



# The Empowerment Toolkit

Protect your peace with grounding rituals, boundary scripts, and tools that reinforce your freedom for life



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# About InnerKinder

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## **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](http://www.innerkinder.com) - you're always welcome here.*



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GROW FROM WITHIN

# Welcome

Welcome to the final phase of **The Freedom & Healing Method**.

If you're here, it means you've done something extraordinary: You've broken free, reclaimed your clarity, and begun rebuilding your inner world. Now it's time to integrate everything you've learned — to turn healing into a way of life, not just a temporary transformation.

*Empowerment & Integration* is where your freedom becomes sustainable. This phase isn't about perfection. It's about maintaining your peace, reinforcing your boundaries, and ensuring you never slip back into the patterns you worked so hard to leave behind.

In this phase, you will:

- Strengthen your boundaries with real-life scripts and tools
- Create grounding rituals that soothe and regulate your nervous system
- Build routines that reinforce emotional safety and stability
- Learn how to spot new red flags before they hook into you
- Cultivate empowerment practices that anchor your sense of self
- Integrate healing into daily life in small, sustainable ways

You're not just surviving anymore. You're not even just healing. You're stepping into a new chapter where you choose your peace, your truth, and your future.

This is where you rise into your empowered self — no longer defined by what hurt you, but by what heals you.

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# No Contact Quick Start Guide

This is for those moments when you're tempted to wait "just one more week." You don't need more time — you need a jumpstart.

## Quick Steps to Go No Contact:

1. Change all your passwords.
2. Block them on phone, social, email.
3. Tell your support circle (using script below).
4. Start a daily journal or log.
5. Replace emotional triggers with stabilizers (movement, breathwork, safe connection).



# Sample Scripts for Every Stage

## Exit Message (Optional)

*"I'm going no contact for my health and safety. Please do not contact me moving forward."*

## Telling Friends or Family

*"This relationship was damaging to my mental health. I'm creating space and I'd appreciate your support."*

## When They Hoover (Guilt, Rage, Apologies)

**✗** Don't respond.

If you feel you absolutely must respond: *"I've asked for no contact. Please respect my boundary."*

## Boundaries With Mutual Friends

*"I'm not discussing them. Let's talk about something else."*



# Digital Cleanup Checklist

Digital ties are the leash toxic people keep pulling. Sever every one.

## Delete or Update:

- Passwords (email, bank, social media, cloud storage)
- Shared calendars, apps, playlists
- Location sharing (Find My iPhone, Google Maps)
- Remove access to streaming services or family plans
- Photos and messages stored on shared drives
- Block any mutual connections who you think may feed information to the narcissist against your wishes



# Support Directory

These resources are for therapy, peer support, emergency intervention, and continued education.

## Therapist Finders

- [Psychology Today](#)
- [BetterHelp](#)
- [Open Path Collective \(low-cost\)](#)

## Support Forums

- Reddit: [r/raisedbynarcissists](#)
- Reddit: [r/NarcissisticAbuse](#)
- Facebook groups for trauma recovery (search: “no contact healing”)

## Hotlines

- US National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Crisis Text Line: Text HOME to 741741
- RAINN (for sexual abuse): 1-800-656-HOPE

## Further Reading

- “The Body Keeps the Score” – Bessel van der Kolk
  - “Psychopath Free” – Jackson MacKenzie
  - “Adult Children of Emotionally Immature Parents” – Lindsay Gibson
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# Journal Prompts for Healing & Identity

Use these as daily grounding exercises or emotional audits. Short, powerful, and to the point.

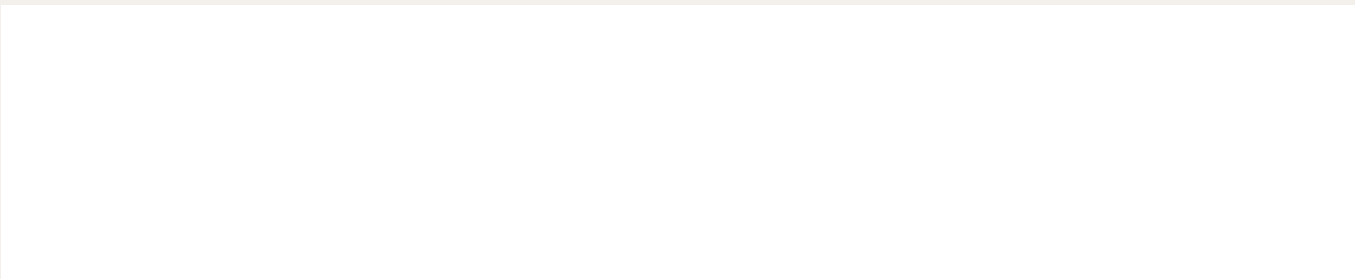
*“What guilt am I holding that doesn’t belong to me?”*



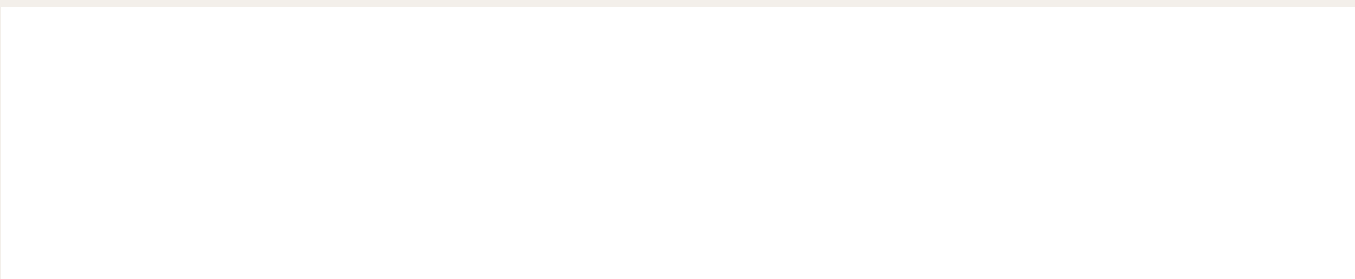
*“Who am I without their voice in my head?”*



*“What boundary did I need as a child that I still struggle with now?”*



*“What is the version of me they tried to erase?”*



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*“What guilt am I holding that doesn’t belong to me?”*

*“Who am I without their voice in my head?”*

*“What boundary did I need as a child that I still struggle with now?”*

*“What is the version of me they tried to erase?”*



# No Contact Self-Contract

Print, sign and hang it where you'll see it daily

*I commit to protecting my energy, peace,  
and identity.*

*I understand that:*

- *Leaving was not selfish, it was sacred.*
- *I do not owe toxic people explanations.*
- *I will not break my own heart trying  
to keep someone else comfortable.*

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

# Affirmation Cards

Print, cut, and keep these by your bed, on your mirror, or in your journal. Read one every morning for a daily grounding reminder.

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*I will detach from  
toxic influences*



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GROW FROM WITHIN

*I am focusing on the  
present and future*



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GROW FROM WITHIN

*I am deserving of  
love and respect*



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GROW FROM WITHIN

*I will set healthy  
boundaries for myself*



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# Affirmation Cards

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GROW FROM WITHIN

*I am reclaiming my  
power and agency*



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GROW FROM WITHIN

*I will prioritize my  
well-being above all*



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GROW FROM WITHIN

*I will be patient  
with myself*



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GROW FROM WITHIN

*I deserve peace  
and happiness*



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# Affirmation Cards

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GROW FROM WITHIN

*I will release any  
guilt or shame*



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GROW FROM WITHIN

*I am breaking free  
from old patterns*



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GROW FROM WITHIN

*I will replace  
fear with love*



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GROW FROM WITHIN

*I am deserving of  
trust and loyalty*



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# Affirmation Cards

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GROW FROM WITHIN

*I am releasing any  
bonds that hold  
me back*



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*I am actively choosing  
healing over harm*



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*I will defend and  
protect myself, no  
matter what*



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GROW FROM WITHIN

*I know and trust my  
own mind*



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# Affirmation Cards

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GROW FROM WITHIN

*I will choose positive  
and healthy  
relationships*



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*I am resilient and can  
overcome any  
adversity*



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GROW FROM WITHIN

*I have the power to  
change my narrative*



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GROW FROM WITHIN

*I have the right to be  
treated with dignity*



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# Closing Note

You've reached the final phase of **The Freedom & Healing Method**, and what you've done is extraordinary.

You didn't just break a cycle. You didn't just survive what tried to diminish you. You rebuilt from the inside out — with clarity, intention, and a deeper sense of self than you've ever known.

Now, with the tools in this phase, you're able to:

- uphold boundaries with confidence
- recognize manipulation long before it hooks into you
- self-regulate and self-soothe without losing yourself
- choose relationships that honor your heart, not harm it
- protect your peace with rituals and practices that empower you

This isn't the end of a program. This is the beginning of a new life — one where you decide what love feels like, what safety feels like, what home feels like.

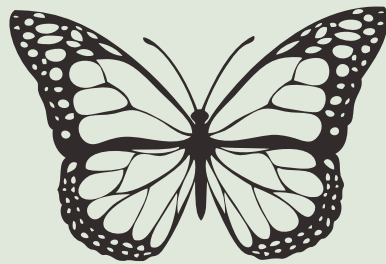
Keep returning to these tools whenever you need grounding or clarity. Healing isn't linear, but you're no longer navigating it blindly. You've built a foundation that holds.

**You are free. You are healing.**

**And you are becoming the version of yourself you were always meant to be.**

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