The Post-Gaslighting Emergency Recovery Kit (PERK)

First Aid for Your Aching Soul

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Paralysis in the Aftermath of a Narcissist Gaslighting Attack

It happened again. It's all too frequent these days - you're under constant attack by a narcissist. This time, he pulled out all the stops, and you're feeling a little bit dead inside.

You feel paralyzed, numb, stuck.

Your chest aches - it feels like there's an elephant sitting there, trying to kill you. But there's no elephant - only the heavy, toxic energy of the narcissist, hanging in the room, slowly and methodically killing your spirit.

You're desperately searching the internet for some kind of answer, and you reach out to your support groups on Facebook (if you have the nerve to join any - this will depend on how controlling your narcissist is, of course).

You figured out that he has these “narcissistic tendencies,” and maybe you’ve even sort of diagnosed him as a person with NPD (narcissistic personality disorder).

But what you can’t find anywhere - not in life and not in the virtual world - is peace.

You can’t find the comfort that your soul is desperately reaching out for - needing - aching for. You feel like you’d rather be dead than experience one more moment of this agony - the emptiness and feeling of being completely alone in the world.

You may have even stopped reaching out to your friends and family when you have one of these gaslighting episodes, because you know that it will pass. You know that tomorrow, or next week, or next month, the narcissist will make you forget this ever happened.

And you’re tired. You don’t want to hear about how you should “just leave him already,” and so you don’t call anyone. You don’t text anyone.

You realize that when it gets better, you won’t want to hear them talking about the bad times. So you suck it up, and you wait.

You just try to breathe. You try to distract yourself, or you don’t. You can’t do or feel anything else - you can just be numb, unclear, unfocused. Or you cry. Or you drink, you smoke - you eat, shop. Whatever it is, you’ve got your “drug” of choice - your coping technique.

But sometimes it doesn’t work, and you’d do anything just to get the feelings to stop. Your mind races and spaces out at the same time - and you’re stuck, alone, afraid and desperate for the soulmate you thought you had found. But all that stares back at you are dead, cold eyes topping the mouth that spits hate and anger your way and further isolates you.

You wish that you could talk to someone. Someone who has been there - someone who understands. You want to have a friend, a mentor, a coach - someone who can remind you that it really IS NOT you - that you’re not crazy.

Good news. That’s exactly what I am here to do. My name is Angela Atkinson, and I’m a certified life coach who is uniquely qualified to help you through this painful moment in your life - because I've been there. Exactly where you are now - and I survived and thrived after I got through it.

And now, I’m on a mission - and I'm going to help you do the same. Are you ready to feel better?

Let’s start here.

Check Yourself: Here are 10 things to remember after you've been gaslighted.

If you're dealing with a narcissist or otherwise toxic family member or friend, you've probably got a lot of someone else's thoughts floating around in your head.

You might think you're not good enough.

You might think that your feelings and thoughts aren't genuine or relevant to the world, and you might even feel like a big fake when you do try to follow your dreams, simply because you've heard for so long that you're not worthy, whether directly or indirectly.

If you're struggling with a toxic relationship, especially a family-based one, you may have had so much conditioning that you aren't even sure which way is up.

The first step to healing is to start within your own head. You have to change those thoughts and limiting beliefs that are holding you back.

When I was in my own toxic family situation, I struggled with feelings of hopelessness, worthlessness and more.

I felt like nothing I did or said was genuine or worth knowing about, like I had to hide who I was in order to conform to the expectations of my toxic family member.

But I learned some important lessons as I began the healing process, and I want to share them with you. If you're currently in this situation, you may have never heard these things--and when you first read them, you probably won't even believe them. But these are truths--and you keep reading them until you get it.

Changing your mind will help you to change your life. I'm living proof it works.

Top 10 Things You Need to Know if You've Just Been Gaslighted by a Narcissist

1. You are a real person with legitimate concerns, thoughts, feelings and aspirations.
2. You are good enough.
3. You don't need anyone's approval or endorsement to help you succeed. You can get validation through success in your own, self-dictated endeavors.
4. It isn't about you and that it isn't your fault. You aren't bad or broken.
5. You can literally do almost anything you want to do if you simply decide to do so. If you choose to do it, you'll be compelled to take inspired action and you will make it happen.
6. You have something real to offer the world. You matter. You have value.
7. You can be exactly what you choose to be and choosing your own identity does not make you selfish, lazy, entitled or otherwise unsavory.
8. You get to choose my own identity every day. You decide who you are and how far you go.
9. You can compromise for someone you love to a certain point when it's time to choose your priorities and choose a path. But compromise means that both parties bend and both parties are satisfied with the outcome. It's not compromising to give up what you truly want in order to make someone else happy or to keep them from getting angry at you.
10. If you were to walk away from the toxic relationship, the world would not end. But it will be very difficult, and you'll have a lot of soul-searching to do. Personally, I had to reexamine everything I understood to be true.

Knowledge is Power: Understanding and Coping with Gaslighting Attacks

When these attacks happen, your whole world will feel like it just stops, and you won't be able to function until it's over. Even then, your ability to feel normal may be gone for a long time.

What Happens Inside the Mind of a Narcissistic Supply After a Gaslighting Attack

As you sit in the cold, numb aftermath of yet another attack on your personal character, your thoughts are dulled and foggy. You can't seem to form a complete thought as the sharp, cutting insults replay over and over again in your head.

This torturous soundtrack is accompanied by a small voice in the back of your head, the part of you that remains indignant about the abuse, the part that still knows it's not normal and that you deserve better.

That part of you quietly counters the insults, reminds you that they're all a part of the manipulation tactics the narcissist uses to gain control.

That's the same part of you that truly knows that you're not in a "healthy" relationship and that there's little chance you'll successfully change this person.

That part of your mind races, struggling to form a plan to fix things, to make your escape or to at least find "normal" again.

And it's that part that will ultimately help you to not just exist and survive, but also to really thrive and become the fully realized person you deserve to be.

The longer you remain in a toxic relationship, the more you deny your truths in order to avoid the wrath of this narcissist, the quieter this voice becomes.

When you deny your feelings, when you allow yourself to be told that you're not a real person and that you don't matter - you begin to act as if that is true.

And, by the basic law of attraction, you draw more of that "I don't matter" energy to yourself. That's because you begin to vibrate that sense of "I'm not good enough." And you become inferior because you believe that you're inferior.

You feel me?

You've got to listen to that voice, or you may lose the ability to hear it.

Don't just listen. Take action and do what you need to do until your life feels good.

The Miracle Question: Claim Your Ideal Life

Can you remember how it felt to have a life that made you feel good? Can you imagine a life that is good?

If you have a few minutes, imagine what would happen if you woke up tomorrow morning and found that a miracle had happened overnight and all of your problems are gone. What do you see? What does your ideal life look like?

When you can begin to imagine what you consider your perfect life, you can begin to claim it for yourself.

Trust Your Intuition

When something doesn't feel right in your gut, trust that feeling and act accordingly. That's your intuition kicking in and it's almost always to your benefit to listen and act accordingly.

Do you hide your relationship problems from people in your life? Would anyone be shocked if they knew what you were really dealing with behind closed doors?

If you are embarrassed to share details about your relationship with friends, there is a reason. Examine it and ask yourself why.

Listen to Yourself, Find Yourself

When we stop listening to our true selves, we start losing our identities. We become a shell of ourselves and begin to conform to the expectations of people who, if we're being honest with ourselves, really don't love anyone, not even themselves.

Empaths: Why do we continue to allow ourselves to be abused?

As a narcissist's supply, we conform to his expectations to the best of our ability, which of course is never quite good enough. We do this, in part, because it is our nature to want to keep the peace and also to please others.

In case you weren't aware, narcissists are almost always attracted to empaths, because we are especially aware of others' emotions and naturally concern ourselves with them.

Narcissists are drawn to empaths because they are easily triggered into action by the emotions and emotional outbreaks that are so common.

While some people would recoil and be repulsed initially by their behavior, empaths are wired to want to help emotionally struggling people.

And so we spend our lives trying to fill an unfillable hole, to reach an unreachable standard.

But what we fail to realize is that it doesn't matter how hard we try - the narcissist will never be satisfied, at least not for long.

We convince ourselves that we just need to do a little better, try a little harder - change a little more, and everything will be okay.

We see ourselves becoming a "not good enough" version of someone else's ideals, rather than a beautiful, vibrant and fully realized version of ourselves.

And if we keep this up for long, our true selves are left for dead, quietly whispering our truths in the back of our minds as we desperately seek to quiet them, to shut them up and out.

All of this, so that we don't have to risk the pain of the emotions that we will inevitably face when we fully realize (and admit to ourselves) the disservice we are doing to ourselves by allowing this abuse to continue.

So what do you do now? Once you've admitted the problem, you've taken the first step toward resolving it.

Choose Yourself. Finally.

Personal change must start within. We already know that there's no changing someone else - it's not your place or your right.

So start with yourself. Here are some links to get you started on making the first move toward finding the happiness, peace and general human rights you really deserve.

- Queen Bee Confidence: Your 30-Day Guide to Feeling Amazing
- Confidence is Hot: A Free 5-Day Confidence Booster eCourse
- Check out my narcissism recovery resources page, right here.

What to Do Next

I hope you're feeling a bit more centered now. Take some time to read through some of the narcissism-focused posts at QueenBeeing.com, or pick up one of my books at BooksAngieWrote.com.

There are several on narcissism and recovering from narcissistic abuse in relationships, as well as several that will help you to boost your confidence and create the life you really want.

Visit QueenBeeing.com or NarcissismSupportCoach.com for additional tools, information, freebies and various coaching options. Or just shoot me a direct email at angyatkinson@gmail.com to touch base and let me know what you're dealing with.