

Narcissistic Abuse Recovery Roadmap



60-DAY NO-CONTACT CALENDAR FOR NAVIGATING NO-CONTACT

Angela Atkinson

NAVIGATING NO-CONTACT WITH A NARCISSIST at QueenBeeing.com

Your 60-Day No-Contact Calendar: Roadmap to Recovery

This 60-Day No-Contact Calendar is a gift from me to you – all designed to help you take your recovery to the next level. It's best-used with my book, *Navigating No-Contact: A Roadmap to Recovery for Narcissistic Abuse Survivors*, but is also useful as a standalone resource.

I suggest that you print this PDF out for your convenience and use it each day.

You may want to put it in a binder with some blank notebook paper, or just staple it together and keep it with a notebook so you can jot down your thoughts each day.

Before You Begin

- Journaling can help you to improve your self-awareness. Watch and read this: <http://queenbeeing.com/narcissistic-abuse-affected-self-awareness/>
- Still struggling to find a way out? Maybe you just need a really, really good reason? Read this: <http://queenbeeing.com/save-queen-finding-personal-catalyst-escape-narcissistic-relationship/>
- Watch this: <http://queenbeeing.com/no-contact-insurance-tell-someone-youre-ending-narcissist/>
- Subscribe to my YouTube channel for daily inspiration and information on narcissistic abuse recovery. It's like having your own free online video coaching every day. <https://youtube.com/angieatkinson>

The Daily to-Dos: Inspiration and Strength for 60-Days of No-Contact

Day 1: Make the decision to go no contact because you deserve it. Watch this:

<https://www.youtube.com/watch?list=PLKJkV-gn8oaa-ZHBJ4mGf-YR8lo4Q2Bbj&v=Y3jS7kFWq2A> Read this: <http://queenbeeing.com/big-secret-narcissistic-abuse-recovery/>

Need a little extra inspiration? Read this: <http://queenbeeing.com/3-true-narcissistic-abuse-survivor-stories-moment-knew-done/>

Day 2: Block the narc from your phone and your social media accounts. Review the section on no-contact non-negotiables in your book. Read this: <http://queenbeeing.com/codependency-and-narcissism-in-relationships-a-toxic-combination/>

Day 3: Plan to win! Don't get hoovered. Know that a large percentage of narcissists will come back and try to get you back. Often, they'll tell you everything you've ever wanted to hear, and they will stop

at nothing to get you back. Know it's just an attempt to re-acquire you as a narcissistic supply. Have a plan on how you'll deal with this so that if and when it happens, you're covered. Read this:

<http://queenbeeing.com/hard-part-must-resist-narcissistic-hoovering/>

Day 4: Virtual cleanup day! Time to delete all of the narcissist's texts, pics and info from your phone. Make sure you keep a backup copy in the cloud or with a friend in case you need this stuff for court later (watch this: <https://www.youtube.com/watch?v=6uBsVtOEa50>). Stop obsessing over each word that was said and realize you really aren't the problem - get these toxic reminders of what you've been through out of your face! Remember that narcissists are infamous for text abuse - watch this:

<https://www.youtube.com/watch?v=gnuXnIFROMA>

Day 5: If you have the urge to call the narcissist, it's time to get busy! Make plans with a friend to get out of the house, start a blog or learn something new. And read/watch this:

<http://queenbeeing.com/survive-the-discard-breaking-up-with-a-narcissist/>

Day 6: Don't forget to take care of yourself - self-care is a non-negotiable part of narcissistic abuse recovery. Remember: you're learning to love yourself again, or maybe for the first time ever. Watch this:

<https://www.youtube.com/watch?v=C6zTmjRirKI>

Day 7: Love yourself! Start accepting yourself unconditionally - and feeling comfortable in your own skin. Read this: <http://queenbeeing.com/the-love-yourself-action-plan-start-this-now/>

Day 8: Completely delete the narcissist's number from your phone and your life. Start reaching out to your fellow survivors in SPAN (Support for People Affected by Narcissistic Abuse in Relationships - my free online support group). Create a post (and be sure to tag me!) about your story, or just ask a question. Be sure to note that you're doing the no-contact calendar! Join here if you haven't already:

<http://queenbeeing.com/span/>

Day 9: Feeling weak? Remind yourself why you're doing this in the first place and of how much better life can be without the narcissist in it on a daily basis. Watch/read this:

<http://queenbeeing.com/narcissistic-abuse-recovery-103-things-no-longer-deal-go-nc/>

Day 10: Worried that people won't understand your decision to go no-contact? Read this: <http://queenbeeing.com/acon-explain-went-no-contact-narcissistic-parent/>

Day 11: Remember your value - and reaffirm it. If you're still reeling from the abuse today, you're totally normal! Read and watch this, and be sure to grab PERK if you haven't already! <http://queenbeeing.com/toxic-relationship-recovery-10-things-must-hear-today-youre-involved-narcissist/>

Day 12: Time to start letting go of negative self-perceptions. Whether we recognize it or not, our habits and behavior are a result of some form of conditioning - and for those who have experienced the painful and all-encompassing abuse that a narcissist is known for, the conditioning hasn't always been in our best interest. Read this: <http://queenbeeing.com/writing-your-own-story-discovering-and-releasing-negative-self-perceptions-2/>

Day 13: Bringing sexy back! If you're feeling less than sexy, today's a good day for you to start bringing back your brand of beautiful. Read/watch this: <http://queenbeeing.com/using-law-attraction-beauty-ultimate-guide/>

Day 14: Keep educating yourself on narcissists and the ways they abuse us - read this: <http://queenbeeing.com/narcissistic-altruism-gift-keeps-taking/>

Day 15: Read stories from other survivors - it'll help you realize how similar narcissists are and how it's really not your fault. Start with the stories in your Navigating No-Contact book. Read this: <http://queenbeeing.com/narcissistic-abuse-gaslighting-reader-shares-decade-long-survivor-story/>

Day 16: Are you feeling hopeless? There's a light at the end of the tunnel, my friend. Read this: <http://queenbeeing.com/come-into-the-light/>

Day 17: Understand that the person you thought the narcissist was never really existed. This can help you to stay strong during this process. Read this: <http://queenbeeing.com/narcissists-soulmate-scam-identifying-love-bomber/>

Day 18: Still not feeling super-sexy? That's understandable - get a boost in confidence today - watch and read this: <http://queenbeeing.com/sexy-find-inner-hottie/>

Day 19: You're over the half-way point, and even though you're still hurting, you're starting to see a little light at the end of the tunnel. Today, I want you to start thinking about why it's important to stand up for yourself - but you can do it diplomatically as you move forward. Read this: <http://queenbeeing.com/queen-bee-qt-7-keys-diplomatic-difficult-conversation/>

Day 20: As a survivor of narcissistic abuse, you're probably a bit of a people-pleaser - it's a big part of what may have attracted the narcissist to you in the first place. Today, it's time to start ending your people-pleasing ways and start owning your choices - and making them your own. Read this: <http://queenbeeing.com/how-to-stop-caring-what-people-think-without-looking-like-a-huge-jerk/>

Day 21: Self-esteem check: How you feeling? Remember that narcissistic abuse really does a number on your self-esteem - so if you're struggling today, read this: <http://queenbeeing.com/narcissism-relationships-deal-toxic-relationship-damages-self-esteem/>

Day 22: Remind yourself of why you left and why you need to stay away! Read this: <http://queenbeeing.com/toxic-love-narcissistic-supply-post-gaslighting-effect/>

Day 23: Confidence booster shot! It's time for you to start feeling amazing! Sign up for this free 5-day self-confidence email course: <http://queenbeeing.com/confidence-is-hot-free-5-day-self-confidence-course/>

Day 24: Feel like you're struggling to stay positive around negative people who are still in your life? Watch this: <http://queenbeeing.com/video-coaching-stay-positive-around-toxic-people/>

Day 25: You're feeling a little better every day, but your heart may still feel a little injured. I feel you - that's why I'm asking you to read this today: <http://queenbeeing.com/broken-heart-heres-start-healing/>

Day 26: If your narcissist doesn't already have a new supply, you can expect that you'll hear about or see one at some point in the future. Be prepared - read this: <http://queenbeeing.com/ex-narcissist-seems-happy-new-supply-deal/>

Day 27: Time to do a self-checkup! Watch this: <http://queenbeeing.com/narcissistic-abuse-recovery-self-checkup-15-life-changing-questions-you-should-ask-yourself-daily/>

Day 28: You're almost through the first 30 days! How's your social life? Want to stop feeling invisible? Read this, just for fun: <http://queenbeeing.com/hot-wife-guide-how-to-be-the-center-of-attention-at-every-party/>

Day 29: As if the narcissist's abuse wasn't enough, you might also be dealing with flying monkeys! Know what to watch for and how to deal - read this: <http://queenbeeing.com/13062-2/>

Day 30: You did it! You're at 30 days! You are what you think. When you want to introduce change into your life, you need to first accept and empower yourself before you begin altering anything. Your mind is the greatest tool that you have for living the best possible life that you can live. Read/watch this: <http://queenbeeing.com/accept-empower-mindful-strategies-narcissistic-abuse-recovery/>

Day 31: You might be beating yourself up by now for getting involved with the narcissist. The shocking truth is that even the smartest people can get gaslighted - read this and quit beating yourself up: <http://queenbeeing.com/shocking-truth-even-smart-people-can-gaslighted/>

Day 32: Sometimes the truth hurts. Read this: <http://queenbeeing.com/5-difficult-truths-need-know-get-narcissistic-abuse-recovery/>

Day 33: Get out of the fog! Become aware of how many "automatic" behaviors and habits you have and make some changes! When you do something over and over, it can reach the point where it becomes a mindless task. You can do a task and finish it, then realize your body worked to complete the project while your mind was actively engaged in something else. Read this: <http://queenbeeing.com/narcissistic-abuse-recovery-get-fog-mindfulness/>

Day 34: Keep educating yourself! Understand how a narcissist's mind works - it'll help you avoid them in the future. Read this: <http://queenbeeing.com/twisted-toxic-love-inside-the-distorted-mind-of-a-narcissist/>

Day 35: Self-check! Do you have PTSD or C-PTSD symptoms? Knowledge is the first step to change and then overcoming any issue. Read this: <http://queenbeeing.com/toxic-narcissism-relationships-identifying-ptsd-c-ptsd/>

Day 36: Feeling like you want to go back to the narcissist? Well, then I want you to ask yourself a question: Can a narcissist really ever change? Not sure? Read this: <http://queenbeeing.com/can-narcissist-ever-really-change-experts-weigh/>

Day 37: After we've been abused by narcissists, a lot of times we feel very alone and may even want to avoid attempting to connect with other people to avoid more pain and distress in our lives - and who could blame us? But life can be better - read this: <http://queenbeeing.com/narcissistic-abuse-isolation-feeling-alone-crowd/>

Day 38: If you notice that your narcissist is in a relationship with a new victim, you might be really tempted to try to help him or her by explaining what you went through - and even if this desire is entirely altruistic, you should know that it won't help anyone, least of all you. Read this: <http://queenbeeing.com/narcissistic-abuse-recovery-tell-new-supply-expect-narcissist/>

Day 39: Are you ready to start figuring out what comes next for you? Ready to un-stick yourself from this toxic life and start your personal passion plan? Read this and download Life Reset Button: Your Personal Passion Plan: <http://queenbeeing.com/get-unstuck-narcissistic-abuse-personal-passion-plan/>

Day 40: Do you believe what you THINK you believe? Maybe not - narcissists are so manipulative that they tend to implant a lot of their own thoughts in our heads during abuse. So, figure out which of your perceptions are your own, and then decide which ones you'd like to keep. Read this: <http://queenbeeing.com/breaking-through-do-you-believe-what-you-think-you-believe/>

Day 41: Still struggling with no-contact? You are NOT alone, my friend! It's HARD - and there's scientific proof to back me up on this one! Read this: <http://queenbeeing.com/no-contact-conundrum-scientists-say-cant-quit-narcissist/>

Day 42: Start understanding your past to move forward. Read this: <http://queenbeeing.com/narcissistic-abuse-recovery-6-steps-understanding-past-moving-forward/>

Day 43: Be empowered! Let go of the blame game! Read this: <http://queenbeeing.com/let-go-of-the-blame-game-for-a-more-empowered-life/>

Day 44: Self-check! How's your body image? Are you loving yourself, or still struggling? Read this: <http://queenbeeing.com/jillian-michaels-nose-jobs-body-image-and-the-critics/>

Day 45: Let go of negative self-perceptions! Read this: <http://queenbeeing.com/let-go-lessons-frozen-video/>

Day 46: Feeling like a badass yet? I say it's time to discover your inner badass! Be fearless and unapologetically yourself! Watch this: <http://queenbeeing.com/discover-inner-badass/>

Day 47: You're officially in the overcoming phase, my friend! Read/watch this: <http://queenbeeing.com/narcissistic-abuse-recovery-overcoming-inferiority-taking-back-power-video/>

Day 48: Did you know that narcissists often abuse their victims through their finances? Watch this: <http://queenbeeing.com/toxic-relationship-recovery-identify-control-overcome-financial-abuse-video/>

Day 49: Gather up your inner strength! Read this: <http://queenbeeing.com/toxic-relationship-recovery-find-inner-strength-narcissistic-abuse/>

Day 50: Ready to take back your life? Get some inspiration today! Read this: <http://queenbeeing.com/rule-world-plan-take-back-control-life/>

Day 51: Boundaries have always been a problem for us - at least, they become a problem when we get involved with a boundary-busting narcissist! Read this: <http://queenbeeing.com/relationship-boundaries-set/>

Day 52: This whole recovery deal is an ongoing process! You didn't get to where you are in a day, and you won't be able to change it all at once. So, remember to keep working on letting go of your people-pleasing ways - it'll change your life (for the BETTER). Read this: <http://queenbeeing.com/narcissistic-abuse-recovery-nice-ruining-life/>

Day 53: Do you find yourself staying close to home and avoiding anything and anyone that could cause you to experience rejection? It's time to start letting go of that fear! Read this: <http://queenbeeing.com/narcissistic-abuse-recovery-9-ways-get-fear-rejection/>

Day 54: Need more reasons to "stay gone" yet? If so, you're going to want to learn about the narcissistic harem concept - and if you're anything like me, that's something you'll want no part of. Read this: <http://queenbeeing.com/part-narcissists-harem-might-shocked/>

Day 55: Keep learning! Where do you fit in the narcissistic codependency triangle? Maybe it's time to read this one: <http://queenbeeing.com/codependency-triangle-narcissist-savior-evil-one/>

Day 56: Try some new techniques to let go of the pain of narcissistic abuse - read this: <http://queenbeeing.com/use-nlp-eft-narcissistic-abuse-recovery/>

Day 57: Ready to figure out who you'd like to become? Start creating your life with intention - and before you know it, the new-and-improved YOU will emerge like a beautiful butterfly! Watch this: <http://queenbeeing.com/mindfulness-in-narcissistic-abuse-recovery-8-life-hacks-to-intentionally-create-your-new-life/>

Day 58: Congrats! You're so close to the 60-day power-point! Maybe you need to reach out to some friends - old and new - and take your social life to the next level! Read this: <http://queenbeeing.com/lonely-narcissistic-abuse-make-new-friends-keep-old/>

Day 59: Are you thinking about dating yet? Personally, unless your relationship with a narcissist lasted less than 6 months, I suggest you wait awhile longer - 12 to 24 months, depending on your personal needs, to allow yourself to get seriously involved with anyone! Read this:

<http://queenbeeing.com/divorced-moms-guide-dating-narcissistic-abuse/>

Day 60: You've done it! You've made it to the 60-day mark! Want to make sure you don't fall for a narcissist again? Read this:

<http://queenbeeing.com/narc-bait-3-reasons-keep-attracting-toxic-narcissists-life/>

Additional free support:

- Release Your Limitations and Attract Abundance: <http://queenbeeing.com/wp-content/uploads/2017/03/Release-Your-Limiting-Beliefs-and-Attract-Abundance.pdf>
- Power Up Your Brain: <http://queenbeeing.com/wp-content/uploads/2017/03/Brain-Health-Training-Guide.pdf>
- [Get the Daily Recovery Calendar on Google Calendar for daily affirmations and reflections.](#)

- Check this out: <http://queenbeeing.com/ultimate-resource-list-help-support-victims-narcissism>