

## HOW TO DO



# HOW AND WHY TO MAINTAIN NO CONTACT WITH A NARCISSIST AND START THE HEALING PROCESS

- WHY GO NO CONTACT WITH A TOXIC PARTNER
- HOW TO AVOID BREAKING NO CONTACT
- EMOTIONAL HEALING AFTER NARCISSISTIC ABUSE
- HOW TO CUT ENERGY TIES WITH THE NARCISSIST
- HOW TO BREAK YOUR TOXIC LOVE ADDICTION
- HOW TO FEEL BETTER ABOUT YOURSELF
- THE DANGERS OF STAYING IN AN ABUSIVE RELATIONSHIP
- PLUS MUCH MORE!



Imagine if you could...

- Dramatically increase your chances of implementing and maintaining No Contact
- Have a better understanding of why you feel an unbearable urge to go back to a toxic partner
- Connect with the real reasons why you break No Contact and then begin healing them!
- FINALLY join the tribe of survivors who've not only stayed No Contact, but have THRIVED after narcissistic abuse

Notes:

# List seven reasons going No Contact is important:

1.

2.

3.

4.

5.

6.

7.

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## Ways to Avoid Breaking No Contact:

1.

2.

3.

4.

## Facts about No Contact

1 - Recovery from narcissistic abuse begins with \_\_\_\_\_ or, for shared custody, \_\_\_\_\_.

2 - Recovery times \_\_\_\_\_.

3 - \_\_\_\_\_ speeds the recovery process.

Notes:

# Cutting Energy Ties with the Narcissist

1 - Get rid of anything

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2 - \_\_\_\_\_ your home

3 - Use \_\_\_\_\_

4 - \_\_\_\_\_ exercise

What are some other ways you can think of to cut the energy ties? List them here:

List three ways you can begin healing after Narcissistic Abuse:

1.

2.

3.

List some of your own ideas here:

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Sometimes small actions make a big difference. List five small actions you can incorporate into your daily schedule:

1.

2.

3.

4.

5.

Signs you've arrived as a SURVIVOR:

1.

2.



3.

4.

5.

6.

7.

What are some things you can start doing today to begin No Contact and start your healed life?