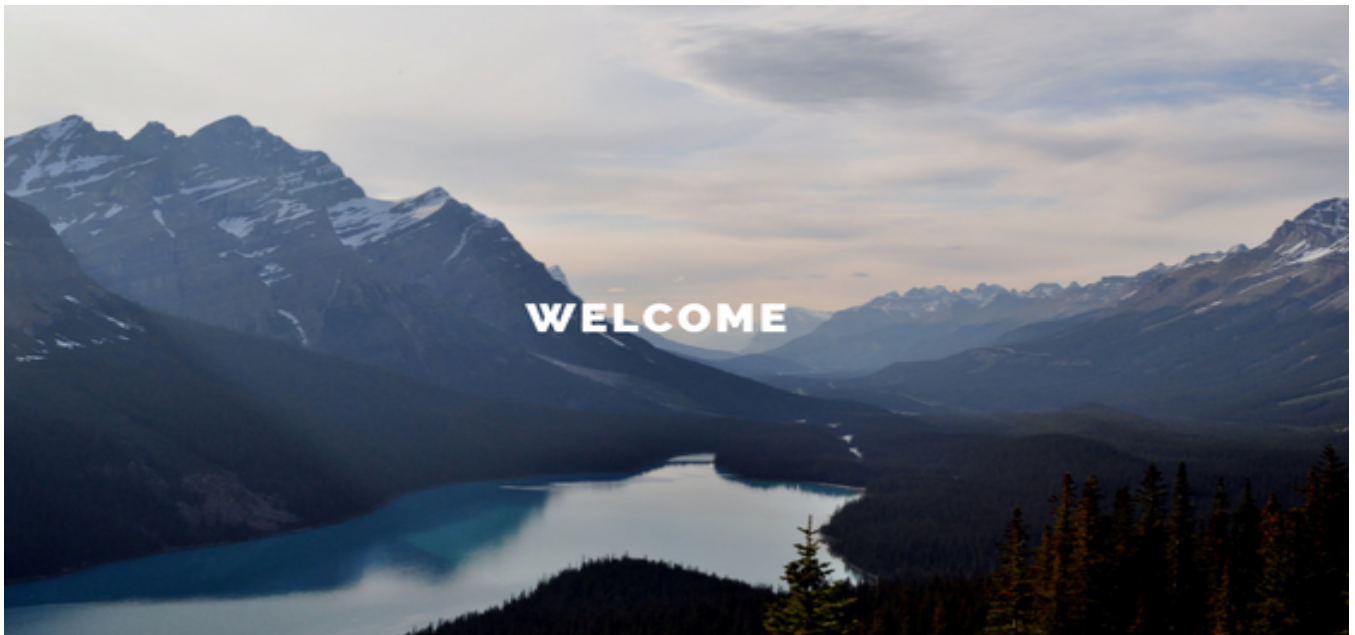




FIND INNER PEACE AND SELF- CONFIDENCE

10 STEP GUIDE TO RECOVER FROM
CHILDHOOD NARCISSISTIC ABUSE

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Welcome

Hello and welcome. I'm so glad you made it here.

If you've downloaded this free guide, I imagine that either now or at some point in your life, you've been in close contact with someone who has created great confusion, pain and self-doubt in your world.

You may have found yourself chasing shadows:

- seeking ever greater achievements
- looking your best, focusing on outward appearances
- bettering yourself in all your pursuits

All these and many other behaviours are compensation for the pain of not being really seen or wanted for who you truly are.

With that comes a hollowness. A feeling of never being enough. And relationships can feel fraught. A fear of abandonment or never really trusting that this other person loves you for who you are.

You may well be a high achiever, for whom success has come quite easily. Or you may have experienced the opposite, sensing enormous potential which is unfulfilled or frustrated.

But life feels like it could offer so much more. Whatever you have can feel precarious or undeserved. Like it might be snatched away at any minute.

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If you grew up with a parent who was on the narcissistic spectrum, emotionally neglectful or over-controlling, these are often the results:

- Low self-confidence
- Second guessing yourself
- An over-active inner critic
- Achievement and goal-driven for approval
- Displacing feelings through obsessive or compulsive behaviours such as work, shopping, sex, alcohol, drugs
- Painful sibling rivalry where you are either celebrated or singled out for being 'wrong' or faulty
- Intense sensitivity - able to read moods and sense toxic atmospheres

If you're not getting all you want from your life, there is hope. It is possible to put this painful legacy behind you and to rediscover with your self-esteem and self-confidence. This guide is the first step.

With my warmest wishes,

Matt

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A word about narcissism

Narcissism, and narcissistic personality disorder, have become very prominent in the public eye. Whether it's politicians, celebrities or reality TV, it's difficult to escape armchair diagnoses.

But actually, everyone has a dose of narcissism; it's essential for self-confidence and self-esteem, to have a sense of your worth and place in the world.

When taken to an extreme, a person whose personality is over-narcissistic can be very harmful for those around them, whether children, partners, colleagues or friends. They tend to lack empathy and are primarily focused on getting their own needs met first.

The media attention is focused on extreme narcissism and understandably it garners the headlines. But there many people who suffer at the hands of narcissistic behaviour which is on a less extreme end of the spectrum. Perhaps you are one of them.

While the headlines talk about grandiose 'arrogant' narcissism, the reality is that narcissistic behaviour is often complex and confusing.

A mother might seem incredibly loving and attentive, and yet have no respect for boundaries.

A father may say he's proud of your achievements but finds all sorts of ways to criticise if it ever seems they might eclipse his.

A sibling might rage and even tell lies about you to curry favour with your parents and others.

These are all examples of narcissistic behaviour, which can be harmful and painful. It may not conform to the black and white examples of extreme narcissism, but it's still narcissistic behaviour.

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Although it's not always evident, someone with narcissistic tendencies will almost always have a painful backstory.

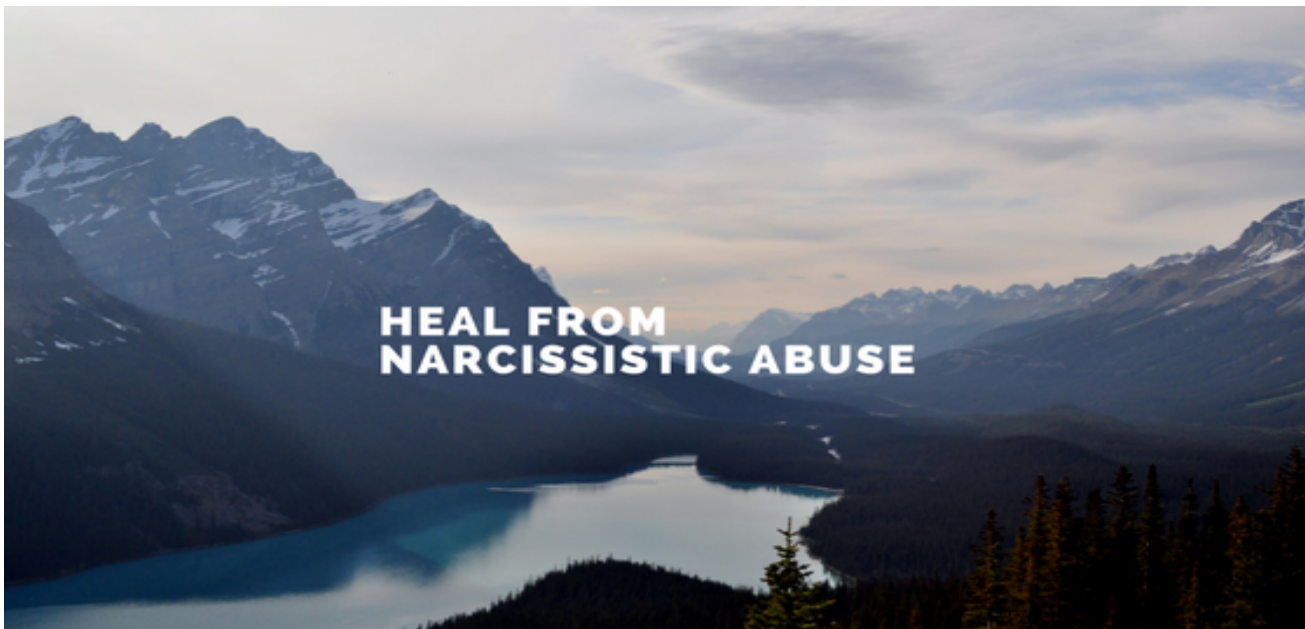
That isn't to excuse or accept it but to say, the focus of my work is to help those impacted by narcissistic behaviour to come into their needs, their truth, their power and not the vilification of narcissists.

For many children of a narcissistic parent, the relationship is complex and difficult to negotiate. Every child needs and wants to be loved for who they are.

Even as adults that longing remains. For some, ideas of no-contact or complete rupture with the narcissistic parent (which are common place in the advice for managing a relationship with an extreme narcissist) is simply not what they want.

They long for better relationships if possible, more self-validation and a feeling that they are truly loveable for who they are.

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How can you heal from narcissistic abuse?

I've worked with many people over the years who've suffered from the impact of being parented by a narcissist.

I've developed a unique approach to helping them heal which draws on:

- depth psychology
- psychospiritual and transpersonal psychology
- mindfulness
- creative and imaginative soul work
- embodied awareness

Doing this work you can expect:

- Renewed self-confidence and esteem
- A capacity to set limits and boundaries with confidence
- A sense of purpose and direction
- Greater inner peace and calm
- A deeper appreciation and capacity to use your unique gifts and talents
- A way of managing life's ups and downs better without coming off the rails
- New ways of seeing and negotiating family relationships

My particular approach takes a psycho-spiritual approach to healing. Within you there is a deep longing to feel whole, to connect with your power and potential, in spite of all the hurts that have happened in your life. This guide will give you an introduction to the keys of the methodology I have developed.

You can start using it to help yourself right now. Or as a way of discovering whether I might be able to help you further.

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The 10 steps to regaining your self confidence, self esteem and inner peace

Take stock

The first stage of the healing process is to coming into a deeper sense of your own story, your strengths and beliefs so you can grieve what has been lost and missed in your life and celebrate what has been achieved. Let's break it down, into the first 4 steps.

Step 1 Mind matters

It starts with the mind. Why? For those who've experienced narcissistic abuse, knowing your mind can be tricky.

You may have had confusing and contradictory input from a parent or care-giver, that made it difficult for you to know what you really think about things. You can get so used to adapting to other people's expectations, your own opinions get lost.

Getting solid on your thoughts, beliefs and values is an essential first step.

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Step 2 Fearless feelings

It can be equally hard knowing your feelings, trusting what they are telling you. Often those who've suffered childhood narcissistic abuse will really struggle to know their feelings or will spend a lot of energy on blocking them out.

Your feelings are the compass by which you make your decisions. Learning to recognise your feelings without second-guessing them or numbing them out is vital to moving forwards.

Step 3 Bountiful body

Your body has a vital role to play in all this too. As a child, it's likely you sometimes felt your body wasn't your own. Boundary violations including intrusions, comments on your appearance and weight may have left you feeling you weren't master or mistress of your own body.

Being comfortable in your body and the messages it tells you about your feelings will help you reclaim your sense of self. Knowing what your boundaries are what will keep you safe.

Step 4 Inner innocence

The final area for Taking stock is the most important and most challenging. It's meeting your inner child and getting to know her or him.

For many people who've experienced childhood narcissistic abuse, the outcome is that their inner child becomes cut off, exiled or forgotten.

What do I mean by inner child? If you imagine there is a part of you that stays forever childlike. It may be your sense of playfulness, adventure, innocence or curiosity.

When there is a lot of hurt for that part of you during childhood, she or he starts to make herself or himself invisible. For that is far less painful than the experience of rejection, belittling or the constant need to adapt to another's needs, which comes with narcissistic abuse.

Getting to know, value and cherish this forgotten part of you is perhaps the most important key to healing.

As the inner-child is marginalised, a lot of the 'persecution' is performed by the inner-critic. This voice is like an echo of the parent, castigating, shaming, keeping you small.

Getting to know and spot that voice and cultivating a position of greater compassion for self is essential to your healing.

Take heart

As you start to know your mind, body and feelings, and you start to develop a more loving relationship with your inner child, your attention can shift to what's working or could work better now.

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This phase is about looking with kind and dispassionate eyes at your strengths, achievements and support network to build a really solid and dependable base for healing. Here are the 3 steps of this stage.

Step 5 Rich resources

The first thing to do in this phase is to acknowledge and celebrate your innate gifts.

Often, someone who has experienced childhood narcissistic abuse may develop unexpected gifts:

- a heightened sensitivity to others and their moods
- an ability to read others and sense their emotions
- a strong dose of empathy for others

This step is about reclaiming those skills as gifts along side all your others so you can start to build a picture of the powerful and capable adult you truly are.

Step 6 Super support

Secondly in the Take Heart phase, you can start to identify the support in your life you can truly count on.

Sometimes, those who've experienced childhood narcissistic abuse are drawn to friendships and relationships where this abuse is repeated. It can be hard to find people in your life whom you can trust to like and want you for who you really are.

Identifying these positive and trustworthy people is a really important step to help mirror your lovability and other qualities

Step 7 Playful power

Thirdly in this 'Take heart' stage, you can begin to identify areas in your life where you experience your true power and self-confidence.

As a child of a narcissistic parent, it's likely your self-confidence and sense of worth were swept away by the constant challenge and denial of your autonomy by your parent or caregiver.

But coming into adulthood that may no longer be the full story. Often I see people who have found unexpected and sometimes unrecognised gifts in their lives. They've become confident musicians or performers, talented colleagues or leaders at work, or have accomplished sporting or personal triumphs. Whatever it is for you, recalling these successes is very important.

Maybe there are situations at work, or in your social life, where you have been able to assert yourself, make your feelings or views known.

Taking an inventory of these examples can help start to develop a greater sense of how and when you can be confident and powerful in your life.

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Take action

As you start to come into a deeper understanding and awareness of yourself, you can start to begin to make deeper and lasting changes in your life. Here are the final three steps of this stage.

Step 8 Clear choices

One of the most effective steps at this point is to get really clear on what might stress you out, trip you up or get in the way of your goals.

For example, I often see that when people begin to connect with hope that things can get better, their inner child kicks in with lots of fears and objections.

Or as they begin to be more independent and forceful in making choices, family members react with increasing dismay. They try to shame or criticise you in to being back as you were.

Step 9 Abundant awareness

Secondly, in this stage of recovery you can start to tap even more deeply into your inner wisdom. This wisdom - you can call it intuition, higher Self, soul - can help guide you with your next steps. It recognises your calling, your values and your deepest longings.

This wisdom is essential for helping you chart your way forwards, in alignment to your values and deepest needs.

Step 10 Fearless future

The third and final stage of Taking action, is looking purposefully to the future you want to live. As a child of a narcissistic parent, it can be hard to have hope that relationships can be fulfilling, that a sustainable relationship with family is possible. Or that relationships at work can be viable.

Taking action is about stepping fully back into your power with confidence and belief.

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What next?

This guide is a brief introduction to my approach for recovering from childhood narcissistic abuse.

In the coming months, you'll hear again from me with articles and suggestions for addressing specific challenges as a child of a narcissistic parent.

Whatever you do next, my hope is that you can start to reconnect with your self-confidence and self-esteem. That you can start to live life on your terms. And that you can find a relationship with your family that meets your needs, whether that's having full contact, limiting it or having no contact.

If you have any feedback or questions about this guide, I'd love to hear from you. Drop me a line at matt@mattfoxcounselling.co.uk

About me

My name's Matthew Fox and I'm an expert in recovery from Childhood Narcissistic Abuse.

Adult men and women who have a narcissistic, controlling or emotionally neglectful parent work with me to help them rediscover their self-confidence and have thriving healthy and fulfilling relationships.

It IS possible to recover from childhood narcissistic abuse. Perhaps I can help you too?

I'm an accredited counsellor based in the UK, working via Skype and Face to Face.

If you'd like to find out more about how we could work together, drop me a line at matt@mattfoxcounseling.co.uk

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