

Live chat



Angela Skabelundgood afternoon! you are so sweet Angie!



charis catryi thought we had great sex but realised he made me practice his fantasies all the time while he left me hanging without happy ending and didn't even ask about my fantasies...



Cynthia MoraesAngie, I don't know if my bar was always like this and I was love bombed, or if he become one due to PTSD. You see, her mother died a month before we started dating, and he never could recover....



cherie planteAngie, clean enough, just so predictable, boring, repulsive



amanda eakinS M I hear that if you blink your eyes really fast for one minute, it helps to go to sleep



cherie plantescrpted



Bamababe68no sleep support is lavender. or vetiver to help racing thoughts. hyssop for my tremors and addiction * my oil personally. white Angelica for protection. melatonin for sure * turn artificial light of



S MTed I hear u. I too felt awful about smear campaign. But I have let that go and forgiven that person. For I believe in the highest authority justice



S DMelatonin for sleep.



Barb DAngie how do I deal with shame of succumbing to the hoovering. even though I l olw can't commit but i buckled because I want to feel the illusion of the promise of a good relationship. feel so guilty.



Bamababe68cortisol eats muscle * we all need half our weight in grams of PROTEIN * ANCIENT NUTRUTION makes a bone broth that is like frapachino



Cynthia Moraes....I had known him for a year and he did change for the worst (other people noticed that to), maybe he became a narc because I tried to fill her recently deceased mother's place.



Bamababe68 and lay off meat with hormones and antibiotics * tanking your endocrine system



Shante Lennox I would like advice on how to leave a narcissistic fiancé how do I do this with kids involved



Cindy Mintonyes, my narc constantly was critical of my thinking or communication etc... no body else had ever said a word about my communication abilities.



Zoe S M. Search for tryptophane ex oats, sallad, banana and mango. Eating patterns too. Snack rich in protein and carbs before sleep. ex nuts and fish oil. Lower cortisol, herbs, curcumin, meditation.



Bamababe68 we need to do a nutritional video for food * spices* hot baths * probiotics * eat



S M Bamababe68 do u have your own channel ,on nutritions for emotional and mental health ?



Bamababe68 yes A



Rebecca Horst Holistic medicine is still medicine. Please, be careful and consult a physician. I was on Melatonin for awhile. It can build up and stop working the way you want.



Cynthia Moraes I'm watching this hiding, don't know what could happen if he discovers what I'm doing...



Bamababe68 cover my ass....and my swang...lol



Rebecca Horst Honey, ginger, lemon juice



Kaela Tellus [message retracted]



Susan Krahnert-Linsangan what can I do for acid reflux... I know something to do. Just want feedback from here.



Bamababe68 Fire cider * Google * natural antibiotics * whole foods or sprouts or make your own takes 2 weeksone shot glass day and half got my green lung biscuits to clear....bam.



Angela Bowers yeah I hear ya, it's just so hard



Nadia Syed 04 That pic of my husband with that model is haunting me, I feel sick. He hasn't looked that happy in pics with me. Or even in our wedding photos! He got defensive and said I'd do that too, um nope



Angela Bowers Thank you Angie



Angela Bowers:)



Zoe I have defended myself by telling of. I got the blame. that's how it is when people afraid of conflict and esp. he perp isn't male.



Dolores Lundberg Hi Angie connecting...u help me everyday...



Bamababe68 you got congestion in sinuses....cant turn that pharma respiratory ear off . I picked up on your wheeze two days ago...



charis catry for about 3 years he drained me with his heartless behavior and was destroying me behind my back towards friends and family. what do i do or say when seeing them... !?!?



Rebecca Horst Do narcissists deliberately injure or set their kids up to get injured to mess with the other parent? Is this common?



cherie plante Ted, I have the same problem, it has ruined my life and there does not seem to be any way to refute the terrible lies



caseyforgets I've been watching almost a year and yeah your editing is stronger.



Angela Bowers charis, I feel ya



Susan Krahnert-Linsangan I'm sick on and off. I'll be fine for a few days and then I'd be totally drained, sick to my stomach... neck and head hurts.



Shastina Disassociation/disconnecting has been my biggest obstacle!



Zoe Rebecca Horst. Always.



Jean Woodland right on !!



Bamababe68 I do consults folksedensliving.com erase if not okay . I can't talk " disease" outside of clinic. opens me up. fda hates holistic. we don't keep you sick on a wheel. functional medicine rocks



Bamababe68 add..is attention deficit disorder



Sabrina Gilliam Damn right Angie!!!



Renee Good afternoon everyone((((Hugs))))



Bamababe68 oh look squirrel



Nadia Syed 04@Rebecca Horst Yes, my hubby does it all the time. He will say no, mommy said no, or do the opposite of what I say with our daughter and act like he forgot or just doesn't care



Bamababe68 love thus community



Stanza Stay-winning I just wanted to see if you could try and get to making the video on the differences between CPTSD W/. TBI vs NPD in regards to relationship traits and trends. Please .. I can't find much on the web



amanda eakin I've got some feelings about it too. Per his NF trying to coerce him into womanizing me. I'm so angry with NF



MaltaMcMurchy Good afternoon Renee, welcome and hugs back.



Bamababe68@SM...I am launching a health channel and hope to work with Angie and Bam y'all. whole body approach * mind * body which is nutrition* and spirit



charis catrythanks Angela, at this point i pretend not seeing them but i feel that's empowering them



Bamababe68 keep it moving people ..



caseyforgets life is too short to stay sad. hear, hear!



Shastina Stanza stay winning good request! I believe I have issues from both tbi and narc abuse plus stenosis issues that mess with all the signals, nuerons etc. Im scared I wont heal!



amanda eakin Not just from my standpoint but from how he treats my fiancé. And it's hard to grey rock that cuz the beast in me comes out



Angela Bowers you're welcome Charis.



avin baird here's something i do only let myself deal with the bs until 6 o'clock like i came home from work... so it's easier to sleep



Angela Bowers I feel the same



S M maybe a video for the viewers to list whatever martial products they know that can help with emotional and mental health So bambabee68 and Zoe and others can send a list in your comment sect



S M It is challenging to get all info via live chat



cherie plante Rebecca, you can bet your farm they deliberately use thier kids



Creep Central BroadcastANGIE question: your view on the concept of the "gutter" of self defense against the narc tactics, how far to go without becoming narc ? Some say narc behaviour is healthy when under a REAL threat ?



Bamababe68 Make the silver bullet for narculas . how to deflect them from your life...dang familiar spirits of projection...uh save us empath's please sister. I need a few silver cuffs and in

POW NARCULAS



S M Thanks Amanda Will try that



Rick Mash I know the feeling my 2yo daughter is my world and my heart...I'm dealing with all the bullsh*t just so I know I have my daughter with me everyday...if she was taken from me it would destroy me....



Shastina Narcula has started using it against me but has told me he is a predator but wont acknowledge anything in reference about npd so I think he knows already.



Rick Mash my Narc knows this and always uses it agenst me



amanda eakin Heck yeah. Thank you so much Angie!



Rebecca Horst Nadia, thank you



Bamababe68 dandelion root tea is a blood purifier and liver detox * cruddy throat. dandy tea* honey * splash of pineapple juice * mmmmmm



Katie Bick Split up with ex fiance' narc 2 1/2 months ago! Never realized how much control he had, and I can honestly say I am so much happier! Angie, your video's have helped so much! Thank you!



Elise HI think narcissism is useful if there is a real threat. What narcs don't understand is that no every problem they face is a huge threat against them, so their way of thinking doesn't work in society



amanda eakin.....I don't know. He's introverted if he is. Sometimes I feel like I am.



Bamababe68 I love y'all using Narcula we so need SHIRTS. ☹narcs



S M Yes bamabababe68 my stress level is like sky high ! Eeeeeeh !



amanda eakin If he is, that would explain the constant affairs



Rebecca HorstCherie Plante my concern is doing deliberately setting their child up to get injured.



amanda eakin That is literally the only thing he does that makes me feel bad



S M Ouch rejection hurts !!!



Bamababe68 So sad that narcs can't connect sexually but yet are predators chasing their next fix...sad empty life....truly



Zoe How can we explain to others the abuse and the ptsd or other side effects that we have suffered so that they believe you instead of figuratively covering their ears?



S M I meant natural and not martial. Geez typo !



Bamababe68 I am ex pharma * sharks * I had to have a lil narcesstic qualities due to professionalism. I am an empath I surely can't be a demon too



amanda eakin That and he just has issues opening up with anything. He's indifferent all the time. Conversations are monologues on my part.



Shastina Narcula invites me out fairly regularly now and I just say yes because it makes him happy for the moment and I know he will flake as always doesn't bother me anymore



S M S D melatonin gave me two hrs sleep Only!!!



amanda eakin I just thought it was exhausting for him and that's why he shuts down.



Bamababe68 narcs have such brain distortion. there is no balance * they seem to live in their own bubble of do what thy wilt. the gaslighting and lies makes authentic people sick and crazy. true psychosis



hairchangescolor Hey sorry late - physical therapy appointment. Mind body and soul gotta keep all in shape



Creep Central Broadcast where do you draw the line between narc behaviour and self defense against narc behaviour ?



Bamababe68 yes cortisol levels at high levels makes your middle good and round



MaltaMcMurchy [message retracted]



Bamababe68 they don't give a shit. when my aunt and man I loved they never allowed me to mourn. said they are better off dead and if my aunt was so important why haven't they heard of her...really ??? damn demon



Arline Robertson mine would say something to me and shut me down didn't want to hear my sh..



Bamababe68 died &&



Shastina So true on invalidation! Crazy making!



Bamababe68 but that damn Narcula stare



MaltaMcMurchy Angela: Correction (Reset button is present on the website)



Elise H the party thing was the only kind of dates we had in the beginning



amanda eakin Bama, what can I do naturally for ear infection?



MaltaMcMurchy Check out PERK, however.. might still be beneficial. Angie can advise. Sorry for the confusion.



Arline Robertson mine had the audacity to put a phone with porn next to us and later said he was sorry



[Bamababe68](#) My narc 's lover now mind you she is married and getting free massages and protocolsher lover wanted to bring In his best guy friend as a 3 way...she is a toy ...sad..being used but loving it.



[Bamababe68](#) they can't commit to a anything



Arline Robertsonno empathy empty eyes



ShastinaInsomnia I have on occassion but mainly I can sleep all day and night no problem. When awake I literally have NO energy. Dont have any idea on what to do to fix that. Its not antidepressants!



[Bamababe68](#) I call it DEAD SHARK EYES ~ NARCULA STARE



hairchangescolorMaybe that's why my ex blinked when I started talking so he would fall asleep



Raquel Molinathis is Great!! I usually working now!! Good afternoon!!



[Bamababe68](#) mine soul ripped me....doesnt care and doesn't think they did anything



MaltaMcMurphyI am going to try 4-7-8 tonight, thanks! :D



Cynthia MoraesI was abused in every form and he's never sorry. But even when things become physical I can't call police or anything because I would feel too guilty, and the consequences would be nasty.



AdrienneWhat advice could you give to those who are trying to understand more of the consciousness of the abuse? Meaning, is the narcissist completely unaware that they are abusing someone?



Rotaru Valentinangie im gonna tell it to you straight...you are doing god's work.. i dont beleive in god but if there s one there...you are hie Angiel ;)



S MI may not have a job at this moment (stressful) but I feel ooooh sooo good without my narc. Need to work on the fear of speaking in public (meeting people).



S MI was a friendly happy go lucky woman once upon a time ,though



Dolores Lundbergmy daughter warned me..now she ridicules me for not being more aware..its hard



ShastinaBamababe68 I am becoming the Michelin man with a two tires around mid section really fast. Dont know why? No melatonin? Im confused.



Bamababe68it is all an illusion. everything out of my narcs mouth was a lie...35 years. Lord it is emotional hell. I beat oxycontin addiction of 20 years after a wreck* mom died in my arms * narc blew that pain



Renee@Angie In your last Chat,personality disordered individual who targeted me from a news site(& may have hacked my pc)came in trolling to disrupt Chat-Has psychopathic traits& threats

have been made



Bamababe68we all carry so much shame. it makes us inflammed and sick



Nadia Syed 04I made the mistake of telling my hubby he is a narcissist because I was upset and tires of his predictable behavior.



Elise Hwhy my ex criticized the looks of other women, telling me I was the only one if in reality he would fuck anyone



ShastinaBamababe68 Same here! 35 yrs mom died in my arms..



niki rogershi Angie hugs from me in Australia



Cynthia MoraesBTW, there's been 13 years since we started or relationship. I moved with him four months later, so I live in hell.



Bamababe68I would love to know how many of us are empaths



Nadia Syed 04I am an empath!



ZoeHas anyone else noticed that school prepares everyone for prey. They destroy self reliance and trust, teaches someone would have the right to judge us,tell us what we are, reward obedience conform.



S MIs there a way to save this chat. Lots v imp and helpful info here. Unable write it all down



jMeeBeEi am an empath



Bamababe68and if I wasn't a good person* the mental cruelty I could do because I know their weakness. see I can't do anything to hurt anyone....narcs don't care * cut throat



Elise HI noticed it zoe, this all is a system, a matrix



Nadia Syed 04My personality type is called counselor, INFJ, feeling type, very intuitive and cares about feelings of others



Judy BeemanBama is right I like Ancient Nutrition bone broth shakes. they are yummy



K-Ren Russ FrenchINFJ here too



ZoeS M scum though it after the broadcast. did you catch my response?



Bamababe68empaths wave your hands in the air like You just don't care



jMeeBeEsame nadia!



Helen Cooling👐 👐 👐



Elise HI am an empath but now I choose not to be drained by pity parties



jMeeBeEi had to escape



Raquel Molinaso sad I have to sell the house we just moved into 4 years better neighborhood. I'm overwhelmed. There is no communication which is fine but I am beyond hurt the way I am treated out not treated.



[Bamababe68](#)my narc is being mentally abused by her covert passive aggressive Ahab of a person...I actually pray my Narcula gets out and help. they are just broken. broken kids that just need love but can't feel



S MYes I did read your comment Zoe but need to keep scrolling



Sunny Dayenow I list my job the narc expects me to move back. I bought a house in the small town I was working in and am scared that he might be right. very few jobs here.



charis catryempath and highly sensitive



[Renee@Angie](#) During your last chat a personality disordered troll whose been stalking me after learning I'm an Empath(in other channel comments)came in trying to ruin your chat-Smear

campaign/threats made



S MI take cucurmin for joint aches



[Bamababe68](#)add turmeric and cardamom to your diet for inflammatory issues in body



Pamela Castilloi had to go to a womans shelter at least 6 times in the past yr now i have a secret apartment because he kicks me and my kids out monthly.



jMeeBeEwow pamelaa!! good job getting a secret apt!!!



Pamela Castillothnks



ShastinaBamaBabe68 I cant wait to get Narcula shirts!



Cynthia MoraesI found that giving love to our cats (and receiving it back) helps me to cope.



[Bamababe68](#)yes Bama and Angie are not treating curing preventing or managing a thing



jMeeBeEi ran 600miles away n left everything behind (xcept my son n my dog)



Bamababe68 love you



Pamela Castillolol did that too jmeebee 3,300 miles i drove alone



Nadia Syed 04@jMeeBeE how'd you do it? Did you get legal stuff for taking the kid and leaving?



Pamela Castilloi didnt n it bit me in the ass



ZoeElise. Society is a perverted system created by psychos to controll us for thousand of years. We in Sweden, got the problem first through the Indo Europ. and then later the psycho religion occupation.



Helen CoolingI have to go now.. love these live chats.. thank you



Nadia Syed 04Thanks Angie, I texted the picture to myself, he saw, got worried. I emailed it to myself and am keeping t in a secret folder



Pamela Castilloi lost all rights to my kids for leaving the state with them



W a l l yexcally Angie



Colleen BrosnanTake care Helen



Jessica Erinhey Angie love ya girl!!!!!!!;)



jMeeBeEi waited til he turned 18.. hes going to the airforce in dec



jMeeBeEugh, thats tough pamela



Pamela Castillowow you look so young girl



Pamela Castilloi have a 21 and 18 yr old too



Nadia Syed 04Man our daughter is four and he loves her, or as much as a narc does, he is a good father in the surface but still



jMeeBeEhah!! thx... u too!!! i had him when i was 19, so i joke n say we grew up together



ShastinaIm allergic and stuffed up just like you Angie! Take care!



Pamela Castillolol i let them stay in my secret apt an hour away



Helen Coolingthanks colleen you too



Adrienneyssss. Need help with self doubt issues stemming from Narcissistic abuse.



Dolores Lundbergmy daily mantra..stop looking in the rear view mirror eyes front and center.



Colleen BrosnanThank you Helen



jMeeBeEi know nadia... he was an ok dad, but the negativity n energy sucking way abt him put a cloud over our house always... my son chose to come w/me



MaltaMcMurchyI have allergies too and I am proud to be me because I get to hang out with everyone here. Nobody here is alone. We will get through this.



ShastinaReading is harder for me as I get distracted to much. videos much better!



jMeeBeEpamela, r u gone from him for good now??



W a l l yme too, i become disassociatie in front of my doctor



Rebecca HorstAngie, she is referring to my question about narcs deliberately allowing their child to be injured.



Bamababe68we are stronger together



MaltaMcMurphyBama <3 thank you



Bamababe68I am about to launch a health channel that is a website to contact me



Pamela Castillofirst narcy the boys dad yes but im on my 3rd baby daddy girl



Bamababe68thank you



cherie plantthank you, Angie! this was fun!



Bamababe68no judgement all love



cherie plantfinding you has done me a world of good



MaltaMcMurphyHave a great day everyone. See you tomorrow! Bye for now. :)



S MBefore my involvement with narc ex, I would finish reading a book within two weeks. But now no kidding it is taking me a whole year. Is it the ptsd ?



Pamela Castillohe owns his own business and iv been with 4 yrs



Zoe S M. Curcumin is more effective with black pepper. Make a little super strong gingerbread spices and add pepper. That helps with digestion too. Plenty of fiber aswell.



Colleen BrosnanSame to you Malta



ShastinaBamababe68 are you on SPAN under same name? Id like to be friends if ok?



Shante Lennox Thank you so much for responding



MaltaMcMurphy Thanks Colleen!



Pamela Castillo are you with a new one now?



Dayna Nicoletti I would like to see the video on cptsd



Bamababe68 and symptoms of post trauma....people don't know tremors and eating loss of appetite and sleep disrupting is pstd



Wally Thank you!



jMeeBe Enooooo... ive bately been out 3weeks!!!



Renee @Angie all I could think of was to turn 100's of screenshots/IP addresses over to local law enforcement-...Have you or any clients had any dealings w/internet Narcs/Psychopaths?



Dolores Lundberg rocking hot



jMeeBe Ei wana be alone for a looooong time



Pamela Castillo oh i see



Pamela Castillolol



Pamela Castillo i keep coming back



Pamela Castillo im kinda spoiled not wrking and smoking very good here



jMeeBe Ei dont even remember who i am bc ive been told by him for so long



S MBambabee68 there r days I eat only one meal a day due to sadness and detachment and there r days I emotional binge due to feeling shame from his harsh shaming words



Pamela Castilloi feel ya girl



Shastina love ya Angie! Purple heart to you like the purple heart vetrans are awarded! I think we all deserve one!



Pamela Castillosee ya next video girl



Colleen Brosnan Thank you so much Angie and Bama for all of your extremely helpful tips. I

wish you all a wonderful day and I will see you next time! Take care all! Hugs!



jMeeBeEyes!!! for sure!!!



Colleen Brosnan



S MWhat is TBI



Bamababe68she said yes yes lol ...in my best Sally field voice They like me They like me ..they

really like me



Renee@Bama I'm sorry you're going through a rough patch.((((Hugs)))).After chat last week I wanted to reach out to you guys to give a heads up about the Trolls/Flying Monkeys in chat harrassing by proxy.



K-Ren Russ Frenchhope angie sees renee"s message, sorry you are going thru that, see you all next time love ya all



Zoe S M. Stress scrambles your brain.ex brain fog. It's normal after abuse. It takes time until you reset. Be patient with yourself.



Bamababe68 I feel overwhelmed alot



Dolores Lundberg I use MANUKA honey everyday..at least a tablespoon..



caseyforgets I honestly feel that narcs never change.



Shastina Thank you Angie! Ive been trying to heal six years and was going down the rabbit hole

on this lately! I will keep trying! Thank you!



Renee@Malta Good to see you too



ReneeTy @K-REN



S M My passion is to read. But I now have anxiety to start reading for I know I won't be able to remember what I am reading and I have been diagnosed with adhd due to cptsd and anxiety



Bamababe68 Elvis has left the building. dang phone died ..one percent. y'all be blessed



Cynthia Moraes What do I do if I can't afford counseling? I had to delete my Facebook account (he ask me to do it). I'm unemployed at the moment and social services don't pay attention to me because I don't just go



Colleen Brosnan Thanks Bama you as well



Dayna Nicoletti Thanks Angie watching your videos is really helping me understand and heal better from all this.



Stanza Stay-winning [message retracted]



Pamela Castillo try womans shelters cynthia



Rebecca HorstHave a great day, Thank you!



caseyforgetsI love you so much, Angie. <3



Bamababe68bam



Cynthia MoraesHe controls my exact position via GPS every moment. He goes ballistic if I turn the phone off.



Colleen BrosnanFeel better girl! See you soon!



MaltaMcMurphybye all thanks everyone



Cynthia Moraes



Angie Atkinson

Say something...

0/200