

6 CLUES YOU'RE IN A
RELATIONSHIP WITH A
NARCISSIST



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Being in a relationship with a Narcissist can make you feel like you're going crazy in your own mind.

It's not enough that you're losing your concentration at work, losing connections with friends and family, losing the passion and excitement you once had for the little things in life...it's that you're fighting your hardest to not lose yourself. It's not your fault. The simple fact that you're here now is proof you haven't lost the fight. No, my friend, you're not crazy! Here are 6 Clues to help you recognize if you're in a relationship with a Narcissist.

C O N T E N T S

01 PRINCE CHARMING...
UNTIL THE CLOCK STRIKES MIDNIGHT

02 REVOLVING DOOR...
ARE YOU IN OUR OUT

03 SHORT FUSED...
LEAVES YOU SHOCKED

04 SEEDS OF DOUBT...
GROW IN YOUR OWN MIND

05 PLAYING THE VICTIM...
AT YOUR EXPENSE

06 JEALOUSY...
IS NOT LOVE

C L U E

01



Narcissists are extremely talented at turning on the charm when they want.

In the beginning, you will feel like you've met the person of your dreams. They say the right things, go the extra mile to make you feel special, they are a natural when it comes to social boldness and this aura of confidence makes them very appealing and attractive.

You find yourself feeling safe and protected in their presence.

On the surface, they appear to have it all together and you find comfort, and even pride, in their accomplishments. The fact that they willingly shower you with affection and attention makes you question what you did to get so lucky.

Unfortunately, this act can't go on forever. You soon find yourself wondering what happened to the Prince Charming that magically swept you off your feet.

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Remember Who You Are.

Remember Whose You Are.

Boldly Step Forward and Show Your Crown.

C L U E

02



Narcissists love in a different way.

They start off strong and full of compliments with extreme attention to detail. They absorb every word you say and may use gifts to show their love. You'll find yourself pleasantly surprised when they give you that little something that showed they were thinking of you.

Unfortunately, Narcissists get bored very easily and do not do well when they are not put first.

The moment you are not able to make them your #1 priority (*enter work, meetings, kids activities, a.k.a. responsibilities*) they begin to show differences.

Their mood changes, they become distant, you experience the all too famous silent treatment, oh, and forget about any special little gifts, those are history, unless they are "I'm sorry" gifts.

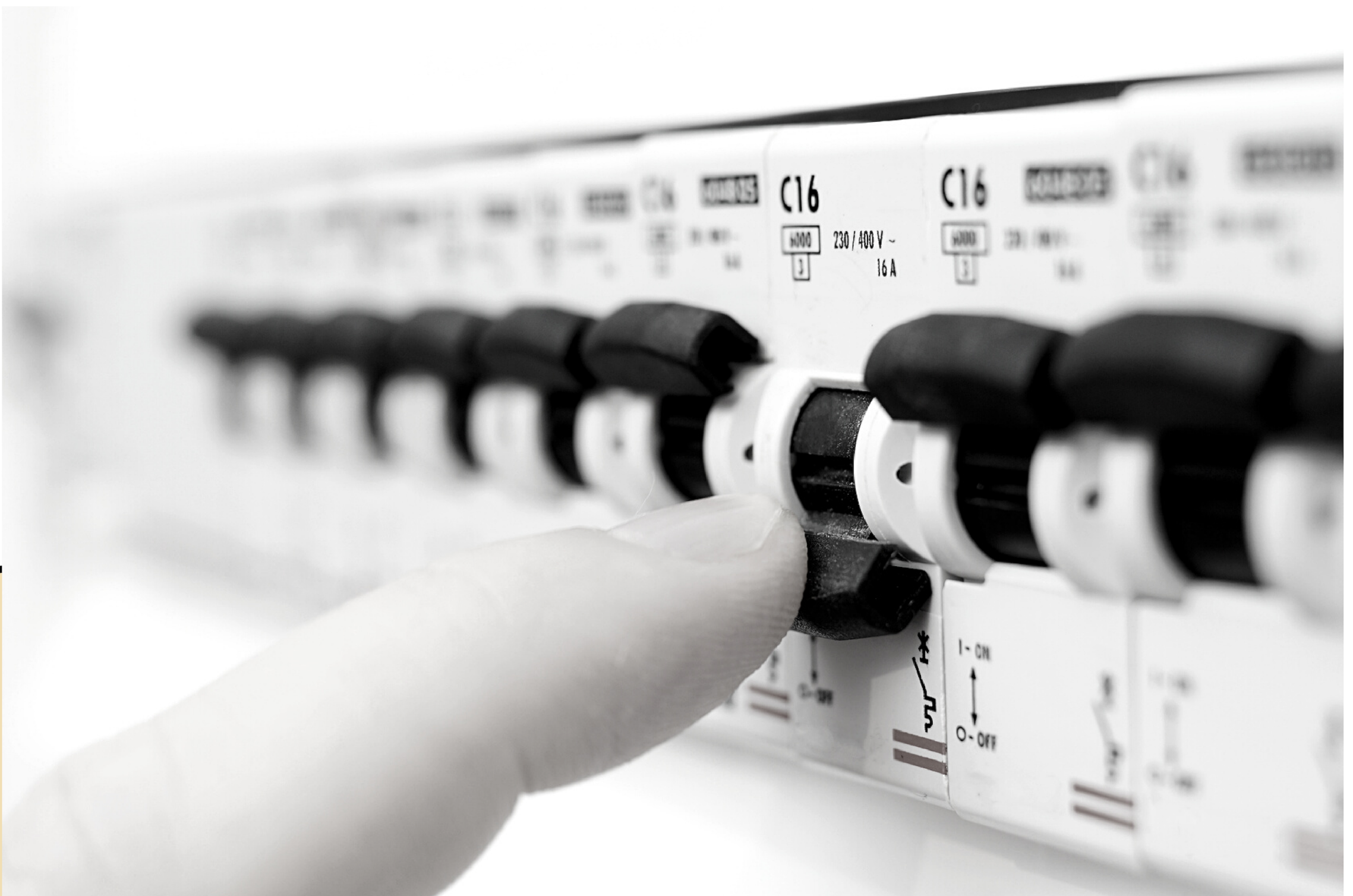
You begin wondering what you did wrong to be pushed away so abruptly and begin to apologize for the responsibilities you must take care of.

This is the start of the revolving door that will have you wondering if today you're "In" or today you're "Out" and unfortunately, it never stops spinning.

You Matter and Deserve to be Loved Unconditionally!

C L U E

03



When it comes to being in a relationship with a Narcissist, you will find yourself wondering, "What did I do? What did I say? What just happened?" A conversation can go from 0 to 100 in a split second and you'll be stumped at what you did to flip the switch.

Narcissists have a difficult time controlling and/or regulating their emotions and behavior. They love attention and approval and if you do not agree with them, even during a basic conversation, they may become angry.

They will grow impatient and have no need to discuss anything any further. After the tantrum, comes the distance, then the apologies. As time goes on, and this pattern continues, you will begin to contribute less and less to conversations for fear of flipping the switch and causing arguments.

You will find yourself confused at what you did, what you said, what you didn't do, what you didn't say, and begin to see yourself as the cause of the problem and hoping to do better next time.

The Narcissist carries the short fuse, and you are the one left to carry the pain of the shock.

If They Love You, You'll Know.

If They Don't, You'll Be Confused.

It's Honestly All You Need to Know!

C L U E

04



The Narcissist carefully plants seeds of doubt in your mind, and with continual care, and nurturing, these seeds grow very rapidly.

It's because of this rapid growth of doubt in your own mind, that you begin to feel, well, crazy.

You begin to question things as you see them because the logic that makes sense in your mind, is labeled as overreacting, nagging, needy, and selfish.

When things don't line up, you will be told you got it wrong. When the story doesn't match, you will be told you're paranoid and crazy. The onset of planting seeds of doubt in your mind is known as gaslighting and this is a slow process that breaks down your self esteem.

You will begin to question your own memory, perception, and even your own judgement. It's through this slow process of manipulation that other healthy relationships become damaged.

Relationships with friends, co-workers, and even with close family members will become negatively impacted because of this control and deception.

As the seeds of doubt grow in your mind, so does the self isolation.

Never Hide From the Beauty That is You.

C L U E

05



A relationship with a Narcissist is a manipulative relationship. Period.

Yes, there are victims in this world, but using past traumas to justify current behaviors that negatively impact and influence another human being is playing the victim.

Narcissists act out from unhealed past hurts, fears, and trauma and push that pain onto others. They blame others for the torment they go through now. Whether, in private or out in public, a Narcissist may make jokes about you, may belittle you in front of others, and then blame you for becoming hurt or upset.

When you want to discuss something that is bothering you, the Narcissist will turn it around and get defensive as if you're attacking them.

Until a Narcissist takes the steps to heal their own pain, they will continue to project their hurt, fears, and trauma onto others, and it will always be someone else's fault.

Until a Narcissist heals their own pain, they will always play the victim at your expense, and you will ultimately be the one to pay the price.

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Healing is the Foundation

Dreams are Built Upon.

C L U E

06



Jealousy, in any relationship, is never an indication of love, and in a Narcissistic relationship, jealousy comes from all angles, and becomes a whole other monster.

Jealousy usually represents a feeling of resentment against someone, even a rivalry of sorts, because of a person's success or advantages.

Narcissistic personalities naturally obsess over status, materialistic items, power, money, beauty, things, and become jealous of people who have what they want.

They may also twist things and accuse people of being jealous of them, including their partners.

The fact that a Narcissist is regularly portraying two sides of themselves to the world, their authentic self (*the self that holds the trauma and low self esteem and lashes out behind closed doors*) and their fraudulent self (*the self that is ego driven and appears to be living the perfect life to others*) makes it extremely difficult to have rational conversations around jealousy.

A Narcissist will become jealous of your friends, coworkers, family, and become very controlling over who you spend time with, and when you try and discuss this, it will take a turn, as you will become the one accused of being jealous.

Bottom line...jealousy is not an indication of love.

Love Yourself First and Most.



hi,

I'm Elena.

I teach stressed TF out women
how to Get It Together and
make their COMEBACK!

TOXIC RELATIONSHIPS ARE REAL AND THERE IS NO SHAME IN FINDING YOURSELF IN ONE.

Whether you're in it, healing from it, or it's behind you, it can be difficult to shake off the sticky residue of a toxic relationship.

I know, from personal experience, one of the hardest things to do, when dealing with a narcissistic relationship is recognizing you're in one, then being brave enough to talk about it and get support.

There is always an excuse. There is always an apology. There is always a passionate make-up.

You see, the regular pattern of a narcissistic relationship, as hard as it may be, is comforting. You know what to expect. You know what's coming next.

...and the make-ups! Oh, making up after a fight is even more passionate because you're deprived of attention and affection most other days.

It's a sticky cycle to be in, and one you do not have to go through alone. You just have to be willing to go through the work to heal.



PHENOMENAL
woman

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