

## Phase 1 & 2 of Narcissist Abuse



Narcissists chooses victims to abuse next, it's called the supply. You are next on the list after the last partner has figured them out and left them. You are an empath and you focus on the goodness not seeing the deceit before it's too late. A narcissist can never love you because love is not part of its nature. However, a narcissist can do things and seem like a good person to others outside of the person they are emotionally and mentally abusing. Because this abuse is mental and emotional, it is hard to detect and has been going on for a long time before you realized it. The narcissist uses clever devices to get you to fall for them, love them and be connected to them so hard before the discard you and leave you on your own to feel like shit.

### PHASE 1: Idealization Phase

**Idealization:** This is the beginning where the narcissist spends time with you seducing you, being the perfect person, using a clever device called flattery and giving you undivided attention and affection creating a false sense of security. During this stage the family of the narcissist who are also covert narcissists may also pretend to like you and help flatter you too. They may treat you like they care about you but they are only helping the idealization stage seem genuine. Deep down they are rotten and jealous of you and can't wait for the other phases to begin. In some cases, they are planning events to happen for you, and you won't even know it.

**Fantasy:** This is the stage where they create a fantasy world casting you, the empath as a perfect person, ignoring your flaws to sustain the illusion that finally someone has accepted you and loves you for you. This is all a trick on your mind to make you feel relaxed and comfortable around them before they destroy your self-esteem.

## PHASE 2: The Devaluation & Isolation Phase

**Isolation:** This is where the narcissist wants you to compete with his family. His family has been calling him every day he has been with you for the last several months playing games with you head but you stayed quiet out of respect not suspecting that they were games. Soon enough the family will start drawing him away from you with emergencies of drama or emergencies with specific times and dates to make sure he is neglecting you and he goes for it leaving you devastated and confused.

**Devaluation:** This comes very quickly in the relationship within 6 weeks to 3 months. This is where the narcissist starts to neglect you a little more to take on other supply or spend time with their families who has all agreed to focus on your flaws. Or spending time with another supply who he will either discredit you to or hide you from. But the fact is you are now being devalued and you quickly go from relax to feeling like you are in mental danger. That is a huge fall in emotions causing you all kinds of anxiety, depression and low self-esteem. If you are a current victim of narcissist abuse not knowing that this a game that people have been playing on you all your life you may have been isolated from your family and friends during the seduction.

**Manipulation:** Gaslighting occurs where the narcissist is distorting your reality making you doubt suspicions and question your mental reality. You may not even know this is happening. They are lying to you and guilt tripping you to control and confuse you.

**Demands:** The narcissist and his family: mother and sisters sets unrealistic expectations of you demanding obedience. The sisters may tell you that you have to share him or make you plan a birthday party for him being sure to invite all 15 members of his family. You are thrown off because if you plan something for your partner it's not going to include his family. Afterall, you not in love with or sleeping with the family.

**Defeat:** This is where the narcissist destroys your self-worth and self-esteem through relentless emotional abuse and criticism you were not expecting.

**Rebellion:** This is where further aggression when you start to stand up for yourself. You may ask him questions like can't you do that for your mother on another day or can't your sister ask you to do that on another day. And he will make you feel like shit if you try to put your foot down.

**Self-Reflection Questions:**

How did you fall for a person like this? What happened to you in your past that had you off guard not seeing this?

Was it loneliness, stress, you never felt love? What?

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What did I want to prove if this relationship was real?

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How was I not putting myself first when I originally thought I was?

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**Believe in Yourself**

