self-esteem by a narcissistic parent can be profound, making self-love an essential focus of healing.
- Engaging in positive affirmations and self-compassion exercises can gradually shift negative self-perceptions.
- Setting small, achievable goals and celebrating progress can help in regaining confidence.
- Developing a strong internal dialogue that counteracts self-criticism and self-doubt is a long-term practice that promotes emotional resilience.
- Therapy, especially cognitive-behavioral therapy (CBT), can help identify and reframe negative thought patterns instilled by childhood experiences.

Setting and enforcing healthy boundaries

- Learning to say “no” without guilt is one of the most powerful skills a survivor can develop.
- Understanding that boundaries are necessary for emotional well-being helps prevent further manipulation and toxic interactions.
- Practicing boundary-setting with small, everyday situations can build confidence in asserting needs and preferences.
- Avoiding over-explaining or justifying personal choices helps reinforce boundaries without giving room for manipulation.

- Accepting that some relationships may change or even end when boundaries are set is part of the healing process.

Overcoming guilt and self-blame

- Narcissistic parents often condition their children to feel responsible for their emotions and problems.
- Breaking free from this mindset requires recognizing that their behavior was not your fault.
- Practicing self-forgiveness is essential in letting go of lingering guilt and shame.
- Journaling about feelings of guilt and rationalizing them can help separate reality from the distorted perspectives created by a narcissistic upbringing.
- Seeking support from a therapist or support group can provide external validation and reassurance.

Developing self-compassion and self-care routines

- Treating yourself with kindness, patience, and care is essential to healing.
- Engaging in activities that bring joy and relaxation, such as hobbies, exercise, and mindfulness, fosters emotional well-being.
- Prioritizing mental and physical self-care, including regular therapy and proper rest, aids in rebuilding resilience.
- Challenging negative self-talk and replacing it with affirmations of self-worth can slowly transform deep-seated beliefs about oneself.
- Learning to listen to and honor personal needs instead of constantly prioritizing others fosters independence and self-respect.

Healing through inner child work

- Many survivors benefit from addressing their inner child—the part of them that experienced emotional neglect and trauma.
- Inner child work involves re-parenting oneself by providing the love, validation, and security that were lacking in childhood.
- Visualization exercises, where one imagines comforting their younger self, can be profoundly healing.
- Writing letters to the inner child, acknowledging their pain, and affirming their worth can help in processing unresolved emotions.
- Seeking professional guidance in inner child work can accelerate the healing process.

Seeking supportive relationships

- Healthy relationships play a crucial role in healing from narcissistic abuse.
- Finding friends, mentors, or partners who respect and uplift you can counteract the toxic relational patterns of the past.
- Joining support groups or connecting with other survivors can provide a sense of community and understanding.
- Therapy can help in identifying and cultivating healthy, fulfilling relationships that align with personal growth.
- Learning to trust again takes time, but with patience and self-awareness, it is possible to build meaningful connections.

Embracing forgiveness on your own terms

- Forgiveness does not mean excusing or forgetting the abuse, but rather freeing yourself from resentment.
- It is a personal choice that may or may not involve reconciliation with the narcissistic parent.

- Letting go of anger does not mean accepting mistreatment but reclaiming emotional peace.
- Forgiveness can be directed inward, allowing survivors to release self-blame and self-criticism.
- Meditation, therapy, and journaling can aid in the process of emotional release and closure.

Healing is not a linear journey, and setbacks are part of the process. There was a time in my life when I thought that healing from this was impossible. However, with persistence, self-awareness, and support, breaking free from the effects of narcissistic parenting is entirely possible. The following chapters will explore additional healing modalities, including the Law of Attraction and Emotional Freedom Technique (EFT), to further support emotional recovery and empowerment.

CHAPTER

5

DEALING WITH NARCISSISTIC PARENTS AS AN ADULT

Navigating a relationship with a narcissistic parent as an adult can be challenging. The emotional dynamics established in childhood often persist into adulthood, making interactions fraught with guilt, frustration, and self-doubt. This chapter provides practical strategies for managing these relationships while prioritizing your mental and emotional well-being.

Understanding that you are not obligated to maintain a relationship

- Many adults feel guilty about setting limits with a narcissistic parent due to societal expectations.

- Recognizing that your well-being matters more than upholding an unhealthy relationship is a critical step in reclaiming your autonomy.
- Assessing whether contact with your parent adds value to your life or only brings stress and harm.
- Accepting that estrangement is a valid and sometimes necessary choice for self-preservation.

Strategies for limited or no contact

- Setting clear boundaries about the level of interaction you are willing to tolerate.
- Implementing a “low-contact” strategy where interactions are minimal and strictly defined.
- Going “no-contact” when continued engagement only results in further emotional distress.
- Communicating your boundaries assertively, without excessive justification or guilt.
- Preparing for emotional backlash, as narcissistic parents often react poorly to perceived rejection.

Handling manipulation and guilt trips

- Recognizing common manipulation tactics, such as gaslighting, guilt-tripping, and victim-playing.
- Staying firm in your decisions despite emotional outbursts or attempts to control your behavior.
- Avoiding being drawn into unnecessary arguments or defending your choices excessively.
- Using neutral responses like “I’m not discussing this” or “That’s your opinion” to disengage from conflict.

- Keeping a support system in place to reinforce your boundaries and validate your decisions.

How to communicate effectively with a narcissistic parent

- Using the “gray rock” method—remaining emotionally unresponsive and neutral during interactions to minimize their attempts at manipulation.
- Keeping conversations short, factual, and without emotional investment.
- Setting conversation limits, such as avoiding discussing personal matters that could be used against you.
- Learning to walk away from conversations that become toxic or emotionally draining.
- Accepting that you cannot change or reason with a narcissist but can control how you react to them.

Protecting your own mental health

- Engaging in self-care practices to manage stress from dealing with a narcissistic parent.
- Seeking therapy to work through lingering trauma and establish healthy coping mechanisms.
- Prioritizing relationships that bring positivity and fulfillment rather than emotional turmoil.
- Practicing mindfulness and relaxation techniques to maintain emotional balance.
- Journaling your experiences to process emotions and gain clarity about your boundaries and needs.

Managing family dynamics and expectations

- Recognizing that other family members may pressure you to “forgive and forget.”
- Understanding that enablers and flying monkeys (people who side with the narcissist) may try to manipulate you into compliance.
- Establishing firm boundaries with extended family who try to guilt or shame you into maintaining contact.
- Refusing to engage in family drama or allow yourself to be pulled into dysfunctional patterns.
- Seeking support from family members who understand and respect your decisions.

Reclaiming your personal power

- Recognizing that your past does not define you and that you have the ability to shape your own life.
- Building a strong sense of self-worth independent of parental approval.
- Practicing self-validation to counteract years of external validation-seeking behavior.
- Developing a new narrative that focuses on your strengths, resilience, and future growth.
- Learning to live authentically, free from the limitations imposed by your past.

Deciding how to handle your relationship with a narcissistic parent is deeply personal and often incredibly challenging. From my own experience, I understand that going no contact can be especially difficult, particularly when your parent is aging or in poor health. Ultimately, only you can determine what is best for your unique situation.

Choosing to go no contact can also bring complications, particularly when dealing with the reactions of other family members. However, sometimes prioritizing your own well-being is the only viable option. Navigating adulthood with a narcissistic parent is never easy, but breaking free from their control and reclaiming your life is possible.

In the next chapter, we'll explore how the Law of Attraction can help shift your mindset and empower you to manifest a healthier, more fulfilling future.

CHAPTER

6

THE LAW OF ATTRACTION AND HEALING FROM NARCISSISTIC ABUSE

The Law of Attraction (LOA) is a powerful tool that can help survivors of narcissistic abuse reframe their mindset, break free from negative thought patterns, and manifest a healthier, more fulfilling life. By focusing on positive energy, shifting self-limiting beliefs, and setting clear intentions, you can reclaim your power and create a reality rooted in self-love and emotional freedom.

Understanding the Law of Attraction and its principles

- LOA is based on the idea that like attracts like—what you focus on expands.

- Thoughts, emotions, and beliefs shape your reality, influencing your experiences.
- Shifting from a victim mindset to an empowered perspective opens doors to positive change.
- Cultivating gratitude, visualization, and affirmations rewires neural pathways for success and emotional healing.

Shifting your mindset from victimhood to empowerment

- Narcissistic abuse often leaves survivors feeling powerless, but LOA teaches that you have control over your inner world.
- Reframing experiences as lessons rather than punishments allows for growth and emotional strength.
- Shifting self-talk from “I am broken” to “I am healing and growing” creates an internal environment of resilience.
- Surrounding yourself with supportive people and engaging in uplifting activities reinforces a positive outlook.

Using affirmations and visualization to rebuild self-worth

- Daily affirmations can help replace negative thought patterns with empowering beliefs.
- Examples: “I am worthy of love and respect,” “I release my past and embrace my future.”
- Visualization exercises, such as imagining a peaceful and fulfilling life, enhance manifestation power.
- Journaling positive experiences and goals reinforces the subconscious mind’s alignment with healing.

Attracting healthy relationships and positive experiences

- Identifying past patterns and consciously choosing healthier connections shifts the energy you attract.
- Setting clear intentions for the kind of relationships you want invites people who align with your values.
- Practicing self-love and self-care increases vibrational energy, making it easier to attract positivity.
- Detaching from toxic individuals and trusting that the universe will replace them with healthier connections.

Manifesting inner peace and emotional freedom

- LOA emphasizes letting go of resentment and embracing forgiveness—not for the narcissist, but for your own peace.
- Meditation and mindfulness practices help clear negative energy and create space for emotional balance.
- Decluttering your environment and removing reminders of past trauma can create a fresh start.
- Focusing on what brings joy and fulfillment shifts your energy away from pain and toward healing.

Practical exercises for implementing the Law of Attraction in daily life

- Morning gratitude practice: List three things you're grateful for to start the day with positive energy.
- Vision board creation: Physically visualize your dreams and goals through images and affirmations.
- Scripting: Write down your ideal life as if it's already happening to reinforce belief in your future.

- Meditation and breathwork: Use relaxation techniques to stay present and align with a high-frequency mindset.
- Letting go ritual: Write a letter of release to your past self, burn it, or dispose of it symbolically to signify moving forward.

The Law of Attraction was truly the lifeline that rescued me from the lasting effects of having a narcissistic mother. Without it, I can't even imagine where I'd be today. Nothing else came close to healing my wounds or helping me reclaim my life—a life that is now joyful, fulfilling, and filled with hope for the future while embracing happiness in the present.

The Law of Attraction isn't about denying reality; it's about consciously choosing to focus on what you want to create rather than dwelling on what you fear. By adopting this perspective, you can transform your story from one of pain to one of power, designing a life that reflects your true worth and potential.

In the next chapter, we'll explore Emotional Freedom Technique (EFT), another powerful healing tool to release emotional blockages and strengthen self-empowerment.

CHAPTER

7

EMOTIONAL FREEDOM TECHNIQUE (EFT) FOR HEALING

Emotional Freedom Technique (EFT), also known as tapping, is a therapeutic tool that can help survivors of narcissistic abuse release emotional pain, reduce stress, and rewire negative thought patterns. EFT combines elements of cognitive therapy with acupuncture by stimulating meridian points through gentle tapping while focusing on distressing thoughts or emotions.

What is EFT?

- EFT is based on the principles of energy psychology and involves tapping specific acupuncture points on the body while verbalizing affirmations or statements about one's emotions.
- This technique helps regulate the nervous system, release emotional blockages, and promote self-healing.

- EFT has been used to treat anxiety, PTSD, and self-esteem issues, making it a valuable tool for survivors of narcissistic abuse.

How EFT works in healing trauma

- Trauma from narcissistic parenting often becomes trapped in the body, leading to chronic stress responses.
- EFT allows individuals to address unresolved emotions and neutralize painful memories by focusing on them while tapping key meridian points.
- The process helps rewire the brain's response to emotional triggers, promoting a sense of calm and control.
- Unlike traditional talk therapy, EFT directly engages both the body and mind, providing faster relief from distressing emotions.

Step-by-step guide to EFT tapping

1. **Identify the issue:** Acknowledge a specific emotional distress (e.g., “I feel unworthy because of my parent’s criticism”).
2. **Rate the intensity:** On a scale from 1-10, measure how strong the emotion feels before starting the tapping process.
3. **Setup statement:** Use a phrase that acknowledges the problem while affirming self-acceptance (e.g., “Even though I feel unworthy, I deeply and completely accept myself”).
4. **Tap on key meridian points:** Gently tap the following areas while repeating the setup statement:
 - Top of the head
 - Eyebrow
 - Side of the eye
 - Under the eye
 - Under the nose

- Chin
 - Collarbone
 - Under the arm
5. **Reassess intensity:** After a few rounds, rate the intensity of the emotion again. Repeat the process until the distress level decreases significantly.
6. **Reframe thoughts:** Introduce positive affirmations while continuing to tap (e.g., “I am worthy of love and respect”).

Benefits of EFT for survivors of narcissistic abuse

- Reduces anxiety, depression, and emotional overwhelm.
- Helps release long-held guilt, shame, and fear imposed by narcissistic parenting.
- Enhances self-awareness and strengthens emotional resilience.
- Supports boundary-setting by reinforcing self-worth and confidence.
- Can be used as a daily self-care tool to manage stress and triggers.

Incorporating EFT into daily self-care routines

- Start each morning with a short tapping session focused on gratitude and empowerment.
- Use EFT before challenging interactions with a narcissistic parent to stay emotionally grounded.
- Tap whenever you feel triggered by memories or self-doubt to shift into a calmer state.
- Integrate EFT with meditation, journaling, or affirmations for a holistic healing approach.

By incorporating EFT into your healing journey, you can release emotional burdens, rewire self-limiting beliefs, and cultivate a renewed sense of self-empowerment. The next chapter will explore strategies for breaking the cycle of narcissistic abuse and ensuring future relationships are built on healthy dynamics and emotional safety.

I am thankful every day that I discovered Brad Yates channel and welcome every new day with a tapping session! Words can't describe how this has changed my life.

CHAPTER

8

BREAKING THE CYCLE

Breaking free from the cycle of narcissistic abuse involves intentional effort to recognize toxic patterns, heal from past wounds, and create a future based on self-worth and emotional independence. The goal is to develop new, healthier relationship dynamics and ensure that past traumas do not dictate future interactions.

How to avoid repeating toxic patterns in your own relationships

- Recognizing and understanding how past trauma influences relationship choices is key.
- Identifying red flags early in relationships prevents falling into similar toxic dynamics.
- Developing self-awareness helps break cycles of codependency, people-pleasing, and emotional neglect.
- Learning to respond to triggers in a healthy way rather than repeating conditioned behaviors.

- Working with a therapist or coach to unlearn negative conditioning and develop healthier emotional responses.
- Developing an understanding of attachment styles and how they influence romantic and platonic relationships.
- Practicing self-advocacy and learning to prioritize personal needs over others' expectations.

Raising children in a healthy, loving environment

- Children of narcissistic parents often struggle with parenting, fearing they may replicate toxic behaviors.
- Conscious parenting involves validating a child's emotions, fostering self-esteem, and providing unconditional love.
- Breaking generational cycles requires self-reflection, emotional regulation, and intentional nurturing.
- Encouraging open communication and emotional intelligence equips children with the tools to express themselves freely.
- Setting consistent, loving boundaries teaches children respect while maintaining their individuality and self-worth.
- Teaching children healthy conflict resolution skills and emotional expression.
- Creating a family culture of respect, kindness, and understanding rather than fear and control.
- Recognizing personal triggers and consciously working to prevent passing them onto children.

Learning to trust yourself and your instincts

- Growing up under narcissistic manipulation can erode self-trust, leading to chronic self-doubt.
- Rebuilding confidence requires practicing small acts of self-reliance and decision-making.

- Learning to differentiate between fear-based reactions and genuine intuition helps guide healthier choices.
- Journaling thoughts and reflecting on past successes strengthens self-trust over time.
- Engaging in activities that reinforce independence and self-empowerment, such as solo travel, hobbies, or new challenges.
- Practicing mindfulness to develop awareness of personal emotions and instinctual reactions.
- Allowing yourself to make mistakes and learn from them rather than fearing imperfection.
- Seeking professional guidance to reinforce self-trust and work through lingering self-doubt.

Finding support and community

- Healing is not meant to be done in isolation—building a support system is essential.
- Seeking therapy, joining survivor support groups, or engaging with trusted friends fosters emotional safety and validation.
- Online communities and resources provide connection and shared experiences with others who have gone through similar challenges.
- Healthy friendships and relationships help rewire expectations for what safe and loving connections look like.
- Engaging in self-development programs, workshops, and healing retreats can reinforce emotional growth.
- Participating in group therapy or guided healing circles for additional perspective and validation.
- Creating a trusted support network of mentors and allies who encourage growth and empowerment.
- Developing a community of like-minded individuals who prioritize emotional well-being and personal evolution.

Committing to a life of self-love and growth

- Choosing self-love means prioritizing well-being, happiness, and personal goals over past wounds.
- Practicing daily affirmations, mindfulness, and gratitude shifts focus from pain to progress.
- Investing in mental and emotional health through ongoing therapy, meditation, and self-care routines.
- Allowing oneself to experience joy, adventure, and new opportunities without fear of self-sabotage.
- Viewing healing as an ongoing journey rather than a destination helps manage setbacks and celebrate growth.
- Setting personal growth goals and actively working towards achieving them.
- Adopting a lifelong mindset of self-discovery, learning, and continuous emotional expansion.
- Surrounding yourself with positivity, inspiration, and environments that support self-actualization.

By breaking the cycle of narcissistic abuse, you reclaim your personal power and rewrite your narrative on your own terms. Healing allows you to step into your authentic self, free from the limiting beliefs and emotional burdens imposed by a narcissistic upbringing. You deserve a life of peace, love, and fulfillment—one that is entirely your own creation. I am living proof that you can find happiness after narcissistic abuse. There is hope!

BOOKS I RECOMMEND:

- Will I Ever Be Good Enough by Karyl McBride
- Ask and it is Given by Esther and Jerry Hicks
- The Power of Now by Eckhart Tolle
- My favorite Emotional Freedom Technique (tapping) channel is BradYates