

Live chat



Monique OcampoHugs to you Trish



Beaut Ween*what are the other methods besides grey rock, and ignoring while being surrounded by narcissists*



Chelsea VanderSys@Trish...don't ya love the happy tears...so cool.



Melissa Duncanit is nice to have a place to go to be able to share your experience . I hope everyone can find the strength to get away from these monsters



kelli hansenHe gave me the house and now is pressuring me to move, I am on a waiting list for an apt. with my little dog and for when my daughter comes home on weekends from college, she doesn't leave till fall



Carlita VegaI am going through a divorce. I started with \$.08 in the joint account. I'm on my 3rd lawyer, and have learned a lot. contact me in SPAN. Tag me. We have a lawyer in there too.



trish MierlyYes Angie I feel ya. Awesome stuff feeling empowered



Elise HI deal with them calling them out in all the s\*\*t they do and I can notice



Melissa Macaulayty Maltamcmurchy! ♡



[MaltaMcMurchy](#)



Southern CharmI missed who said this Angie but our daughter hasn't seen him in a year but it's too late. She's started like him at 18. Now I've lost my family and her and it's hard to back off and leave it alone.



Shelly ThomasHello everyone. Came in kinda late. TGIF!



kelli hansenThanks very much



Christy Piper I thought I had achieved a higher vibration, but I still attracted another narc. Any tips on what to do differently?



MaltaMcMurchy Happy Friday @Shelly Thomas !



kelli hansen chrisy start loving yourself



Elise H you still attract them but if you can avoid them in an intimate relationship I think you're doing it pretty well



Hope Irving I am so done with my narcissist parents, I have had enough!



Sue Gablehey jamiebee..still rocking that wrench malta



MaltaMcMurchy Thanks Sue! :)



Beaut Ween Message deleted by MaltaMcMurchy. [View deleted message](#)



Elise HI feel you Hope



jamiebee morning sue!! hope u are well today friend!!



Freedom Lee Ex narc would constantly reinforce he was the king of the house & we all needed to listen cuz God said so, was like being in a cult, My kids are brain washed!



Hope Irving Yeah, it does suck!



kelli hansen that is me too whom Angie is talking about



Beaut Ween Message deleted by MaltaMcMurchy. [View deleted message](#)



Shelly Thomas Mindful is always a good idea albeit challenging to get into the habit of



jojoangel1983Do they say things to make jealous? Ppl at work are dating and the girl tells the guy oh I like him mynarc. Just waited for my reaction. Saying that girl is crazy and him warning his friend about her



Chelsea VanderSys someone mentioned tarot. I've used it too. pretty insightful for me.



Shelly Thomas Religious abuse is the worst....



jamiebeehovering SUCKS!!!! hes been doing it now extra strength for 2months!! every tactic in

the book no matter how many times i block - he finda a different way to get to me



MaltaMcMurchy@Beaut Ween I hope that you are out of that situation. Nobody deserves narcissistic parents and it's important to remember that it's not your fault as you move on to positivity in your recovery.



Chelsea VanderSys if even used tarot tip help me with validation. crazy too some perhaps, but its helped.



Shelly Thomas That's is frustrating jamiebee I hear you...



Elise H good job standing your ground @jamiebee



Hope Irving Beaut, wow, confinement?



Shelly Thomas Wise words Malta....my parents are narcs unfortunately so sad



Dayna Nicolette the acting like I never existed was one the hardest things for me after the discard and divorce.



LechePorFavor I was doing really good until I saw that Facebook post. When I look at my life, I'm still doing really good! I need to go back to complete no contact. Grey rock!



jamiebeeyes jojo, they TRY and make u jealous and then when u react they call YOU crazy and make you look like the jealous psycho!!!



MaltaMcMurchy@jamiebee Big hugs, sorry to hear it and I'm so glad that you join us daily!



Renee I'm keeping an ear on Chat while typing letter to school district. Everything you're sayings

so relevant to what I'm going thru so I can't leave chat Ugh, I just realized he'll be home tues bc of 4th



Freedom Lee To get me out of depression I would start simple like making my bed. I wrote positive affirmations put them on wall to read as a reminder I was worth living good life!



jamiebee thanks malta!! your support and the love from this group gives me such strength!!!



Shelly Thomas So true Jamiebee....that's why I had to go no contact...I was constantly baited to behaving in a way that could be deliberately mischaracterized to create the illusion of my supposed insanity!!!



Shelly Thomas They're so evil



Kathy Foust@Angie L I use tarot as well, but find its best to have someone else read for me so I don't influence the cards.



Monique Ocampo@Stephanie Haggart Sorry I missed your question. I went no-contact. I haven't seen him in a year.



Hope Irving Angie, do you have a personal Facebook account? I would like to personally talk to you



Linda Welch Good Morning Angie, Renee, Tribe! Much love to all.



SCOTT N. JOHNSON of my exes and exes of people i know are me and I live in a small place.....so sick of the effect it is having on my daily life.....narcs



MaltaMcMurchy@Renee I'm glad that you're still here, even if just to listen! :D



Southern Charm@ Jehan you're not what your Narc says you are. Loving yourself will free you from the hell!! I promise you'll feel like a new person and will be able to live a life that's full!



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



Shelly ThomasI'm dealing with acceptance of the harsh reality of the fact my adoptive parents never loved me. I am so suspicious of everyone...it's hard taking risks....recovery is no joke



Chelsea VanderSys@jehan...I concur with the group. those aren't you're people. be unapologetically you!



kelli hansentthat book helped when I was being physically abused by my x husband over 20 years ago



**MaltaMcMurchy**@Linda Welch Good morning to you hugs and love to you as well. <3



Susan Krahnert-LinsanganI'm staying with my Christian friends. I'm not the Christian I use to be after the narc abuse... my concepts/beliefs have changed and I don't want them to know about it because they will not understand



Nadia Syed 04@jamiebee hi hun!! Thanks for finding me on FB and reaching out I appreciate it. Have been feeling really lonely going through all this



Shelly ThomasHi Linda!



Arline RobertsonAngie I watched a YouTube on room enough. you go through the well of anger ,& obstruction and u will find the of room enough



Shelly ThomasI hear you Scott...



Linda WelchGood Morning Malta much love



jamiebee just really dont get how tf they twist all the bad things theyve done and dismiss all the horrible ways they behave, and turn around and make US feel guilty for leaving!!!!? such a mind f\*ck!



kelli hansenHe was a big church goer, and HONESTLY on his 8th marriage TRUTH



Chelsea VanderSyslol...YES! Angie explains it perfectly! we bad...as bad...we don't take no sh@t...lol. that's from a Richard Pryor film.



Arline Robertsonwhere your ok . I think we all will get there



Elise HI was thinking that the narcs do to us what their parents did to them when they were children. So the effects must be the same: lack of identity, depression, feeling dead inside



Linda WelchGood Morning Shelly!



jamiebeenadia im so so proud of u for doing what uve done!!! and of course i looked for u!!

youre my girl!! we gotta look out for eachother!!



kelli hansenSusan K 2Timothy 3 SERIOUSLY it's about narcissist



Beaut WeenMessage deleted by **MaltaMcMurchy**.[View deleted message](#)



Shelly ThomasI hear you jaimebee....they mindfuck and gaslight to deflect from their treachery and avoid accountability. They will defend their false persona at the risk of their own sanity even.



Melissa MacaulayAngie, I'm hoping for some insight on something real quick, do daughters of narc mothers tend to seek partners that are narcs? like, is it more common than not?



jojoangel1983@jamiebee I had no reaction. Didn't feed into it. Told me he isn't an ideal boyfriend. I told him that doesn't make me happy . He said nothing makes me happy , I want a movie star life? lol I said okk



Nadia Syed 04@jamiebee yes for sure! Hope all is well with you



Kathy Foust I find that we gravitate to the experience we are used to. I had a Narc father so I gravitate to Narc men. I'm doing some shadow work right now to try to stop that shitty cycle.



Nadia Syed 04 I am scared of what he will say about me in court you know how they twist things around. Found a lawyer experienced with npd, meeting her next week. Hope she can help. I don't

have money though



Shelly Thomas I think you're right Elise...narcs and their prey unfortunately repeat patterns established in childhood by the environment the "adults" created. Different between narcs and their prey though is we



Renee @Melissa or whoever it was asking about contacting out of chat PLEASE beware-I made a group of "friends" online (another site) who catfished me & preyed on me-Most R nice here but I've seen trolls in here



Jennifer Bush MY children are 11 and 13, they were abused by their narc father as I was. how do I explain the narc to the kids and help them protect themselves against the manipulation and any further abuse



Dolores Lundberg righteous indignation is not anger it is motivated need for something different..and life with a Narc is diffinitely a need for change....



Shelly Thomas choose change



Tori Duff I am absolutely no contact from the moment I found out from the police my bf is not a paedophile. completely greyrocking him



recoveringfromthenarc #survivor 6 months ago 1 day before the discard my narc told me she loves me (which left me so baffled) now she told my attorney that she hates me. And that I was the abuser. I started the divorce process



kelli hansen it's about abusive men that wear a religious mask



Shelly Thomas Thanks for the warning Melissa...



Dolores Lundberg Get the tea is great stuff



Shelly Thomas Jennifer Bush....you can start by teaching the kids to trust their gut, their feelings



Elise H Interesting, Shelly. For some reason they choose the evil path and can't change



Renee Angie should we erase Melissa's personal email for safety?



MaltaMcMurchy @Melissa Macaulay As you've indicated that you need a quick answer. The answer is yes. Recovery is possible if you are able to wait for Angie to address your question.



Irishindian89 Angie is right! we are all here for each other!



Shelly Thomas Teach them to monitor their thoughts and how to regulate their emotions in the best way that works for them



Renee I may have to go get this letter out but I don't want that up if you agree, you feel me?"



Shelly Thomas Or Renee...thanks for the warning



Learn, grow Sing I always got bladder infections after sex w the narcissist... anyone else get this? this on purpose by him? or common? ty all



Learn, grow Sing MORNING



Beaut Ween Message deleted by **MaltaMcMurchy**. [View deleted message](#)



Susan Krahnert-Linsangan My friends think I still need to forgive my narc husband and narc mother in law. I've forgiven but Im still upset and mad. Does this mean that I haven't totally forgiven them?



MaltaMcMurchy Melissa Duncan Message deleted by MaltaMcMurchy. - Email was received by Chelsea VanderSys and is no longer required. Deleted for privacy.



Monique Ocampo My computer is acting buggy. i'll see you guys later.



Learn, grow Sing really..?? wow





Rage Against The Narci know about the bladder infection. i had chronic cystitis as a child because of parents. its psychosomatic



Learn, grow Singwow! Interesting!!



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



Learn, grow Singthanks. he was the only one ever to give me this.. and pretty much every single time



Marcena DuleyThank you all, especially you Angie. This is the only place I don't feel alone in this chaotic life. If not for you guys here, I know the darkness would engulf me.Thank you all. Much love 2 u all.



jamiebeeeventho he was a jerk 90% of thte time, there was that 10% of "good" i miss tight long real hugs and idk how long i can go w/o sex its been almost 5months already!!!

srroy if tmi!!!



Elise HI agree, those infections are related with abuse, stress



jojoangel1983@melissaduncan my email is joa45678@gmail.com if you would like to chat.



Chelsea VanderSysmalta...thank you for retracting her email. I got it. :)



Kathy FoustI'm for real so messed up right now that I sometimes wonder if I am losing my mind, if I AM the narc, or wth. Seriously this sucks.



Learn, grow SingBC I knew it was wrong to do deep down maybe



[MaltaMcMurchy](#)@Chelsea VanderSys Okay, good to hear, thanks!.



Nadia Syed 04@jamiebee I understand! I miss the hugs and affection even though t wasn't genuine. We are human after all and it's normal to crave that affection



LechePorFavorThe messages were considered harassment during my order of protection case! I used Tansee to download all of them



Southern Charm@ Scott Johnson I understood what you mean and honestly I don't know what to tell you. It was so hard for me with exes and all I moved 500 miles away. Keep your head up!!



Learn, grow SingKathy watch all the information videos .. if it takes 5000 videos do it



Rage Against The Narchow do narcissist parents manage a psychopath child? would you say the scapegoat is misprojected as the psychopath when the psychopath is elevated to be the caring golden child?



Shelly ThomasSusan....I'm not sure your friends truly understand the nature of what you've been through. I personally resent when anyone tells me how I should be healing. When I've listened to others instead of me



jamiebeekathy, weve all thought we were the narc at some point or another! dealing with these

crazies make us somewhat crazy too



Shelly Thomasit's never worked out



Amanda leighI'm leaving my narc tomorrow but due to the situation I'm moving into I have to leave one if my cats and my dog here with him in afraid it will leave the door open for him to stay in (continue)



Shelly ThomasSo true jamiebee



Amanda leigh(continued.) contact how do I go no contact or stay detached if I have to talk to him to stay updated on them



trish MierlyI love that Chelsea!!!! Exercise and endorphins too. Omg you guys help me so much this morning



Learn, grow SingI was unsure he was really a narcissist for so long.. keep watching videos until your mind is clear



Kathy FoustI hate that anyone else feels that way, but at least I know I am not alone.



MaltaMcMurphy@Renee IMHO, great idea to delete the email for privacy.



Shelly ThomasAmanda...I hate to say it but I believe he'll definitely use your animal companions to manipulate/hover you. If you can give them to a trusted friend that would be better



Susan Krahnert-LinsanganElise Also the narc might be cheating on you and giving you the vaginal problem.



Learn, grow Singyou guys are all so helpful



jamiebeeright nadia!!! and the LAST thing i wana do is jump into bed or relationship w/someone else before im healthy!!!



trish MierlyHow do I send you the therapist name you said it just now but I missed part of it



Beaut WeenMessage deleted by **MaltaMcMurphy**. [View deleted message](#)



Dayna NicolettiI would like to send you my therapists name too Angie



Amanda leighShelley order 4 years with him I have no friends left and family isn't an option. my dog is very old and a shelter would put him down



Elise Htrue! Susan. He didn't care to see if I was fine or go with me to hospital



Shelly ThomasMarcena Duley...this group has helped me from the depths of depression...the darkness as well. I'm so glad you found this space.



Learn, grow Singwell lot of information here but he did go pretty hard for me to take.. might have been that too almost sexual abuse



Shelly ThomasElise...if you define the evil path by an unwillingness to change and maintain harmful relations with oneself and others I think certain types of people choose this because change is hard



Shelly Thomasvery



Chelsea VanderSys@jamieb...where are you? I'm in so cal.



Elise Hyes, they'd rather destroy themselves than have healthy patterns of behavior



Learn, grow Singyeah the more you break away from him the more healthy I'm starting to feel and understand I'm healthier all times I'm away



Kathy FoustI think I'm going to start making a list of the messed up stuff he did so when I start missing him I can review that to remind myself what's REALLY up.



Chelsea VanderSys@kathy...that's a great idea. I do it too and it does help.



jamiebeeChelsea, i was in vegas for 20yrs, just moved back to albuquerque, nm to be w/my family during healing n decide my next move



Shelly ThomasI hear you Amanda....maybe the next best option maybe to proceed as planned but formulate a plan to respond to anticipate and respond to his hovering...almost like a hoovering fire drill...



Learn, grow Singyeah tell yourself " see them for who they are" ..I said this out loud like 25 times I'm a row..a day.. it helps



Shelly ThomasAny thought sAnigie?



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



Learn, grow Singaww



Kathy Foust It's definitely better than focusing on the things I miss



Learn, grow Singyes Kathy it's so hard. you learn in time to get better at that



MaltaMcMurchy@Beaut Ween Where are you located? (Country only, do not give specifics)



Susan Krahnert-Linsangan Kathy Foust That's what I did and it puts things in perspective. I call it the reality check list.



Elise Hso glad my parents don't understand english



Chelsea VanderSys@jamieb...cool to know. I love that we have spanily all over the world! hoping you land in a great place next!



Learn, grow Singfor me it's better to say it out loud but everyone is different



Amanda leighShelley do you know a technique for me to prepare myself and how to not get sucked in



jamiebeemy son and i are going on a road trip on the 13th to visit my stepdaughter in kansas and were also going to st.louis and im going to stop by and give angie a BIG hug for saving my

sanity!!!



Learn, grow Singtalk to yourself out loud of the truth my suggestion



Kathy Foust That's actually an educational method too. Write it, read it out loud and it will eventually sink in



trish Mierly This chat reminds me that the world is full of beautiful people. Thank you for lifting me up this morning. Xoxo



Shelly Thomas Amanda...I think you're gut may tell you that you need to eliminate any dependence of the narc...this will take time and may seem impossible but girl YOU CAN DO IT!

Stay connect to support systems



Shelly Thomaslike this group



Chelsea VanderSys@jamieb...hug that queen bee for me too!!!



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



**MaltaMcMurchy**From today's conversation (with attribution to the audience) Video Idea: Spiritual Abuse



Learn, grow Singyes bc your mind is believing of the lies stronger.. until you switch it



Susan Krahnert-LinsanganThey stay sometimes because of religious beliefs.



jamiebeeya, it so cool to find friends everywhere chelsea!! i love social - well, i love the weather,

the traffic not so much



Beaut WeenMessage deleted by **MaltaMcMurchy**. [View deleted message](#)



Amanda leighThank you Shelley



Learn, grow Singin time.. staying positive and to the truth will keep you healthy

**Beaut Ween** was timed out by **MaltaMcMurchy** for 300 seconds.



Chelsea VanderSys@Angie...totally hear ya on the email sharing. thank you. xo



Dayna NicolettiSo true Jamieb dealing with them does feel like your going crazy and they do make you feel like your the narcissist projection.



Carol Lund-Hopkinsnarc next door flew a monkey. and grabbed my teens phone to scream " affair with my husband , am I an idiot?",(while he was begging her to leave, our vacant rental ) gaslighted my kid against dad.



recoveringfromthenarc #survivorwhat is the online support group site



Learn, grow SingI sum it up to we all make mistake choices and it's ok



Chelsea VanderSys@jamieb...yep...traffic is a big motivator for me working towards Oregon... closer to my mom.



MaltaMcMurchy@recoveringfromthenarc #survivor See description.



MaltaMcMurchy(video description)



Rick MashI'm out guys..have an amazing holiday weekend



Chelsea VanderSys@rick...have a great weekend, honey. :)



Susan Krahnert-Linsanganok thanks all. Got to go.



Elise Hthanks Rick you too



Shelly ThomasGreat, wise words Angie.



Learn, grow Singthanks Angie



Elise Hsee you susan



Chelsea VanderSys@Susan...as Pooh says...tfn! (ta ta for now) lol



Carol Lund-HopkinsI calmly handled all their drama ..just cared for my kid..nevermind the liars affair confirmation ..more yoga for me



surf7butterflyAs a daughter of a narcissistic mother and now a mother of an 8 year old, how can I keep myself from accidentally projecting to my child while I'm in the process of healing?



Learn, grow Singwe all know the narcissist is bad for our lives



Learn, grow Singlove yoga .. great girl online does it



jamiebee anyone else feel insecure about the smallest things/decisions u make throughout the day? after being told for so long what to do, i feel inadequate and incapable a lot of the time about everything..



Chelsea VanderSys@Angie...your take on tarot Uggs much like mine. I prefer to read my own...like I'd said before...more for validation. they're not so great for predicting outcomes. not what they're for,



MaltaMcMurchy@jamiebee Yes, I suffer from that at times. I feel like every decision is wrong, at times.



Beaut Weeny yes jamiebee its the anxiety



Nadia Syed 04@jamiebee yes! I am getting use to being able to make decisions without worrying about what he will say lol



Chelsea VanderSysuggs....lol...stupid autocrap. \*it's



Learn, grow Singjamiebee honey take some time to sit and really breathe.. that should bring you to center and able to decide decisions with stronger feelings and confidence



Chelsea VanderSys@jamieb...yes!



surf7butterfly Yes Jamiebee



jamiebeeso glad im not alone everyone



Chelsea VanderSys@Jamie....sooo not alone!



MaltaMcMurchy Absolutely not alone jamiebee, you're always in my mind and in our hearts.



Chelsea VanderSyslol...gassy kitty!!!



Beaut Weentarot can be scary because you can start to believe the bad predictions





Southern Charm@ Dayna that's sad and just know he won't be happy with anyone! Whoever is new woman isn't in better relationship. The dates that are special are used to hurt us! Stand tall he will Never be happy!



caseyforgetsshow kitten! anyway, I gotta head to work. Great chat today, take care

survivors!!!



MaltaMcMurchyCat gas. I'm telling you, that cat is trying to make it into Feline Friday.



Julia Richardsonggoing for a walk. have a better day all. #holdingthelight



caseyforgetsbye angie face <3



Chelsea VanderSysbye caseyforgets! :)



MaltaMcMurchy@caseyforgets Bye for now and have a great day!



Learn, grow Singso sweet



Chelsea VanderSyslol...feline Friday



Learn, grow SingI give myself hugs now before I fall asleep and it helps me feel wonderful and proud of myself!! you guys should all do the same ::))



MaltaMcMurchyHave a great day everyone! Thank you for participating and we'll see you all on Monday.



Angie Lthanks for all you do happy 4th of July I!



jamiebeegreat idea learn grow sing



Chelsea VanderSysI love you guys! have a great weekend! BIG HUGS!!!!



jamiebeeLOVE YOU ALL!! i mean it



MaltaMcMurchyBye Angie L, jamiebee, Chelsea VanderSys



Elise Hthank you all, see you. Have a good weekend



jamiebeese u all on span later?!?!



Angie Atkinsonlove you all right back - big hugs to all of you!! we are a strong, beautiful tribe and don't you forget it! have a lovely weekend!



MaltaMcMurchyThanks jamiebee love and hugs <3



Chelsea VanderSystfn malta! hugs!



Learn, grow Singhappy fourth everyone go see works boom!



MaltaMcMurchyThanks Chelsea!



Elise HI'll be in span the whole weekend



MaltaMcMurchyThanks @Angie Atkinson



Chelsea VanderSysHuzzah to Angie!



Stephanie HaggartMiss Vega, cannot remember your first name but would love to talk to you on span



Stephanie HaggartThank you for all you do Angie



Southern Charm Sending good thoughts and love to all who are suffering!! Please know you all can do this and you'll learn so much about who you are and who you were born to be!! Your

purpose is real and not lost!



Marcena Duleymy email is the same as my name, all lower case @gmail. Would love supportive friends and to support others! xox . Prayers for you all



Beaut Weenthanks



Chelsea VanderSys@marcena...have you joined span? look in the description box of the video. :)



Nadia Syed 04Love you Angie and everyone. Bye @jamiebee and @renee and everyone! Have

a great holiday weekend sending hugs and love to you all!



Chelsea VanderSys@marcena...I jotted down your email fyi. :)



Angie Atkinson

Say something...

0/200