

# 7 Stages of Recovery from Narcissistic Abuse

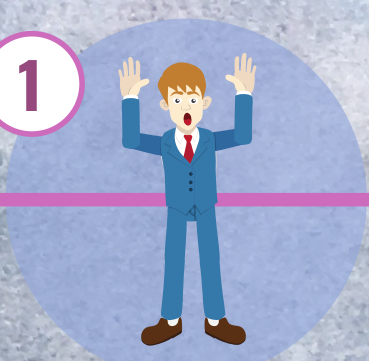
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## PAIN AND GUILT

You blame yourself for getting involved with the narcissist. You will feel the pain of having spent so much of your energy trying to make a relationship with a narcissist work.

1



## SHOCK AND DENIAL

You deny that your partner could possibly be narcissistic. But still those niggling doubts remain.

3



## ANGER AND BARGAINING

You experience healthy anger. But you may also slip back into the vain hope that the narcissist will change.

4



## DEPRESSION REFLECTION & LONELINESS

You come to the challenge of processing difficult emotions. Therapy can help you slowly integrate your trauma.

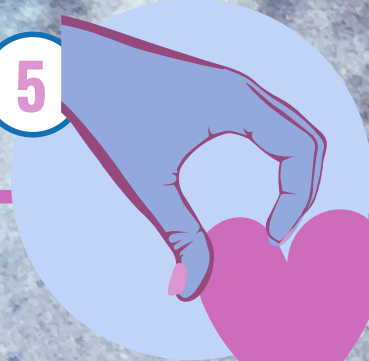
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## RECONSTRUCTION & WORKING THROUGH

Accept that you could never have changed the narcissist. You are not responsible for their behaviour or their emotional bankruptcy.

5



## THE UPWARD TURN

You have accepted the reality of your partner's narcissism. Optimism returns when you realise that not everyone is like your ex.

7



## ACCEPTANCE & HOPE

Develop the skills of self-awareness and compassion needed to protect yourself.

Freedom

