

The Number One Narcissistic Lie

**How Narcissists Keep You
Trapped with the Promise
of Change**

Nathan Segal

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Introduction

What you'll read in this book is based on my experiences and does not constitute legal advice. If there is any doubt about the veracity of the information contained in this book, the services of a competent professional should be sought.

Narcissism has captured the media spotlight as of late, and there have been multiple stories, not only of the narcissism itself but of the deaths of people, young and old who committed suicide because they believed that it was the only way to get free of the abuse.

I've had my fair share of narcissistic abuse. It created tremendous emotional pain. For years, I was in counseling for Post-Traumatic Stress Disorder (PTSD) and the cause was narcissistic abuse.

If you have a narcissist in your life, you don't need anyone to tell you how difficult it is to cope with, how much it hurts emotionally, nor how many people won't believe you. And to make matters worse, some of your "friends" might side with the narcissist and abandon you.

Essential Things You Need to Know

One of the first things you need to know is that the narcissist is not a normal human being. The very things that would be abhorrent to you are fuel to a narcissist. For one thing, narcissists get off on the fight. They get their energy from humiliation, mind games, twisting your words, workplace sabotage, backstabbing, etc.

By fighting back, you feed their need for supply. And while they may seem angry or even appear to be crying while they abuse you, it's an act. Anything to get you to respond. And if you respond, the abuse will continue.

The longer the abuse continues, the worse the emotional pain becomes. It can totally devastate an ordinary person, and the damage can take years

of recovery if it happens at all. One of the devastating effects of narcissistic abuse is developing Post Traumatic Stress Disorder (PTSD), which could lead to many years of suffering. Fortunately, there are some therapies for this, and we'll look at those options in this book.

For years, I tried desperately to beat the narcissists, but I never reckoned with the power of the narcissist to bait me and draw me back into the drama. And if you're reading these words, this has probably happened to you, too.

While I could get into a lot of theory here, I find that's of little use. It will only suck up a lot of your time and keep you enmeshed in the drama. Fortunately, there are ways to end narcissistic abuse, and to allow you to move on with your life.

The Number One Narcissistic Lie

(This is from a video I created.)

Before I begin, I have a question. How many of you have had issues with a narcissist, or someone you think is a narcissist? Please put up your hand.

Great. Now for those of you who have put up your hands, I'd like you to look around.

The reason I did that is to show you how common the narcissism problem is.

Before I go further, some context is necessary. I come from a violent family. I was targeted as the scapegoat and all my family members dumped their pain and anger on me. If they couldn't dump it on me, they dumped it on my older sister, who has since passed away. And if they couldn't dump the abuse on her, my younger sister was next in line.

At the age of 19, I began counseling because I was in a lot of mental pain, and I wanted it to stop.

My mother tried to stop me and referred to outsiders as “*yenem*.” To this day, I still don’t know what that word means. I do recall she said it with a vicious look on her face. She also tried to stop me and said, “We’ll handle that within the family.” I knew she was lying and I knew that if I listened to her, nothing would get resolved. I ignored her and went to counseling anyway. It was one of the wisest things I ever did.

Many years later, in my early 50’s, I was working with a coach. She told me repeatedly that my family was broken, but I didn’t believe her.

I believed that if I could find what was wrong and fix it, I’d have the family I always wanted.

That all changed when I had a vicious fight with my mother and brother. The fight centered around my mother, who had been injured in a car crash and was now unable to walk.

In the crash, she suffered 48 broken bones, mostly in her chest. Somehow, she survived and when I spoke to her, she sounded surprisingly normal.

They tried to force me to leave Mexico and go to take care of her.

I was terrified.

I’d had many vicious fights with my late father, mother, and brother. Every time it happened; I was bedridden for weeks at a time.

I knew that if I went to take care of her, they would almost certainly kill me with their abuse, so I resisted. They were extremely angry and when the call ended, my mother said, “You’re stupid.”

After the fight. I became sick for a month, and I almost died.

It was only after I recovered that I realized how sick I had been.

When I recovered, my coach asked me to write out a timeline of the abuse. I did and covered a period of 30 years. When I finished, I sat back and read what I wrote. As I did, I thought, "Why am I still talking to these people?"

The obvious answer is because you're family, but if I remove the label of "family" and look at the behaviors alone I would have ended the relationship decades ago. I would never have allowed any "friend" to treat me the way that you do. I've allowed the label of "family" and the implications of that to blind me to the truth.

When I consider how much I've suffered I realize I'm long overdue to get out. Every time we connect there's always the threat of violence and worse, ongoing manipulation.

After this realization I contacted my coach, and I asked her for help in writing a PFO letter.

What does PFO stand for?

“Please Fuck Off.”

<laughter>

I'm Canadian; we're polite.

After that, I sent the letter and said, “Effective immediately, I'm going permanent, no contact and I never want to see any of you again, nor do I want to hear from you by mail, email, phone or otherwise.”

To be clear, I went no contact to stop the abuse AND to save my life. If I hadn't done it, I would be dead by now. =

I also found out, belatedly, that both of my parents were narcissists.

Regarding narcissism, I had one more event which spawned this talk.

Five years ago, I wound up in a relationship with a narcissist, who was hell-bent on destroying every aspect of my personality. She hurt me a lot, but she didn't succeed.

Once the relationship ended, I recovered quickly, partly because I had my memories back.

Now you might be wondering, how did I fall for another narcissist? It was because she did things I had never seen before, specifically, love bombing. Since I was already in a narcissistic family, there was no need to do that, so I missed it, and other red flags, completely.

The other thing is even though I knew she wasn't right for me, I let her in because the sex was great. Big mistake!

If you're involved with a narcissist, there are a few things you must know!

You cannot fix a narcissist. Cut your losses and GET OUT NOW!!

And when you do get out, go no-contact and NEVER go back. Why? Because narcissists can cause severe mental and emotional damage that could hurt you up for years.

I'm telling you this, so you don't make the same mistake as I did and waste years of your life.

Here are some other things you need to know. In some therapy sessions, you're asked what you did to attract the narcissist. In my opinion, that's backwards. You are blameless. The narcissist is a predator, and they are looking for people who fit a particular criterion. It is your misfortune that you were a match.

Contrary to popular belief, I feel that narcissists know what they are doing. They know their actions are wrong, though they choose to ignore that and do what they want. Consider this - if narcissists don't know what they are doing, why do they go to such great lengths to keep their actions hidden? Something to think about if you are thinking of letting the narcissist off the hook.

My Experience of Being in a Cult

It began when I was 19 years old. I just got out of high school and I didn't have any sense of direction. Worse, things were rough at home. All of us were fighting with each other and life was miserable. Every chance I got; I was hanging out with a friend of mine from high school. Often, he would preach to me about his Christian faith, though every time he did, I declined.

That changed one evening when I was feeling quite vulnerable. When he pitched me, I gave in and accepted his born again Christian faith. Doing so triggered one of the worst nightmares of my life.

I was given some teachings and was told Satan would test me for my decision and try to get me to backslide (leave the faith). The next day when a clock fell on my head, I attributed it to Satan testing me (I completely ignored the fact I'd deliberately backed into the clock, causing it to fall).

Shortly after that, I was taken to the church (First Assembly Pentecostal in Calgary) where they made a big fuss over me and told me that converting Jews was a high priority and if they converted just one Jew it was equivalent to saving the entire world.

I was indoctrinated into many practices such as chanting, speaking in tongues, various social events, and a lot of isolation. We were told how special we were and how evil the rest of the world was around us.

I developed a huge fear of Satan, the outside world, and my family, which caused me to retreat deeper and deeper into the cult mindset. My personality changed dramatically, and I began having nightmares.

Mentally and emotionally, I was a wreck. This went on for 9 months. My mother saw alarming changes and tried to talk to me, but I shut her out. Everything changed when a friend of the family saw me going into the church and told my parents.

That triggered a confrontation. I almost went out the window to the cult that night, but I had nowhere to go and no money, so I stayed. That

night my parents took me to a cantor in the Jewish faith who berated me for what I did and demanded that I read repentance prayers for my actions every day.

I did that for a while but quit. I went back to the church on the sly, but I was caught again, which triggered another confrontation. After doing some research, I learned about an anti-cult facility in Iowa City and my parents took me there.

While there, the staff confronted my parents, especially my father, over the way he was treating me. That didn't go well, and my father walked out on the session (not the first time he did that when confronted). That left me to deal with everything alone.

A few days after arriving, I met Bob, my deprogrammer. For nearly three days we circled each other, like a couple of prizefighting boxers.

His job was to penetrate my defenses and knock me out of the cult mindset. He explained how mind control works and what had happened to me, but it was clear he wasn't getting through.

After three days of this, he played some of the last tapes of Jonestown, just before the mass suicide. There was one guy who had a weird laugh. He sounded like a demented chipmunk. It was terrifying and the shock of his voice broke through my defenses.

Again, Bob showed me how I'd been duped. This time, I was ready to listen. After the deprogramming, Bob and I parted as friends.

I stayed at the halfway house for 6 weeks. While there I met ex members from the Hare Krishna, Moonies, Divine Light Mission, The Way International, and other cults. Some of them became my friends, and we stayed in touch for many years.

When I returned home, I was quite disoriented and didn't know what to do. Fortunately, I made friends with other ex-cult members and was eventually introduced to a detective sergeant in the Calgary Police force who became my friend.

One thing led to another. I wrote an article about my experiences, and I became a part of the anti-cult movement. I read dozens of books about cults and mind control and gave many talks and lectures. The experience turned me into a minor celebrity.

One thing that came into my possession was the manual from The Messianic Jewish Movement International, which was used to recruit me. When some of my friends saw it, they said it read like the Moonies 120-day training manual.

After my experience, I put it all aside one day, with the idea I would never need it again.

I was wrong.

When the pandemic hit, I didn't fall for the propaganda. I knew something was seriously wrong, and it had nothing to do with a virus.

One day, I made the connection and when I did; I knew that the so-called pandemic was nothing more than a carefully crafted fraud. I saw that anywhere the lockdowns were taking place, the governments and media were using industrial strength mind control techniques on their citizens without their knowledge or consent.

And then, suddenly, things changed, and the massive control techniques ended, though I have still been vigilant.

Then, after breaking up with my girlfriend, I realized she was a narcissist. That made me look for a lot of healing, most of which I discovered on YouTube.

In combination with that, I was trying to discover why I felt so bad for so many years, to do with the abuse in my family.

That led me to several videos, though the clincher was when I discovered that narcissists use mind control and create a cult-like mentality with their victims.

After decades of searching, everything fell into place. I realized my family (and most recently my brother) had used mind control tactics on me for my entire life.

The purpose was to keep me in a state of fear (and often terror), and by doing so, they could manipulate me. Once I saw through it, the spell was broken. I realized that all the abuse from my brother was full of empty threats and fraud.

Immediately, I realized what happened to me and mentally severed all ties with my brother. Will he return to threaten me? Almost certainly, once this work becomes public. The upside? I know what he did, and I won't fall for it again.

The Basics of Deprogramming

What follows is an interview I did with Jason Matthews, an NLP trained life coach. +

In my research on the pandemic, several things have come up, including cognitive dissonance, mass formation psychosis, etc. but the real question is, how do we talk to people who believe the narrative of the pandemic or in a cult?

Cognitive dissonance is nothing more than an uncomfortable trigger that challenges the way that a person understands their reality. It creates an interrupt of what they feel, or what they believe should be real.

Whenever you interrupt someone's flow, they become hyper focused on that interruption. It makes them very suggestible to another source of information. This is known as "bypass and the critical factor." In your mind, the critical factor filters out information that does not agree with your beliefs of reality. This is based on the way you interact with other

people, the way you believe you should be interacted with, even how you go about your daily routines.

With hypnosis, you're creating hyper focused events that the critical factor can zero in on. When that happens, it leaves the subconscious vulnerable to suggestion. This makes it possible for your subconscious to be programmed without the critical factor getting in the way. All hypnosis experts know how to make this happen.

This can be done quickly or slowly. The purpose is to keep the critical factor offline long enough to allow an induction and suggestion to be implanted in the subconscious. The goal is to make it permanent.

When referring to programming, these are suggestions from parents, peers, and authority figures you trust. When these people give you suggestions, they are likely to become a part of your reality. With hypnosis, the power of a suggestion will depend on how deeply it can be implanted.

Here's how it's done. Right now, you and I are speaking at the beta level, which is highly conscious and aware. After that is the alpha level, which is like a dream state, and this is where most people live. It creates a situation of being on autopilot.

In this state, we are conserving our mental energy. An example is driving to work. There's no need to think about it unless you're on an unfamiliar route. And once you learn the route, you can go on autopilot and your brain will take you there. Often, people "wake up" at their destination and realize they don't have any memory of how they got there.

Theta is the next level, a deep sleep type of brain activity. This is where most dreams take place. After that is the delta state, which is complete unconsciousness. If you can place a suggestion into the theta state, this is like the programming you experienced when you were between the ages of 6 to 12.

The most important thing you need to know is this is not new. It has been developing over generations.

These mind manipulation techniques can be traced back to just after WWI, the result of a CIA experiment known as MK Ultra. There, they gave people hypnotic suggestions, and they would do things they normally wouldn't do, which violated their values, morals, motives, and the deepest part of their beings, in other words, their core identity.

While successful, the program was exposed and the CIA had to say they got rid of it, but all they did was rename it.

With the advent of technology, especially in the 80's and 90's it has become easier to implement hypnotic messaging.

Next, what was needed was a way to get people to hyper focus on something to become suggestible. They used the rudimentary fears of sickness and death.

Since so many people are afraid of sickness and death, governments (and narcissists) are able to use misdirection to distract people from what was really happening. The fear caused people to become hyper focused, and their critical factor was taken offline.

By focusing on *“don't get sick, don't die,”* the governments were able to implant suggestions to get people to comply with the narrative. This was the beginning of mass formation psychosis. It creates an induction where people lose the ability to understand their reality.

This refers to psychotic behavior. A person in this state cannot understand their reality, nor can they modulate or manage their behavior. There is no social cognition at all. Many people do not understand what's going on and they do not understand the danger they are in because the hypnotic suggestion has been so successful.

Their reality has been replaced with a new one that does not match the reality of life, but meanwhile they have accepted it, and they have no control over it.

So how do you talk to someone who has been hypnotized? You do it in a way which promotes dialogue not conflict. You do it through careful

questioning. You become curious about the person, how they came to their ideas, and you become fascinated with their process and journey.

Spoiler alert: This is how you deprogram someone and bring them out of hypnosis.

Here are the types of questions you ask, “How did you arrive at this point of view?” “What made you feel this was so important to you?” “What led you here?”

Here’s how the critical factor helps someone. When a person must justify or defend their beliefs, they are evaluating everything as they explain it, because they need to know why I’m bringing things up, there’s obviously a reason.

The more I bring it up, the more self-evaluation happens. Eventually, they start looking at themselves and they might even think, “Why do I believe this?”

In that moment, there is a brief window where clarity can set in. And it's important to know how to take advantage of that window. Because that window is a disruption in the hypnotic process. And this is where you can lead them out of their psychosis and into reality.

It’s possible to deprogram yourself, but the person must have enough awareness, either through information they’ve received, curiosity, something they’ve read or seen, which leads them to question what they believe.

Another way is to get people to think, to question what they believe. To do that, I’m going to deliberately misquote you or say things which I know are wrong, so you correct me. I’m going to get you to tell me how you think, and to use flattery, to get you to expose more about what you believe and why. The more excited you get; the more self-evaluation is going to happen.

The more the topic is brought into your awareness, the more you can judge it, to see if it’s right or wrong.

Eventually, there will be a look that someone gets. As an example, their eyes will begin to shift, they might blink rapidly, or they might pause and look in a certain direction. When they do that, I can see that they are questioning what they believe.

If I don't take advantage of the moment, they will justify why they believe what they believe. They will go back into their programming, and nothing will change. But if I ask questions such as, "Do you hear yourself?" "Do you hear the things that you're saying?" "Does this make sense?" "Is this something that that an old person would say?" "Is this something you've always believed?" Now, I can make suggestions about other things you can think about.

Looking at the world, it's important to remember the 30-40-30 rule. 30% of people will fall for the induction, 40% will be on the fence but can be persuaded to act in certain way, but not to become mindless followers, and 30% of the population will resist the narrative.

There is a way to use reactants to your advantage. If you have a conversation with someone, and they're getting emotionally riled up, you want to pay attention. Not to the conversation, but to their emotional reaction. You want to address the emotional reaction.

If you have a conversation with someone and you know they are going to start getting uppity (and you think, wow, I didn't I didn't expect the kind of reaction from you - what caused that?), what you've done is taken control of the conversation. You can de-escalate them in a way you cause them to justify what caused them to get into that place to begin with.

When they get riled up, that creates emotional confluence, which makes it possible for you to take control. This is a must if you want to deprogram them. You must be in control and use that in a way that will serve their best interests.

To master your ability to have conversations where you don't get triggered, you need to have a bridge between your cognitive mind and your emotional mind. This will allow you to better understand the

emotions you're feeling and thus control your emotional reactions. By doing so, you'll be able to have a constructive conversation, which will cause the other person to control their emotions.

As mentioned earlier, you can think of a pendulum which dictates someone's emotional state. Many people, especially those who have been fooled into the narrative, have been put into a hypnotic suggestion.

They can only move between collapse and posture. This is done on purpose to keep you unbalanced. In that state of imbalance, toxic individuals such as narcissists can easily take advantage of you.

If you want to deprogram someone, you must be kind and compassionate. It is the only way to reach someone. Many of these people have been duped and they will be hyper vigilant. When you hypnotize someone in a certain way, you remove their agency. When they get it back, they are highly distrustful, because they have been taken advantage of by people who they thought would take care of them.

It is the pinnacle of emotional trauma. When a person comes out of that, their first reaction is "I don't trust anyone." But this also makes them highly emotionally reactive and it's the same thing that can bring them back into the program.

You must be genuinely kind and offer compassion repeatedly. By doing so, you give them a reason to trust you. The inner child wants to open to you and become vulnerable, open, connected, suggestible, excited, and focused. These are the six areas we need to unlock for a person to be okay with living life to its fullest. Without this, there's no way a person will be able to enjoy life because they're going to constantly worried about who will be taking advantage of them next.

The only way you can do that, that self-regulation, is through co-regulation with a compassionate person. To create a sense of self-regulation. It's been true from the day that we were born, and it will be true until the day we die. We need to be able to co-regulate with people that we know we can trust. And the only way to do that is through creating compassionate interactions that prove to a person that they can ask that magical question of, "What else am I capable of?"

How Nazi Germany Was Created

After my interview with Jason, two major questions came up. First off, how did Nazi Germany come into being and, secondly, what makes someone willing to go to war, even when they know they could be killed?

The principle driving both questions is operant conditioning. This means, whenever an action is taken, a reward is given.

In WWII, a study was done; to find out the ratio was between rounds fired and confirmed kill shots. They found a huge gap, where thousands of rounds were expended before someone would be killed.

It was discovered that soldiers are more likely to shoot to scare rather than kill. This is due to the self-preservation program people have in their DNA, which inhibits our desire to kill another human being. This is for the preservation of humanity.

During Vietnam, they wanted to fix this problem. The reason for the way soldiers were shooting was due to the way they were trained, where they shot at bullseye targets, round discs which measured shooting accuracy.

That didn't help soldiers to shoot to kill. In up to 90% of the cases, people are predisposed NOT to kill. To overcome that programming, they needed to train soldiers to shoot at a target which resembled real life. This is how they came up with the head and shoulders silhouette target.

It was just a black shape. In combat, you're looking for shapes that resemble that target. When they fired at those shapes, they were conditioning themselves to fire at a human being – and to be OK with doing it. This is a form of desensitization.

This is how operant conditioning works. It's a new way of behaving, instead of relying on old programming. To reinforce this new method,

they created pop-up targets. A sensor controlled a mechanism which would bring up the target at a pre-determined time.

And once a shot was registered on the target, it would fall. This created a reward for shooting at a target which looked like a human being. Soldiers would realize this was not only OK, but good. When people saw the target go down, the rewards to the brain were serotonin and dopamine.

What wasn't considered is what would happen to a person who no longer needs to fight and comes home from that war experience. Our self-preservation programming is very strong and while it can be suppressed for a while, it can never be eliminated. This is what triggered so many cases of PTSD.

The older programming came into conflict with the experiences they had. But there were some exceptions – very few. One such case was in the movie *American Sniper*, played by Bradley Cooper, who portrayed the real American sniper, Chris Kyle. It's a very powerful movie; a true story. Chris Kyle never had a problem with the killing – ever.

The reason why is crucial to understand. In Kyle's mind, for every person he was killing, he was able to justify that because in his mind, he was saving his brothers. Saving lives by killing people. He had no problem with the killing, and he never had trouble with PTSD.

Unfortunately, Chris Kyle did not know (and this is extremely important), how to pick up and work with the subtle behavioral cues that every person gives off. These cues are essential for maintaining co-regulation, in other words, how to manage emotional states as people interact with each other.

There are two processes that people use to manage their emotional states. These are self-regulation and co-regulation. Co-regulation is where we rely on the cues of others, to remind us that we are safe. When we think about safety, this means being from threat and having good support. With self-regulation, it is our ability to cope with our circumstances and being able to make necessary changes, in other words, being in charge of our lives.

From birth, we look for opportunities for co-regulation. This leads to self-regulation. Most people cannot self-regulate on their own, they need help from their environment. Key to taking care of ourselves is meaningful support, which shows people they are likely to be free of threat for long periods of time.

This depends on where a person is. If they are self-regulating correctly, the environment is not as important. What's going on inside of each person is crucial. One way to think of your emotional states is to visualize a pendulum.

When the pendulum swings to the right, this is known as posturing, the need to prove oneself or to defend oneself in some way, by addressing a threat or removing oneself from it. When the pendulum swings to the left, this is collapsing behavior. This happens when a person cannot fight or flee. It is a numbing experience, a sense of shutting down, and of conserving resources until the person can fight or flee.

If you're in a state of collapse, a way to self-regulate is to look out a window, read a book, or do some small behavior which reminds you of the state you're in.

If you feel the need to lash out or run away, this is nothing more than a lack of composure. You can work it out by dancing, taking a walk, seeing a movie, or doing something that has a calming influence on you.

+ About Jason Matthews

Jason Matthews has worked as a life coach for seven years, his primary area of focus is on emotional trauma recovery, and how the MX effects of trauma can make individuals more susceptible to engage in cult following behavior. He has a degree in psychology with a focus on trauma. He's a certified NLP trainer, and uses Ericksonian hypnosis, past life regression, and he is a behavior analyst and negotiator. He is currently working with other life coaches on how to create emotional bonds with

their clients, so that they can create more successful outcomes for those clients with longer lasting effect.

Narcissistic Abuse Tactics

In this chapter there is a list of the major forms of narcissistic abuse. You will see a definition and a way of countering each issue. This is list is for the person who is still living with or in contact with a narcissist.

As I have said many times, if you are with a narcissist, the number one task is to get away from them, go no-contact, and block them in every way from your life. Next, you will need to dissolve the trauma bond, so the narcissist cannot manipulate you.

1. Gaslighting

This is where the narcissist uses psychological manipulation to get you to question your reality. The purpose is to destabilize you and make you dependent on the narcissist.

Antidote: Keep a record of all interactions with the narcissist. This will help you stay stable. Also, look for support. Do not discuss what you know with the narcissist. They will only try to make it seem that your perceptions are false. Don't fall for it.

2. Triangulation

Where the narcissist involves a third party to manipulate you (to create jealousy, rivalry, or conflict).

Antidote: Refuse to engage in this drama and let the narcissist know the relationship is about you and them and not anyone else. Recognize that

the narcissist is using triangulation to create a two against one scenario. A power play, for sure.

3. Silent Treatment (a.k.a. Stonewalling)

Refusing to communicate with you as a form of punishment. This is an extreme form of abuse which can cause irreparable damage to relationships. And in many cases, it can cause a relationship to end.

Antidote: if anyone practices this with you, you should end the relationship, immediately. This type of abuse is to devalue you and make you feel worthless. It is designed to make you feel rejected and to grovel in front of the narcissist, begging for forgiveness. Do not fall for it. you deserve better.

4. Projection

Where the narcissist accuses you, the target, of exhibiting the behaviors they embody. This is a form of blame shifting.

Antidote: Never accept blame for something you haven't done. Recognize the game and do not engage.

5. Love Bombing

Where the narcissist mirrors you to yourself so you will fall in love with them. The purpose is to create unwavering trust in the narcissist.

Antidote: Take your time in the relationship. Do not allow yourself to be rushed. Also, refrain from sharing too much of yourself at the beginning. Also, maintain your relationships. Do not allow the narcissist to isolate you.

6. Devaluation

The next phase after love bombing is where the narcissist now finds fault with all the things they used to love about you before. The narcissist will belittle, undermine and humiliate you.

Antidote: Do not let the criticism in. Realize the narcissist is trying to make you insecure and dependent on them. Make sure you keep relationships with people who value you and treat you accordingly.

7. Narcissistic Discard

Where the narcissist ends the relationship abruptly and often violently, once the target no longer meets their needs. During this time the narcissist can be extremely cruel and will try to break the will of the target.

Antidote: After narcissistic discard, go immediate, no-contact. Block the narcissist in every way from your life. Move and do not tell them where you have gone. Focus on self-healing and get counseling if necessary. Watch narcissism recovery videos on YouTube. They will help you. Never, ever go back to the narcissist.

8. Smear Campaigns

Where the narcissist tries to destroy your reputation by telling lies about you to the people you know. In some cases, they will smear you on social media and try to get everyone you know to turn against you.

Antidote: Do not defend yourself in any way. To do so, especially from an emotional place will make it seem like you're guilty.

Instead, Ignore the smear campaign and get on with your life. In time, some of those who have been manipulated will stay with the narcissist. Others will realize what they have been told is a lie and will return to you.

9. Financial Abuse

This is where the narcissist takes control over the victim's finances by withholding money, creating unnecessary expenses, etc.

Antidote: Never give the narcissist control over your funds and with any investment, if you choose to do any, make sure you do your due diligence, so the narcissist cannot cheat you.

10. Boundary Violations

Narcissists are notorious for violating the target's boundaries, no matter how often they are clearly stated. They do this to establish control.

Antidote: State your boundaries and have consequences you enforce. The ultimate boundary? When the narcissist goes too far and you decide to end the relationship. No contact is the ultimate boundary - and the purpose is to give you space to heal from the abuse.

11. Blame Shifting

Where the narcissist refuses to take responsibility for mistakes. Some narcissists will go as far as to tell you, the target, that if anything goes wrong in the relationship, it will be your fault. This is a huge red flag and must not be ignored.

Antidote: Hold the narcissist accountable for their actions. Do not let them bait you. And as difficult as it might be, hold fast to your boundaries.

12. Rage and Intimidation

Where the narcissist tries to manipulate you with violent outbursts.

Antidote: Stay calm & let them rage. Alternatively, leave the room and/or location. If you feel your safety is in question, leave the situation and contact the police.

13. Hoovering

This is where the narcissist will attempt to suck the victim back into the relationship after the discard. They may want to be friends or to rekindle the relationship.

Antidote: Don't fall for it. Do not respond to the narcissist and stay no-contact, regardless of what they might do or promise. It's a con game and if you fall for it the abuse will resume and could be much worse the next time around.

14. Emotional Withholding

Deliberately withholding affection or physical touch. The purpose is to punish you, the target, for a real or imagined transgression.

Antidote: Realize you're being manipulated. Find a way to fulfill your needs outside of the relationship. If you have enough confidence, let the narcissist you don't like the behavior and ask them to change. Be aware this might trigger blame shifting or rage.

15. Isolation

This is a favorite tactic of narcissists and cult leaders, to cut you, the victim off from family, friends and all forms of mental and emotional support. The purpose is to get you to rely on the narcissist, only.

Antidote: Maintain your relationships. Do not allow the narcissist to control who you can/cannot see. If necessary, seek out support and, if living with the narcissist, moving out is wise, assuming you can afford to do so.

16. Intimidation

Using fear, threats, or displays of power to dominate the target and ensure they give into the demands of the narcissist

Antidote: Develop calm and confidence. Document all threats. If the threats become violent, do your best to remove yourself from the narcissist and seek emergency assistance.

17. Competitive One-Upmanship

Where the narcissist continually devalues any accomplishment of the target.

Antidote: Ignore attempts to compare you to them. Focus on what's important to you. Use the gray rock technique to limit your answers. Reduce your exposure to the narcissist.

18. Playing the Victim

Where the narcissists portray themselves as a victim to play on the empathy of the target and manipulate them.

Antidote: See through the manipulation and do not fall for any guilt-tripping. Set your boundaries and stick to them, even when the narcissist tries to make you give in. Hold the narcissist accountable for their actions, if possible.

19. Lying and Deception

Where the narcissist lies or distorts the truth. The purpose is to maintain power and control.

Antidote: Reduce time spent with the narcissist. Document all encounters and fact check their statements. While you might want to call them out, that could trigger blame shifting and rage. Never share personal information with a narcissist. They will use it against you.

Narcissism and Crazy Making Behavior

Years ago, I learned about crazy making in a 12-step group. It refers to a situation where someone's behavior is so extreme that you cannot predict what they will do at any given moment. If you try to make sense of it, the illogical behavior will drive you crazy, hence the term. Another definition I encountered was "Come here - go away."

- Crazy making is a dynamic found with abusive people and quite often manifests in homes where addiction(s) occupy center stage.
- It is also a characteristic of bullying and narcissism.
- Narcissists will say or do anything to get what they want, and they have no conscience about their actions.
- If you have a narcissist in your life, the behavior will begin to affect you mentally and could cause PTSD (Post Traumatic Stress Disorder) and other psychological problems.
- One nasty little trick that narcissists pull is when they realize they are close to being unmasked. In this case, the narcissist could suddenly reverse course, cast himself or herself as the victim, and accuse their victim of being the abuser.
- For many victims (targets) that's the last straw, and they can sometimes lash out and from an emotional place. If/when that happens, the narcissist will point at their target and say: "See, I told you he/she was mentally unstable."

- If this has happened to you, you know how infuriating it can be.
- When reporting this type of behavior, it is important to stay as calm and reasonable as possible, even when provoked. That way the narcissist won't be able to trap you. If you give into emotion and anger, you will damage your position and give power to the narcissist.

8 Facts About the Narcissistic Mindset

In this chapter, we look at the ways that narcissists function in the world. Once you know how they operate, you will have an idea of how to protect yourself.

1. Narcissists will take any slight, real, or imagined and use it as a weapon against their victims. Another favorite trick is where a narcissist invents a crime and accuses the victim of committing it.
2. Narcissists are convincing liars and are adept at getting innocent people to do their dirty work. Often, the innocent party does not see manipulation.
3. Narcissists will form alliances with anyone who will help them attain their aims. Later, they can turn on their former ally in the blink of an eye. The purpose of narcissism is power and control. Over time, the abuse will cause psychological damage and mental suffering.
4. It is important to know that a narcissist is not a normal human being. They get off on the fight, and anything you do to fight back is fuel (narcissistic supply). They love the conflict and want it to continue.

5. In many publications, you will discover that the narcissist suffers from one or more personality disorders.
6. The effects of narcissism are far worse than most people realize, especially in childhood.
7. The narcissist has a mindset where they must win at all costs. I wound up dealing with a narcissist in Mexico who stole my damage deposit. I fought back. At one point, the narcissist was chasing me with three lawyers. When it came time to agree to give me my money back, he sent me a legal document, which was full of blackmail and extortion. I refused to sign it, and this infuriated the narcissist.
8. Around the same time, I learned the only way to win was to lose, which meant to walk away and never return. I did that, and the narcissist screamed at me through email for months, before he quit. A year later, he returned and tried to lure me back into the fight. I ignored him, and he finally gave up.

The Myth of the Sacred Family Bond

One of the great taboos of our society concerns the myth of family, that family will always be there for you, that family is the most important thing in your life, that the bonds with family must be preserved at all costs.

But what if the family members (parents included) treat you like dirt? What do you do if, in fact, they are your greatest enemies? What then? Do you continue to put up with the charade that family is everything, or do you cut them out of your life like a surgeon removing a malignant tumor?

If you ask yourself the question, "Why am I still talking to these people?" You will realize that the obvious answer is because they are family, but I suggest you remove the label of "family" and look at the behaviors alone.

I highly doubt you would let any "friend" treat you the way your family does. Chances are, you have allowed the label of "family" and the implications of that to blind yourself to the truth.

If you look at the situation without the "family" label, you will probably realize you have endured a great deal of abuse and violence. If that is the case, you are long overdue to get out. As I said earlier, you would not take this abuse from a friend, so why do you put up with it from your family?

Something to think about.

Trauma Induced Dissociative Amnesia

According to the Merriam-Webster online dictionary, Amnesia is *“A condition in which a person is unable to remember things because of brain injury, shock, or illness.”*

It's no secret to anyone who knows me well that I come from an abusive background. The amnesia began when I was ten and continued up until recently, when I realized my family was using mind control techniques on me. Once that became clear, I was able to stop it.

There were many times when the abuse was too much to endure. As a survival strategy, my mind created dissociative amnesia.

My first recollection of dissociative amnesia was when my classmates in a grade 5 class humiliated me. At the time, I was reading some grade 10 textbooks my older sister left at home. I understood everything I read and prepared a report on Amoebas, which I presented to my class.

They didn't believe me and called me a liar, accused me of being stupid and that I made it all up. Unable to take the abuse, I quickly retreated to a dark corner of my mind, where no one could hurt me. After

that, I became “stupid.” I failed my way through school and even had to repeat several classes in high school.

One day, thirteen years later, I was standing in the locker room at a technical school, where we were dealing with some advanced topics. I was doing well with some of them, and as I stood there, I thought, “Where did I ever get this idea that I was stupid?”

Immediately, my mind flashed back to the humiliation in my grade 5 class. The memory only lasted a few seconds then dissolved. After that, my marks soared and the problem with “being stupid” left me.

I wish I could say that this was my only experience with amnesia, but it was not. There were many more experiences to endure.

One of the annoying parts about amnesia is that many times I knew something was wrong, but I couldn't access the memories. Somehow, they were walled off in my mind, and I was unable to retrieve them.

One day I encountered the works of Robert Smith, who pioneered Faster EFT (Emotional Freedom Technique). In one of his videos, he said that amnesia always leaves clues, in the form of feeling and if you can find the feeling, you can find your way back into the memory and release it.

A few days later, I was at a public market, and I was thinking about the amnesia. As I stood there, I posed a mental question about an event, and when I did, I went on a mental journey and looked behind what seemed to be an invisible wall in my mind. As I did so, I found the memories. Within a few seconds, they dissolved and all the negativity I felt towards my writing career vanished with it.

Over the years, amnesia has appeared in many forms, always due to shock or trauma. What has changed is how I respond, which has prevented Amnesia from happening again.

What I Have Learned:

I no longer let shock overwhelm me. When shock occurs, I do several things:

Feel it fully while staying in the present moment. Eventually, it dissolves.

Acknowledge the shock and mentally dial down the intensity.

To realize, I am safe.

An old pattern with shock has been a knee jerk reaction, but that is not in my best interest. A better response is to feel the shock then disengage, by sitting back or getting up to do something else.

By doing so, I honor myself, and I give myself time to process the shock. Later, when I have had some space, I respond, which works better. The challenge is to remember to disengage when the shock happens. Sometimes I catch it; sometimes I don't. It's a work in progress.

Overall, I've not had the best luck in dealing with dissociative amnesia. My worst attack was 16 years ago, the result of several business mistakes. Those led to a confrontation with the Canada Revenue Agency, who threatened me with financial ruin if I didn't pay an income tax.

While I was able to stop the action, the shock triggered 2 episodes of dissociative amnesia. One I recovered from two years later; the second recovery took place 16 years later and when I began to recover, it was slow. It took 2 years to get all my memories back.

What changed is education. This time around I faced my problem head on and I've done everything I can to deal with it and to integrate my memories.

How to Get rid of the Narcissist - Forever!

Have you been abused by a narcissist? Do you want to get them out of your life?

If so, here's what you MUST do.

Step one is to assess your resources. For the sake of simplicity, we will assume you have money in the bank, you're single and you don't have any children. Assuming that's the case, we move to step two, which is...

... to get the hell out of Dodge. Move out as fast as you can, even if you have children (you can sort that out later). The number one thing is to put space between yourself and the narcissist to reduce any manipulation.

Step three: Normally, I would give you the same advice as many coaches and tell you to go no-contact after ending the relationship.

There's only one problem.

Chances are, you're still emotionally attached, and you might find it difficult to let go and move on. Worse, you might be pining for your ex and that puts you in a vulnerable position.

If that's you, I have a resource for you. It's called, "How to Get Over Anyone in a Few Days." How to Get Over Anyone In a Few Days, by Farouk Radwan - <http://amzn.to/29XVICP>

I bought it because I was having trouble getting over a breakup and the psychological pain was driving me up the wall. In the book, I learned that my problem had several causes.

One of these was the lack of intimate friendships in my life (I only had the relationship). The one change (better friendships) will reduce your loneliness and reliance on your former relationship.

As the Farouk points out, the fastest way to recover is to kill off all hope because even if you're 95% sure the relationship is over, but you

have 5% hope of recovering the relationship, it is that 5% which will keep you stuck.

In a normal relationship, you are given instructions on contacting your ex and confirming by phone or email that the relationship is truly over. Unfortunately, that's a bad idea with a narcissist. If you contact them, they might try to Hoover you back into the relationship.

Farouk also addresses the myth of the soul mate; the distorted ideas about relationships planted in our minds by the media and shows the reader how to form realistic expectations of love.

Several years ago, I went through a painful breakup, and I'd been suffering for two years. Then I found this book. I followed the instructions to the letter and recovered in only 18 days.

You can imagine my surprise when I was standing in a coffee shop one day and suddenly discovered I was no longer suffering. The same thing can happen to you.

My role is to walk through the book with you and show you how to free yourself of this relationship. And, coupled with the next chapter on mind control, you will learn how being with a narcissist is like being in a cult.

And while you are working on that, it's time to go no-contact.

The logistics are straightforward. Block your ex on all forms of social media, your phone and, if necessary, download an app that will redirect calls, so you never hear your phone ring.

The next step is to help you rediscover who you were, prior to meeting the narcissist.

My goal is to take you from survivor, to thriving, to becoming the best version of yourself.

The first thing I want to do is to show you how to build self-confidence and for that, I use tools from Neuro Linguistic Programming (NLP).

Another, important aspect of your recovery is the importance of changing your language.

You can choose to be negative or positive. That's your choice, but you cannot choose what you do to yourself when you use negative language.

The second thing to realize is what you expect often turns out to be true.

The purpose of the narcissist is to keep you powerless. If you internalize their language your life will get worse. Here are some of the thoughts you might be saying to yourself.

- I'm SO lonely.
- I'll never make it without him/her.
- I'm such a loser.
- I don't know how to get work; I'm totally lost.
- No one cares about me, except my ex.
- Even with his/her faults he/she is better than nothing.
- Anything is better than being alone...

If you start creating negative statements like this, you will create negative images. If you do that long enough, you'll break no contact and go back to the narcissist.

Many people feel they are unworthy, that they're not good enough and after being with a narcissist, you will probably encounter that mindset. If you internalize these messages, they will wreak havoc on your life.

So how do you turn it around? By giving yourself self-praise.

Here are some examples.

- I am enough
- I am worthy
- I matter
- I am a good son/daughter
- I am a good man/woman.
- Write "I am enough" in bright lipstick on every mirror in the house.
- And repeat the other affirmations every day, multiple times a day.
- Create a vision board with all these statements on it that you see, every time you walk by it.
- On your phone, create a recording of your voice saying, "I am enough," and set an alarm so it goes off every hour, all day long.

Notice how these statements affect you over time. After a while, a month or so, you will notice changes and, eventually, you will no longer need to say these things to yourself, you will become that, and your life will change.

Another problem for many abuse victims is feeling like they've lost themselves, that they no longer know who they are, nor how to get back to the person they once were. This taps into the teachings about mind control, which is the topic of the next chapter.

The Cult of the Narcissist: Mind Control Explained

Cults.

They were the scourge of the American landscape. Groups such as Jim Jones and the People's Temple, Heaven's Gate, Divine Light Mission, Children of God, the Moonies, and the Hare Krishna.

In two of these groups, the members committed suicide. The public were terrified. How could this happen?

I have news for you. It's happening again.

Right Now!

If you live with a narcissist, you've been forced into a cult mindset without your knowledge or consent. What most people don't realize is the narcissist is using mind control techniques on you.

The purpose? Power and control by generating fear and uncertainty. That way, they can make you do their bidding. Here's a sampling of what they're doing and how it's affecting you:

“Milieu Control”

This is closely connected to the process of change. (This partly explains why there can be a sudden lifting of the cult identity when a young person who has been in a cult for some time is abruptly exposed to outside, alternative influences).”

“One can almost observe the process in some young people who undergo a dramatic change in their prior identity, whatever it was, to an intense embrace of a cult’s belief system and group structure.”

A favorite technique of narcissists is to isolate you from friends and family. When they do that, it’s easier for them to manipulate you.

During one experience with a narcissist, she tried to force me into the belief that everyone was out to get her, and me by extension.

A similar thing happens with a destructive narcissist. If you are with one who constantly undermines you, it can change your personality in no time at all.

“Mystical Manipulation”

This is where narcissists or a cult lets you know that their doctrines are divinely or supernaturally influenced.

In some cases, the narcissist will claim direct communication with God or claim some form of special status. They might also demand love and affection from you, or to be worshipped, as if they were a living God.

The “Demand for Purity”

The demand for purity can create a Manichean quality in cults, as in some other religious and political groups. Such a demand calls for a radical separation of pure and impure, of good and evil, within an environment and within oneself. Absolute purification is a continuing process. It is often institutionalized; and, as a source of stimulation of guilt and shame, it ties in with the confession process.

The demand for purity often turns people into snitches, who report anyone who doesn’t follow the rules, even if that person is a neighbor. It creates a black and white dynamic, who is “good and just” and those “evildoers who break the rules.”

With a narcissist, absolute loyalty is a must, as is surrendering your personal autonomy to them. Not only that, but you are also expected to confess all sins or impure thoughts. Any way of being that contradicts the narcissist/cult is labeled as evil and punishable.

The “Cult of Confession”

In such an atmosphere, targets are encouraged to confess their sins. In the early stages, the narcissist will let you know you can be vulnerable, that you can trust them.

They push you for your secrets, and if you fall for their ploy, you trust them and tell them your most intimate secrets.

Later, as part of their mind games, the narcissist will use those secrets against you, to hurt you. In my last relationship, the narcissist would berate me over my past relationships.

During one exchange, as she was berating me, I saw a look of sadistic glee on her face. When I saw her face, I felt something break inside me and I knew I could never trust her again. Two months later, the relationship ended with a violent narcissistic discard, where she threw me out into the middle of nowhere with no money, after exhausting all my resources.

The purpose of the narcissist is to force you as the target, to feel shame and to beg the narcissist for forgiveness.

“Sacred Science”

The ideology of a group is the absolute truth, beyond any questioning or critique.

One thing a narcissist will do is demand (directly or indirectly) absolute control over your life, who you see and when. You cannot deviate from the rules (which are ever changing with a narcissist), and if you break the rules, you are punished. Any attempt to assert yourself will be dismissed, ignored or overruled.

“Loading of the Language”

The term “loading the language” refers to a literalization of language—and words or images becoming God. A greatly simplified language may seem cliché-ridden, but can have enormous appeal and psychological power in its very simplification.

Special language and rules are created by the narcissist. Worse, the rules change every day and you, as the target, are kept off balance. The purpose is to keep you in a state of dysregulation.

“Doctrine Over Person”

The pattern of doctrine over person occurs when there is a conflict between what one feels oneself experiencing and what the doctrine or dogma says one should experience. The internalized message in totalistic environments is that one must find the truth of the dogma and subject one’s experiences to that truth.

People must surrender to the “rules” put forth by the narcissist and accept them without question. Any form of dissent is punished. One form of punishment is the silent treatment, otherwise known as “stonewalling.” It is a particularly vicious form of abuse. Coupled with isolation, you might feel you’ve been cut off from your oxygen.

This is a hard principle to maintain. Some people surrender without a fight. Others refuse to accept the attempts to force them into submission. I went through this directly with my father when he tried to manipulate me. After so many years of abuse, I knew what he was doing and refused to let him get away with it. That created many, vicious fights.

“Dispensing of Existence”

This principle is usually metaphorical. But if one has an absolute or totalistic vision of truth, then those who have not seen the light—have not

embraced that truth, are in the shadows—are bound up with evil, tainted, and do not have the right to exist.”

This principle applies to anyone who does not embrace the rules of the narcissist.

I wound up in lots of hot water with my family, because I knew I was being manipulated, and I refused to obey the rules. I fought back. My family countered by increasing the abuse, to try to force me into submission.

The number one way they were able to beat me was to create fear, and often terror. This happened a lot with my younger brother over a 30-year period. He would create imaginary fraud and accuse me of committing it and triangle other family members against me.

His most potent weapons were threatening me with death for fighting back, and for threatening to sue me. It created so much terror that would stop me dead. I lived in fear of him for decades, until I encountered some videos that showed me that living with a narcissist is like being in a cult.

When I saw that, I instantly made the connection, realized how I'd been duped and was able to break the spell. This was the answer I had been looking for my entire life. January 9, 2025, was my Freedom Day. And now, because of what I know, my brother will never be able to manipulate me again.

Your life situation will be different from mine, though there may be many parallels. The purpose of writing about mind control is to show you how you've been manipulated, and to help you break the trauma bond.

In this chapter I've drawn on the writings of Robert J. Lifton, an expert on cults and mind control. Many years ago, he wrote the book, "Thought Control and the Psychology of Totalism." It was the go-to book, the bible of deprogrammers for many years. If you want more information, read this article. <https://qern.org/liftons-eight-criteria-thought-manipulation/>

How to Overcome Anxiety

Anxiety is a common problem

During the pandemic, I ran a poll to see who was suffering from anxiety brought on by the propaganda. I asked people to rate their anxiety from 1 to 10, and I was shocked by what I discovered.

Many of you are suffering from crippling anxiety, anxiety that is severely affecting your lives, anxiety that's forcing you to live in a way that's not natural, an anxiety that has made many of you fear for your lives.

You wear masks, use hand sanitizer, and practice social distancing. Some of you even shut yourselves away in your homes and avoid human contact. It's a horrible way to live.

I'd like to explain something to you, something you might not understand. You have been conditioned without your knowledge and against your will to be afraid. You have been conditioned to fear for your life, to fear that you could die painfully, by an invisible, potentially lethal virus.

You've been exposed to a psychological technique known as "anchoring," which can be positive or negative. Here's an example of how it works.

It's a warm, sunny day and you're driving in a bright red convertible with the top down, with your significant other by your side. In the distance is a beautiful suspension bridge, with high girders and trusses, made of polished stainless steel which reflects the light. As you travel over the bridge, a song comes over the radio, "Deacon Blues," by Steely Dan.

Other than the enjoyment of your trip, you probably won't give the event a second thought, though weeks, months, or even years later, you might hear "Deacon Blues" on the radio again. When you hear the song, you will instantly travel back in time, to the memory of being in your

bright red convertible, driving over that shiny steel bridge with the top down on a warm sunny day. You have just experienced the positive effects of an “anchor.” Unfortunately, during the pandemic, you’re experiencing the negative effects of an anchor.

Daily, you are bombarded with negative messages from the government and media, you are exposed to the horrors of what will happen if you get the virus. The incessant messaging demands that you must wear a mask, practice social distancing, and use hand sanitizer. All of this makes you fear your fellow human beings, that they might be a carrier of the virus, and all this triggers deep seated fear, fear for your very life, and despite evidence to the contrary, the fear is too strong. For many people, fear dominates their minds.

It is similar when being involved in a relationship with a narcissist.

Whether you realize it or not, you have been exposed to mind control without your knowledge or consent. This is why you feel the way you do.

Here are some essential things you need to know.

- The fear has risen into your mind and it’s dominating your life.
- The fear has caused you to become ungrounded, and your feet are firmly planted in the stratosphere. Here are some simple ways to begin to reverse that right now.

If it’s not too cold outside and you have access to a grassy lawn, visit that place, take off your shoes and socks and go for a barefoot walk on the lawn for ten minutes, three times/day.

Alternatively, if you live near the ocean, go for a barefoot walk in the surf, for ten minutes at a time, three times/day.

Another way is to sit in a comfortable position and concentrate on breathing into your solar plexus, for ten minutes at a time.

What you are doing is to draw the energy out of your mind and into your body. Do that often enough and your anxiety will begin to subside.

If you do these exercises every day for a minimum of one week, you will start to feel better, and your fear/anxiety will begin to dissipate. Do these exercises whenever you feel afraid or uncertain and your life will improve.

Another way is by creating a confidence anchor and I will do a video about that, which you can find on my Youtube channel, here.
<https://www.youtube.com/@TheNumberOneNarcissisticLie>

You Must Take 100% Responsibility for Your Life

This statement comes from the book, “The Success Principles,” by Jack Canfield.

I also learned this lesson the hard way, from my friend Rik Schnabel, Brain Untrainer. A year ago, Rik confronted me and told me that I wasn’t taking responsibility for my life and by not doing so, was living from the victim’s mindset. While I was aware of this, I had no idea how to change it.

Rik referenced the teaching, “you must take 100% responsibility for your life. That includes all your shitty decisions, every place where you did/did not show up well, to take full responsibility for all excuses and mistakes, to see your part in everything you’ve done.”

“In addition, you must stop blaming. When you take full responsibility, all blaming, all ways of living from the victim mindset stops, immediately.”

Hearing those words was hard, almost impossible to accept. Still, I knew Rik was right and I did much hard thinking afterward.

Around the time this happened, I was still suffering from the effects of a 16-year episode of dissociative amnesia. As I thought about Rik's words, I realized how, by not paying attention, by not listening to my intuition, and by not practicing due diligence, I unwittingly set the stage for the worst business disaster of my life which not only cost me almost everything financially; it almost killed me.

I could clearly see what I did wrong and, as I looked over my life, I could see where I had made many disastrous mistakes, partly from being lazy, not doing due diligence, not trusting my intuition, etc. It was a brutally hard lesson, though in the wake of it, my life improved.

For those of you reading these words, it will probably be a bitter pill, though on the other hand, when you embody this knowledge, your life will almost certainly improve, though it might take some time.

How to Set Effective Boundaries with Family Narcissists

Here, we're going to look at setting up boundaries in a family where one or more members are narcissists, including a mother, father, brother, sister, relative, etc.

If you've had enough, then it's time to write a letter where you set firm boundaries and leave. I'll get to that later.

If you choose to stay, then you must take another approach. Here's an example of what I recommend (assuming you're an adult and no longer live with the family):

No matter how difficult it might be, you must stop walking on eggshells around the narcissist

You need to set some firm boundaries around behavior, where you might say something like this: "For years we have been getting together, and invariably there's a fight because X doesn't like what I say."

“I’ve had enough. When I come here, I expect to be treated with respect and I will not put up with any more abuse. If X stages a fight I’m going to leave, immediately.

“I’ll return when X has calmed down. If X erupts again, I’m leaving, and I’m not coming back.”

At that point you need to decide whether to come back in a day or two or, if the abuse is severe, to end the relationship.

It’s important to know that the narcissist will almost certainly violate your boundaries. He/she might threaten you, use other family members as allies against you and try to force you to capitulate. Whatever you do, don’t give in. If you do, the abuse will continue.

It’s important to follow through with consequences (such as getting up and leaving) if the narcissist violates your boundaries.

Over time, the relationship might improve, or it might deteriorate further, at which point you will need to reassess the situation and decide to keep trying or to say, “I’ve had enough,” and end the relationship once and for all.

One option is to create a boundary where you meet your family members you like on neutral ground, such as a coffee shop or restaurant, which is another way to solve the problem. If the narcissist becomes abusive, you can go to management and get them to force the narcissist to leave.

The key to fixing this problem is firm boundaries and not allowing the narcissist to get away with their behavior.

When It’s Time to Sever the Ties

As I’ve mentioned before, I was chosen to be the family scapegoat.

At one point, after decades of abuse, I'd had enough and decided to leave. With the help of a coach, I wrote the following letter to my family.

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I'm writing this letter to let you know that I've decided to leave this family.

I will no longer tolerate the way I've been treated, and I refuse to put up with any more abuse in any form.

After spending time writing about the abuse, the thought came to mind, "Why am I still talking to these people?"

The obvious answer is because you're family, but if I remove the label of "family" and just look at the behaviors alone, I would have ended the relationship decades ago. I would never have allowed any "friend" to treat me the way that you do. I've allowed the "family" label and the implications of that to blind me to the truth. Not anymore.

When I consider how much I've suffered, I know I'm long overdue to get out. Every time we connect there's always the threat of violence and, worse, ongoing manipulation.

The bottom line is simple. I never want to see any of you again, nor do I want to hear from you by mail, email, phone or otherwise.

And XX, don't try to find me. I don't wish to be found. I've changed my phone number, and I've closed my email account, as well.

How Boundary Violations Cause Suffering

One of the most common forms of suffering comes from boundary violations, where one (or more) people will intrude into another person's space and criticize how they live or tell them what to do.

Boundary violations can cause immense suffering, especially if the victim has no sense of their personal space, which often happens at a young age. The victim grows up not knowing they can say "No," if someone treats them badly.

Four of the most powerful words I learned came from spiritual teacher Byron Katie, who said: "Mind Your Own Business."

If people minded their own business, there would be much less pain in life. Unfortunately, many people assume they know how to live another person's life better than the person living it and interfere.

Interfering in people's lives is one reason why there is so much violence in the world.

If you have someone in your life who is treating you this way, you need to start setting boundaries.

Boundaries are the space where you "end" and the other person begins. As an example, no doubt you have a sense of personal space, where it feels good/bad to let some people be closer and not others. If someone you care about comes close, that might be okay, but if someone you do not like comes close, you might feel bad or uncomfortable.

Why?

Because they just crossed your boundary. Boundaries exist not only for physical space; they exist for communication as well.

It is essential to define your boundaries and tell people around you (especially abusive ones) what you will/will not tolerate. You also need to create consequences when people violate your boundaries.

When people violate your boundaries (and they will be from time to time), you will need to follow through on enforcing them even if you feel uncomfortable (the discomfort will pass in time as you begin to protect your private space).

Note: If you do not enforce your boundaries, they will be violated again and again until you put a stop to the undesirable behavior. When you create more boundaries in your life, you will begin to feel better because people will stop trying to take advantage of you. If they do, you can stop it or end the relationship if the violations are too severe.

Setting boundaries will give you more control over your life. No longer will you be a doormat. Abusive people will tend to leave you alone because they won't be able to get what they want - power over you.

The Challenge of Enforcing Boundaries

An ongoing problem many people have is enforcing boundaries. Repeatedly, they cave at the slightest bit of resistance from the abuser.

Caving in is a huge mistake, for the simple reason if you do not honor your boundaries the abuse will continue.

Talking about boundaries creates many insecurities for people. One of the questions that come up is "What will they think of me if I start behaving this way?"

To be blunt, who cares what they think? They already do not care about you if they treat you badly. The reason you have been thinking about setting boundaries is because you are tired of the abuse. To do so is not only healthy, but also a sign of self-respect.

Another thing that people often say is "If I tell him how what I think I'll hurt his feelings."

Baloney. What you are afraid of is getting hurt when he lashes back at you for setting a boundary.

Setting boundaries is necessary with abusive people. Initially, it will be challenging, and you will likely experience the urge to give in when they resist. If you give in the cycle will continue. Hold fast, have courage, and

stand your ground. With practice, setting boundaries will become easier, and your life will improve.

5 Steps to Effective Boundaries

There are many people in life who try to stop you from having inner power and the right to live as you choose. Those people could be family, so-called friends, intimate partners, and those at work. Here are five things you need to know:

1. Ultimately, no one can take away your rights unless you let it happen.

2. It's important you clearly define your boundaries (what you will/will not tolerate) and what the consequences will be if someone violates them.

3. Some people won't like the changes you've made and will threaten revenge and reprisals against you if you don't capitulate. Ignore them. State your boundaries again and be firm. If necessary, end the relationship. Do not let anyone control your life, no matter how important they seem to be, including family.

4. Never state the reason for setting a boundary. The act of saying "NO" is enough. Don't give in to the pressure for an explanation because there's an excellent chance these people will try to manipulate you.

5. Some people won't respect your boundaries no matter how firmly or how often you state them. In this case, be prepared to end the relationship.

Setting boundaries is a learning experience, sometimes you will cave in; other times you will stand your ground. The important thing is that with practice you will get better and better.

The Importance of Defining Your Personal Space

Simply put, your personal space is where you end, and the rest of the world begins. When you define your space, you will start to feel better because people will stop trying to take advantage of you. If they do, you can stop it or end the relationship if the violations are too severe.

Here are some of the benefits of defining your personal space:

- You will have greater freedom of movement in the world.
- People will know how close they can come to you.
- People will know what kind of language to use when they are with you.
- People will know what will happen if they violate your space and what consequences you will impose if they do so.
- You will say NO when necessary.
- You will have more self-respect because you are taking care of your most pressing needs.
- You will be assertive.
- Your intimate, personal, and business relationships will improve.
- Other people will have more respect for you.

Here's a fast way to learn how to define your space and get the results you want:

Spend time with people who have. I'm sure you have one or more people in your life who you admire, someone who is kind, yet firm and will not put up with abuse from other people.

If you don't have someone in your life, look for a public figure, someone you like who exhibits the positive traits you're looking for, who is living a life which appeals to you.

If you cannot hang out with them, follow them online, on Facebook, LinkedIn, YouTube and other channels.

Watch what they say, what they do, how they move. If possible, engage them and ask questions. Being bold can pay huge dividends.

What you are doing is called "modeling" and it's one of the fastest ways to get what you want.

How to Protect Your Online Privacy

Social networking has become enormously popular with sites such as Facebook, LinkedIn, X, and others popping up all over the digital landscape. These sites allow you to share information about your life, along with photos, videos, links, blogs, and more.

Here are a few tips to make sure you use social networks safely:

1. Make sure you enable the privacy settings, add two factor authorization and restrict posting access to your account.
2. Watch your language and be careful about what you post. Getting too personal could have some serious repercussions. Contrary to the assurances in different groups, your data is not safe.
3. The reality is anyone with the necessary skills can read your information. I had one narcissist brag about how he was reading my posts, even on so-called "secure" sites. As I said earlier, if you don't want a backlash in your life, be careful what you post. In some cases, your employer could view your profile. Some posters have wound up in hot water over their posts. Some have even lost their jobs.

4. Another problem is cyberbullying, which can be both insidious and devastating. In some cases, abuse has caused loss of life. Extreme cases may cause the authorities to become involved.

5. Be very careful with sex chat/talk online. That can lead to some dangerous situations. In the case of children, they might be stalked by an online predator.

One issue that's come up repeatedly is the issue of privacy. With the revelations made by Edward Snowden about the NSA Prism spy program, that becomes even more important. One common refrain is "you don't have anything to fear if you're a law-abiding citizen."

I disagree.

My lesson on that came when I was still a teenager living ten miles out of the city in the country with my parents. I had a ten-speed bike that I would regularly leave outside on the lower porch. One day I came home to find it missing. I was shocked. All that distance in the country and someone came to our house with the purpose of stealing something, which just happened to be my bike.

After that, I began locking everything, no matter where I was, and I still do to this day, even if it seems no one is around. And regarding Internet privacy, I recommend something similar if you don't want your movements tracked online. I don't know how effective it is, but it's better to do something than nothing at all.

How to Recover from the Effects of Narcissistic Abuse with Timeline Therapy

One of the best things that happened in my life was meeting Hamish Bayston from Life Beyond Limits - <http://www.lifebeyondlimits.com.au/> I

met Hamish as a result of filling in a form on their site for a free coaching session.

One thing led to another, and while my original problem was to do with manifesting and abundance, it quickly became clear the effects of narcissism were my number one problem. With that in mind, Hamish took me through two coaching sessions. The first one cleared an episode, one which was quite painful, and which happened when I was 16.

The second, more important event released the energy of narcissistic abuse from my entire life. When Hamish took me through the session, we discovered the key episode. Once that was released, I felt this great unwinding, going both forward and backward in time, as the personality of the victim mindset let go.

What was most unusual about the event was how long it took to release it. 1.5 hours of discussion beforehand, and only 20 minutes to release the number one source of pain from my entire life. It was so fast and so easy I could hardly believe it. As a result, I'm a different person now.

Conclusion

As I wrote in the introduction, what you'll read in this book is based on my experiences and does not constitute legal advice. If there is any doubt about the veracity of the information contained here, the services of a competent professional should be sought.

There is no question narcissistic abuse exacts a terrible toll on those who suffer from its effects.

Here's a summary of some of the major points in this book:

1. Narcissistic abuse has captured the media spotlight as of late, and there have been multiple stories, not only of the abuse itself but of the

deaths of people, young and old who committed suicide because they believed that it was the only way to stop the abuse.

2. If someone is subjecting you to narcissistic abuse, you don't need anyone to tell you how difficult it is to cope with, how much it hurts emotionally, nor how many people won't believe you. And to make matters worse, some of your "friends" might side with the narcissist and abandon you.

3. The longer the abuse continues, the worse the emotional pain becomes. It can totally devastate an ordinary person, and the damage can take years of recovery if it happens at all. One of the devastating effects of narcissistic abuse is developing Post Traumatic Stress Disorder (PTSD), which could lead to many years of suffering.

In my experience there are several essential things you need to do:

1. Do whatever it takes to stop the narcissistic abuse, regardless of whether that means leaving your job, moving, or closing your social media accounts.
2. DO NOT stay and fight back. In my opinion, that's one of the worst mistakes you make and will expose you to lasting psychological damage that might take years to recover from - if it happens at all.
3. And don't complain about your pension or tell me that you can't move on. I understand the previous investment bit but when narcissistic abuse is happening your life could be at stake. You don't want to become another statistic.
4. One way to stop/reduce the harassment is with effective boundaries, but if the people in your life won't respect your space no matter how clearly you define it, it's time to end the relationship – and this includes family.
5. The number one task is to get away from the source of the abuse. While you could fight back legally, there aren't as many options as

you might think, and it could consume years of your life. It's far better to walk away.

6. And if you're being harassed online, again, I recommend walking away. I know this is counterintuitive, and some people will accuse me of putting my head in the sand, but it's hard to fight an opponent who won't defend themselves.
7. If you're suffering from trauma. I know of someone who can help you using TimeLine therapy. With TimeLine therapy, it's possible to undo years of trauma and to stop the obsessive voice in your head. I know because it happened to me. If you want help, write to me at nathan@nathansegalart.com or call me at +52 (322) 166-4598. I promise you, if you choose timeline therapy, it will make an enormous difference in your life.

About the Author

Nathan Segal is a survivor (now thriver) of narcissistic abuse. Both parents (now deceased) were narcissists, as is a younger brother.

The narcissistic abuse created tremendous emotional pain. For years, he was in counseling for Post-Traumatic Stress Disorder (PTSD).

Timeline Therapy was of great benefit, though ultimately, to become free, Nathan needed to see how he was being manipulated (re: the cult mindset). Once that happened, he was able to free himself from the abuse.

Now, he takes what he knows to show victims of narcissists how they have been manipulated and how to free themselves from the abuse. Questions? Write to him at nathan@nathansegalart.com. Or call +52 (322) 166-4598.

Resources

Thought Reform and the Psychology of Totalism: A Study of Brainwashing in China <https://amzn.to/3timSNO>

The True Believer: Thoughts on the Nature of Mass Movements (Perennial Classics) <https://amzn.to/3xIGQno>

Moonwebs: Journey into the mind of a cult <https://amzn.to/2QULrIJ>