

BY SKYE BAXTER

Break the
Narcissist
Attraction
Cycle





5 EFFECTIVE WAYS TO BREAK THE NARCISSIST ATTRACTION CYCLE

INTRODUCTION:

Are you tired of finding yourself entangled with narcissistic individuals who drain your energy and self-esteem? It's time to break the cycle and regain control of your relationships. , I present you with five powerful strategies to stop attracting narcissists and cultivate healthier connections in your life.

PART 1

Understanding the Red Flags: Identify and Protect Yourself

The first step in breaking the narcissist attraction pattern is recognizing the warning signs.

Not to punish yourself for not seeing them but asking yourself where I learnt that this behavior was normal. when you learn to identify the common traits and behaviors of narcissistic individuals, such as excessive self-centeredness, manipulation, and lack of empathy. Armed with this knowledge, you'll be better equipped to protect yourself from falling into toxic relationships.

ask yourself

1. where did I learn that this behavior was normal?



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PART 2

Strengthening Your Boundaries: Empower Your Self-Worth

Narcissists can easily exploit those with weak or unclear boundaries. By establishing firm and healthy boundaries, you communicate your self-worth and protect yourself from emotional manipulation. To discover how you can do this ask yourself where you a conditioned people pleaser, if so this is how the attraction happened. its time to break that cycle and heal those wounds.

ask yourself,

1. where can I say no?
2. what boundaries can I place
3. what is my line in the sand

once you have these be sure that you enforce them even if you feel uncomfortable doing so



Law of attraction be like:

"Oh, you're an empath, well I'm going to surround you with narcissists so you can toughen up, realize your ego and learn to value yourself more than you value others"



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PART 3

Cultivating Self-Love: Nourish Your Inner Empowerment

One key reason people attract narcissists is an underlying lack of self-love and self-esteem.

through powerful self-care practices that promote self-love, self-compassion, and personal empowerment. As you develop a deeper connection with yourself, you'll naturally attract healthier and more supportive relationships.

1. what is my internal talk saying?

2. Do I love myself

- if the answer is no what can I do to show myself the love I give others

3. what are some of the negative belief's that keep me stuck

4 that keep me stuck. what advice would I give someone that I love going through the same thing would I be willing to follow that advice and why



What is gaslighting?

is a manipulation tactic to deflect accountability from the narcissist to the victim so they question themselves? you're not crazy what you feel is valid.



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PART 4

Breaking Old Patterns: Subheading: Unravel the Past

Unresolved past experiences may subconsciously draw you towards narcissistic personalities. By delving into your past and understanding any patterns or traumas that influence your choices, you can break free from the grip of narcissistic attraction.

1. what was your childhood like are the narcissist's you are "attracting" mimic one of your parents.
2. who did you have to be to gain love?
3. what did you have to do to gain love?
4. what wounds do you need to heal and overcome?
5. are you ready to do that?
6. how are you going to do that?



*The journey within is often the hardest.
but the most rewarding for all that you need to
heal is already within you, you just need to
access it and bring it to life*



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PART 5

Embracing Authenticity: Embrace Your True Self

Narcissists often attract their mirrors and vice versa, you are all things, and all things are you to break the cycle look in your shadows to the parts you have rejected (look at your answer of and what you had to be in order to gain love) when you can integrate those parts you become your most authentic self. Embrace who you truly are and embrace your unique qualities and strengths. When you shine as your authentic self, you'll naturally attract healthier relationships built on mutual respect and appreciation.

1. what, behavior's, emotions, traits am I not allowing myself to have
2. what would happen if I embraced all of me?



Unless you learn to face your shadows, you will continue to see them in others because the world outside of you is a reflection of the world inside of you.



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CONCLUSION:

Congratulations! you've taken the first step towards breaking the cycle of attracting narcissists into your life. Armed with the knowledge and strategies shared in this guide, you'll now have the tools to identify red flags, set empowering boundaries, nurture self-love, heal from the past, and embrace your authentic self. Remember, you deserve to be surrounded by supportive and loving individuals who respect and cherish you. Start your journey towards healthier relationships today, and watch as your life transforms for the better.

if your ready to take a full
deep dive into breaking the
patterns so you can
UnFu*k yourself and
vibrate with confidence
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session Breakthrough your
beliefs!!!!

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