



The No Contact Blueprint

Understand the cycle of narcissistic abuse, break the trauma bond and create boundaries that set you free



INNERKINDER.COM



About InnerKinder

InnerKinder is a safe space where you can become your best self

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.

To explore more resources and support your journey, visit us anytime at www.innerkinder.com - you're always welcome here.



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GROW FROM WITHIN

Welcome

You've made it to the *heart* of your healing journey. After the shock, the survival, and the breaking free, there comes a softer — but equally powerful — phase: rebuilding.

Healing & Rebuilding Self-Trust is where you truly begin to reconnect with yourself. Narcissistic dynamics erode your inner compass, leaving you unsure of your needs, intuition, and worth. This phase helps you gently restore all of that.

In this guided process, you will:

- Detox from emotional residue and nervous system chaos
- Untangle your thoughts from the internalized voice of narcissistic harm
- Rebuild your sense of identity piece by piece
- Strengthen your intuition and self-trust
- Learn to self-soothe without needing external validation
- Rediscover the parts of you that were ignored, minimized, or dimmed

Some days will feel lighter. Some days may stir up grief. All of it is part of reclaiming the self that's been waiting beneath the hurt.

You're not just healing from what happened — you're *becoming* someone new. Someone clearer. Someone calmer. Someone who can trust her own voice again.

This is where you return to yourself.

When Enough is Finally Enough

You're not the only one who's been stuck, confused, and torn up at the thought of cutting ties.

"I block them... and then unblock them. I don't even know why I keep letting them back in." – Keiko, 32

"Every time I try to leave, I get pulled back in. Guilt. Fear. Hope." – Lucy, 44

"I've rehearsed the goodbye in my head a thousand times... and still can't say it." – Desi, 38

"They treat me like I'm disposable. And somehow, I'm the one who feels bad walking away." – Laila, 27

If even one of these hits home...

You're not crazy.

You're not weak.

You're not being too sensitive.

You're in something toxic. And you're ready to get out.

This book isn't about revenge. It's not about playing games. It's about reclaiming your peace — without second-guessing yourself ever again.

It's not just a plan. It's a **lifeline**.

And it's yours now.



“

Going no contact with a narcissist is not a sign of weakness, it's a courageous act of self-preservation and healing

– TRACY MALONE



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Introduction



Why This Book Exists

You're not crazy. You're not weak. And you're definitely not alone.

Over **25% of adults** have experienced narcissistic abuse in some form. That number includes relationships with exes, parents, siblings, “best friends,” even spouses you’ve shared a life with. But most victims don’t leave. Not because they’re addicted to the chaos - but because they’ve been **psychologically trained** to feel guilty for protecting themselves.



Let’s call it what it is: **abuse masked as obligation.**

This book exists because affirmations don’t cut it. Instagram quotes won’t save you. And well-meaning advice like “just block them” or “set boundaries” ignores the **emotional landmines** that come with doing so. You need more than permission - you need a **system.**

Who This Is For

This guide is for you if you:

- Feel stuck in a toxic relationship you can't explain to anyone else.
- Battle guilt, confusion, and self-doubt every time you try to walk away.
- Have gone “no contact” before - only to cave after a guilt trip or love bombing.
- Secretly wonder if you're the problem because you still miss them.
- Want to be free, but fear what people will say (especially if it's family).

You've likely Googled:

- “How do I know if someone is a narcissist?”
- “Can I cut off a parent and still be a good person?”
- “Why do I feel guilty for leaving someone who hurt me?”

This book was written for that version of you. The one who cries quietly after blocking them. The one who's walked away 10 times but never really left. The one who wants peace more than anything - but doesn't know how to get it without shattering.

“

Every time I talk to my mother I feel unseen, frustrated, and hurt. I feel like everyone expects me to keep trying just because she's my mom, even though she never changes.

Why Leaving Feels Wrong - Even When It's Right

Let's break something wide open here:

- You were trained to feel guilty for protecting yourself.
- You were conditioned to tolerate dysfunction and call it loyalty.
- You were gaslighted into second-guessing your reality.

That's why even after all the lies, betrayal, blame-shifting, and emotional volatility... the thought of going no contact still makes your stomach turn. That's not weakness. **That's trauma bonding.**

Trauma bonds are psychological chains built by manipulation and intermittent reinforcement - random affection, apologies, or crises that confuse your brain into thinking, "maybe this time it's real."



Data Box:

- "Trauma bonds mimic the neurological effects of addiction."
(www.abuseandrelationships.com)
- "90% of victims of narcissistic abuse experience long-term anxiety or PTSD." (Charlie Health)

The longer you stay, the harder it becomes to trust your gut. Your self-esteem erodes. You internalize their voice until you can't tell if the judgment is coming from them or from inside your own head.

How to Use This Book

This book isn't meant to be read like a novel. It's a **step-by-step blueprint** for cutting ties, staying gone, and rebuilding your identity. You can follow it in order, or skip to the sections that hit hardest.

What you won't find here:

- Fluff.
- Vague affirmations.
- Toxic positivity.

What you will find:

- 27 **clear, tactical, and backed-by-research** steps to go no contact and never look back.
- Scripts, checklists, journal prompts, and strategies you can implement immediately.
- Tools to dissolve guilt, handle manipulation, and reclaim your power.

You are not broken. You are trauma-trained. And that training can be **unlearned** - step by step, without guilt, drama, or apologies.





A Few Words Before You Begin

You don't owe toxic people access just because they share your DNA.
You don't have to explain your healing to anyone who benefited from your silence.

You don't have to stay in pain to prove you're kind.

And most importantly:

You are not selfish for wanting peace.

You are **brave** for choosing it.

Let's begin.



Part 01

Understanding the Trap

*Why cutting ties feels impossible -
even when you know they're toxic.*

1. The Invisible Cage: Narcissistic Abuse Explained

Most victims of emotional abuse don't know they're being abused. Why? Because narcissistic abuse doesn't always leave bruises. It leaves **doubt, guilt, shame, and silence.**

A narcissist doesn't always scream. Sometimes they withhold. Sometimes they love bomb, gaslight, or play victim. It's not about constant cruelty - it's about **control masked as connection.**

Key Traits of Narcissistic Abuse:

- **Idealization:** They make you feel like the most loved, needed, seen person in the world.
- **Devaluation:** Suddenly, you're criticized, ignored, manipulated, or blamed.
- **Discard:** They withdraw affection or disappear when you express needs or boundaries.
- **Hoovering:** Just when you try to leave, they pull you back in with apologies or false promises.

This cycle isn't random - it's strategic. It's designed to **destabilize your sense of reality**, create dependency, and make leaving feel like losing oxygen.



2. Trauma Bonds: Why You Still Miss Them

You don't miss the abuse - you miss the illusion. Your brain has been chemically trained to **crave their approval**, even if it destroys you.

Trauma bonding is a powerful psychological phenomenon. It forms when abuse is mixed with random kindness, apologies, or intimacy. Your nervous system gets addicted to the highs and lows. You feel powerless, guilty, and hooked - even when you logically know it's toxic.



Data Box:

- “Trauma bonds operate on the same neurological systems as addiction.” (Newsweek)
- “Victims often internalize the abuser’s perception of them, leading to identity erosion.” (*Charlie Health – Long-Term Effects of Narcissistic Abuse*)

Signs You’re Trauma Bonded:

- You feel more anxiety when they’re gone than when they’re near.
- You defend or excuse their actions to others (and to yourself).
- You obsess over whether you caused the abuse.
- You crave closure - thinking maybe one more conversation will help.

Here’s the truth:

Missing them doesn't mean they were good for you. It means you've been neurologically rewired to equate survival with attachment. But that bond can be broken - with strategy, not shame.

3. Gaslighting: How They Rewired Your Reality

Gaslighting isn't just lying. It's weaponized confusion. It's being told:

- “That never happened.”
- “You're imagining things.”
- “You're too sensitive.”
- “You're the one with the problem.”

Over time, this erodes your reality. You begin to **mistrust your own memory, instincts, and emotional reactions**. You apologize for things you didn't do. You stop setting boundaries because it always backfires.

Gaslighting Red Flags:

- You feel the need to record conversations to prove what happened.
- You constantly ask, “Am I being too dramatic?”
- You've started believing that everything is your fault.



Data Box:

- “Narcissistic abuse leads to diminished self-esteem, loss of identity, and chronic anxiety.” (*Healing TREE*)
- “Survivors often experience cognitive dissonance, questioning what is real and what is manipulation.” (*paceuk.info*)

The goal of gaslighting is simple: **make you question yourself so you need them to feel stable again**. And once that dependence forms, your ability to leave without guilt becomes fractured.

4. Why Guilt Feels Like Loyalty

One of the most sinister effects of toxic relationships is that they redefine what love feels like. You start to associate pain with commitment. The worse they treat you, the more you work to earn their love - believing if you just tried harder, they'd change.

But it's not just the person - it's the programming.

Sources of Manipulated Guilt:

- **Family loyalty:** "But they're your parent."
- **Time investment:** "We've been together for years."
- **Religious conditioning:** "Forgive 70x7 (Matthew 18:21)."
- **Cultural silence:** "We don't talk about that."

But here's the truth bomb:

- *Blood does not entitle access.*
- *Time invested does not excuse abuse.*
- *Forgiveness does not require reconciliation.*

You were taught that leaving is selfish. But it's not. **Leaving is survival.**





Recap: The Real Reasons You Feel Stuck

You're not weak. You've been **systematically manipulated**. Your brain, body, and belief systems have been reprogrammed to:

- Feel fear when setting boundaries
- Confuse abuse with love
- Experience guilt when choosing peace

Now that you understand the trap, it's time to break it - one strategic step at a time.

Next: We begin the **27-step No Contact Blueprint** - a tactical, guilt-proof plan to end the cycle without looking back.



Part 02

The No Contact Blueprint

*27 tactical steps to cut off toxic people without
guilt, drama, or looking back.*

Phase I: Mental Clarity

Step 1. Name the Abuse (Privately, Then Out Loud)

The first step to freedom isn't physical - it's psychological. Before you can leave a toxic dynamic, you need to understand what you're leaving. And that starts with naming it.

Most survivors of emotional abuse minimize their experience. They say things like, "It wasn't that bad," or "Every relationship has issues." This isn't denial - it's survival. When you've been gaslit or invalidated for long enough, your brain starts to rewrite reality in ways that keep you bonded to the person hurting you.

But there's power in language. Naming what happened to you - whether it was narcissistic abuse, coercive control, emotional neglect, or gaslighting - breaks the silence that's kept you stuck. It validates your reality. It gives shape to the fog.



Try this: Write down every form of abuse you experienced - not to relive it, but to reclaim it. Say it out loud in a safe space, even if it's just to yourself. "I was manipulated." "I was devalued." "I was emotionally starved." Each sentence is a thread pulled loose from the web of denial.




Journal prompt: "What have I been calling this relationship - and what is it really?"

Step 2. Identify Your Trauma Bond Triggers

Understanding what specifically keeps pulling you back into the cycle is essential for breaking it. Trauma bonds are not irrational attachments - they're survival instincts trained into you over time. Identifying the triggers that reinforce this bond helps you prepare for emotional ambushes before they happen.

Ask yourself: What do I crave from them? Is it their approval? An apology? Closure? Write down three things you still want from this person. Now ask: Have they consistently provided those things without strings or harm? If the answer is no, that's your clarity.

Common triggers include their voice in your head saying, "You'll regret this," memories of temporary kindness, or fear that you're overreacting. Naming these is not a weakness. It's step one to neutralizing them.

 **Journal prompt:** "What situations or thoughts make me want to reach out - and what am I really seeking in that moment?"



Step 3. Acknowledge the Cost of Staying

When you're in survival mode, you often ignore just how much pain you're enduring. That's why survivors minimize, rationalize, or justify the abuse. But the longer you stay, the more it costs you - emotionally, mentally, and even physically.

Take inventory of what you've sacrificed: your sleep, your confidence, your ability to trust yourself. Your peace. This is not a small loss. It's the erosion of your identity, day by day.

Create a **'cost ledger.'** On one side, list what you've lost by staying. On the other, list what you're afraid to lose by leaving. This contrast often reveals the illusion: the emotional loss of staying is far greater than the temporary discomfort of leaving.

Reminder: The pain of leaving is temporary. The pain of staying is guaranteed.



Step 4. Start a Daily Reality Tracker

When you're trauma bonded, your brain becomes addicted to the highs and lows. That makes it dangerously easy to forget the bad times and idealize the good ones. A daily tracker creates emotional receipts - a paper trail of truth.

Each day, write down three things: what they said or did, how it made you feel, and whether it helped you grow or made you shrink. You'll begin to see patterns your emotional memory wants to erase.

This isn't about obsessing over them - it's about training your nervous system to stop gaslighting itself. It's truth therapy. It's validation in your own handwriting.

Prompt: "Today, I felt _____ after they _____. I needed _____, but got _____."




Step 5. Silence the Inner Apologist

You know that voice - the one that says, “They’re not that bad,” or “I’m probably just too sensitive.” That voice isn’t your intuition. It’s the internalized script written by years of gaslighting and emotional manipulation.

This voice served a purpose. It kept you safe by helping you tolerate harm. But now, it’s keeping you stuck. Silencing it doesn’t mean being cruel. It means being honest.

When the voice shows up, respond with evidence: 'I stayed. I tried. I got hurt. Again.' Use your reality tracker to back yourself up.

 **Journal prompt:** “What do I excuse in them that I would never accept from anyone else?” That question alone can change your life.




Step 6. Set Your Why (Freedom Statement)

Cutting contact with someone toxic isn't just about ending something - it's about beginning again. Before you take that step, define what you're moving toward. Your 'Why' is your anchor. It's what you'll cling to when the guilt floods in or the manipulation ramps up.

Write a Freedom Statement. Example: "I'm going no contact because I deserve peace without fear." Keep it short, clear, and powerful. Repeat it daily. Tape it to your mirror. Make it your phone lock screen.

The goal is to redirect your focus from what you're losing to what you're reclaiming. Because this isn't abandonment - it's alignment.

 **Journal Prompt:** "What do I want my life to feel like once they no longer have access to me?"



Phase 2: Boundaries & Planning

Step 7. What No Contact Really Means

No contact doesn't always look the same. It can be full, modified, or strategic (like the Gray Rock method). The key is that you're no longer offering emotional access to someone who abuses it.

Full No Contact means blocking them everywhere - phone, social, email, even mutual friends if necessary. **Modified Contact** is for situations involving shared custody or legal ties, where interaction has to occur but will be minimal and purely logistical.

Gray Rock is used when contact can't be avoided. It means being emotionally flat, neutral, and boring ("dull as a gray rock") to keep the narcissist at arm's length. No reactions. No explanations. Just facts.

Choose what fits your safety. But choose something. Indecision is where manipulation thrives.



Step 8. Create a Digital Escape Plan

Toxic people don't just violate emotional boundaries - they often exploit digital ones too. That's why a clean digital break is crucial.

Start by changing every password, enabling two-factor authentication, and reviewing any location-sharing or shared cloud accounts. Block them on social media - not just so they can't contact you, but so you don't spiral by watching them.

Go through your apps, subscriptions, shared documents, and even playlists. You don't owe them a digital backdoor into your life.

Checklist prompt: "Where online do they still have access to me, even indirectly?" Clean house.

Create your own checklists like the one below to ensure that you've covered all your digital bases.

Change passwords on:

- | | |
|--|--|
| <input type="checkbox"/> Email accounts | <input type="checkbox"/> Apple account |
| <input type="checkbox"/> Social media accounts | <input type="checkbox"/> Favorite online stores |
| <input type="checkbox"/> Online banking | <input type="checkbox"/> Smart home devices |
| <input type="checkbox"/> Online credit card accounts | <input type="checkbox"/> Online access to household services (e.g. water) accounts |
| <input type="checkbox"/> Cell phone provider | |

Step 9. Prepare for the Blowback

Narcissists use two types of 'hoovering' to try to suck you back in:

- Pulling on your heartstrings – Using your empathy and compassion against you
- Bullying you back under their control – Using your fears and vulnerabilities to manipulate you

You should expect:

- **Guilt bombs** (“I always loved you...”)
- **Love bombing** (“Let’s start over.”)
- **Rage texts** (“You’re a monster.”)

Have neutral scripts ready. When they say, “I miss you,” remind yourself: they miss your compliance, not your soul. When they say, “You’re the problem,” remind yourself: projection is not proof.

The more intense their reaction, the more proof you have that they viewed you as supply - not as someone to love, but someone to use.

Step 10. Block with Intention

Blocking someone who harmed you isn’t immature. It’s intelligent. Silence isn’t cruelty - it’s clarity. It says: I no longer consent to chaos.

Write your own blocking mantra. Example: “They had access to me, and they abused it. Blocking isn’t petty. It’s protection.”

Block their number, socials, backup accounts, and even mutual friends if needed. Your peace is more precious than their feelings.

Step 11. Craft Your Exit Message (Optional)

You don't owe them a goodbye. But if saying something helps **you** feel final, keep it short and emotionless. Do not invite conversation. This is a boundary, not a bridge.

Example: "For my mental and emotional well-being, I'm going no contact. Please do not contact me."

Send it. Screenshot it. And then block.

Reminder: Closure is not something they give. It's something you claim.

Step 12. Notify Your Inner Circle

When you leave a toxic person, they often try to control the narrative. They may paint you as unstable, cruel, or ungrateful. Get ahead of the smear campaign.

Prepare three versions of your boundary:

- **To trusted allies:** "I'm cutting contact with someone who harmed me. I'm not open to debate. I'd love your support."
- **To acquaintances:** "We've gone separate ways. I'd prefer not to discuss it."
- **To potential gossipers:** "Please respect my privacy. This isn't a group decision."

You are not responsible for explaining your healing to anyone.

Step 13: Eliminate Shared Access

Toxic people often find ways to stay tethered - through shared streaming accounts, joint bills, or cloud access. Each connection is a potential trigger point or control tactic.

Audit your digital life: change passwords, cancel joint subscriptions, transfer utilities or bank info, revoke device access. Don't forget shared email recovery addresses or old synced logins.

This step is tedious, but essential. Think of it like removing spyware from your life - because that's what it is.

Step 14: Move in Stealth if Needed

If you're dealing with someone volatile, unpredictable, or physically dangerous, leaving safely means leaving silently.

Tell only one or two people you deeply trust. Use a burner email and secure messaging app. Create a safety plan that includes where you'll go, how you'll get there, and what you'll take.

Do not confront them. Do not warn them. Disengage first. Explain never.

Reminder: Silence isn't weakness - it's strategy.



Step 15. Leave Objects Behind

You might feel tempted to go back for your sweater, your mug, that one book. But here's the hard truth: no object is worth re-entering a battlefield.

If the item is sentimental or expensive, ask a neutral third party to retrieve it - **only** if it's safe to do so. Otherwise, let it go. Your peace, safety, and healing are infinitely more valuable than material things.

Reminder: If they want to weaponize your belongings, they don't deserve access to your energy either.



Phase 3: Healing & Reclaiming

Step 16. Grieving Someone Who's Still Alive

One of the most complicated parts of going no contact is mourning someone who's still alive. But here's the truth: you're not grieving the real version of them. You're grieving the version you **hoped** they would become.

It's okay to miss the illusion. It's normal to feel sadness, confusion, even guilt. But none of those emotions mean you made the wrong choice - they just mean you're detoxing.

Try a grief ritual: write them a goodbye letter (that you never send). Burn it. Bury it. Release it.

Remember: You're mourning the loss of what should have been (e.g. a father who is emotionally and physically there for you, a partner who genuinely cares). Your grief is real and your feelings are valid.



Step 17: Dismantle Their Voice in Your Head

Their voice lingers long after they're gone - not because you're weak, but because you were conditioned. The criticisms, doubts, and shaming became internal echoes.

To unlearn it, you must replace it. Every time you hear that voice, say something true:

- "I'm allowed to protect my peace."
- "Their disapproval does not define my worth."
- "Their voice is not mine."

Post reminders around your space. Rewire through repetition.

Step 18: Create a Guilt Antidote Ritual

Guilt is often the leash that keeps you from walking away. But guilt is not always a moral signal - it's often just an echo of programming.

Turn guilt release into a ritual.

Find a quiet spot, light a candle and:

- Write down what you feel guilty about and rip it up.
- Burn a note that says, "It wasn't my job to fix them."
- Create a mantra and say it out loud: "I am not responsible for someone else's healing."



Repeat as needed. Your nervous system learns through practice.

Step 19: Handle Hoovers & Fake Emergencies

'Hoovering' is when a toxic person tries to suck you back in - usually with panic, guilt, or sweet talk. Expect it around birthdays, holidays, or major life events.

They may fake emergencies. They may suddenly "change." Recognize it for what it is: manipulation masked as meaning.

Default to silence. No response is a complete sentence.

Script: "I've asked for no contact. Please respect that."

Step 20: Break the Addiction Cycle

Trauma bonds create chemical addiction. Your body gets used to chaos - dopamine spikes from intermittent affection, cortisol from stress.

To heal, you need to rewire your brain. Try:

- Engaging in cold exposure (splash cold water on your face)
- Moving your body (go for walk in nature, run, dance)
- Practicing grounding (breathwork, EFT tapping)

Cravings will come. Interrupt them physically. That's how you build new neural pathways.



Step 21: Seek Support Without Shame

You're not meant to heal alone. Isolation only strengthens shame. Find spaces that understand narcissistic abuse and trauma recovery.

Options:

- Trauma-informed therapists
- Reddit (e.g., r/raisedbynarcissists)
- Support groups (online or in person)

Reminder: Reaching out doesn't make you needy - it makes you free.

Step 22: Navigate Isolation

In the early stages of no contact, silence can feel like abandonment. But it's not punishment - it's a reset. You're not alone. You're detoxing.

Fill the gap with stabilizing routines: morning sunlight, journaling, meditating, soothing music, being outside, safe community.

Quote to hold on to: "Being alone is not the same as being unsafe."



Step 23: Rebuild Identity Without Them

Toxic relationships strip you of your identity. You forget who you were before the chaos. Now is your time to rediscover.

Do one thing they mocked. Speak a truth you used to silence. Wear what you love. Reclaim the 'you' they tried to erase.

This is how you come home to yourself - not with fanfare, but with **truth.**

Step 24: Rewrite Your Story

You are not the person who begged to be chosen. You are the person who chose themselves.

Old story: "I kept trying to be enough."

New story: "I chose peace. I broke the cycle."

Write your old story down. Then cross it out - and write your new one beneath it. Read it every day until it feels like truth. Because it is.



Step 25: Teach People How to Treat You

Boundaries aren't walls - they're doors with locks that you control. Every time you say no you're teaching others how to respect your yes.

Create boundary scripts:

- "I don't do sarcasm disguised as honesty."
- "I'm not available for emotional dumping without consent."
- "I need space to process - please respect that."

You train people through clarity and consistency. Don't flinch.

Step 26: Spot Red Flags Faster

Once you leave a toxic dynamic, your intuition gets sharper. Use it in all your future relationships.

Red flags to watch for:

- Love bombing (excessive praise, fast intimacy)
- Guilt-tripping or boundary testing
- People who want access without earning trust

Your job isn't to rescue someone - it's to discern who is worthy of being part of your life.




Step 27: Define What Peace Feels Like

You've spent so long surviving that peace might feel boring - or even wrong. But peace is not silence. It's safety.

Ask yourself:

- What does peace feel like in my body?
- What makes me feel safe?
- What relationships feel like rest - not work?

 **Journal prompt:** "My version of peace looks like..." Then build toward it daily. You're not healing for someone else. You're healing for **you**.



Closing Note

You've reached the end of **Boundaries & Breaking Free**, and that is no small thing.

Most people never get this far. Most stay trapped in cycles of confusion, self-doubt, and emotional chaos — not because they're weak, but because the trauma bond is powerful, and breaking free takes incredible courage.

In this phase, you've done something life-changing:

You stopped ignoring red flags.

You stopped shrinking yourself.

You stopped giving your power away.

You saw the pattern clearly — and you chose yourself.

As you move into the next phase, you may feel relief, grief, or even uncertainty. All of those emotions are valid. You're not losing anything essential... you're gaining space to breathe again.

Phase 2 is where your healing deepens.

You'll detox from emotional residue, rebuild self-trust, and reconnect with the parts of you that were silenced or dimmed.

For now, pause.

Notice what's lighter inside you.

And remind yourself:

You are not going back. You're moving toward yourself.

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