

# *The Better Life Questionnaire*

1. Three things I will gain by leaving this relationship are:

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2. The reason leaving this relationship will change my life is because:

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3. People besides myself who will benefit from my leaving are (e.g., children):

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4. Six to eight months from now, I'd like to see myself:

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5. If I found out I only had three months left to live, I would:

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6. I cannot go on with this relationship because:

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7. When I've been No Contact for fourteen days, I will celebrate by:

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*Need help with breaking free? Check out [The Essential Break Free Bootcamp](#)*

# 30-Day Break Free Calendar

1  Make the decision to go No Contact.  <b>Embrace it, accept it, feel it.</b>	2  Block the Narcissist's number from your phone.	3  Make a back-up plan in case the Narcissist shows up hovering.  How will you stand strong?	4  Delete and block the Narcissist from your social media profiles.	5  Block the Narcissist's email addresses. If you have Gmail, set up a trash filter and set it to delete the contents automatically.	6  Feeling weak? Visit a friend or go to the bookstore.	7  Look into a hobby. Avoid spending time alone at home. See if there are any good MeetUp groups in your area.
Celebrate one week of NC by treating yourself.  Anything goes!	9  Donate the items the Narcissist gave you to a local shelter or the Goodwill.	10  Start doing guided meditations.  Do one either first thing in the morning or at bedtime.	11  Feeling vulnerable? Read <a href="#">How to Do No Contact Like a Boss!</a>	12  Start journaling your feelings. Make sure to let your Inner Child write some entries with your non-dominant hand.	13  Feeling lonely? <a href="#">Join the Warrior Facebook Tribe!</a>	14  Make plans with a friend. Re-establish those relationships you were forced to let go of.
15  OMG! It's been 2 whole weeks already!  Reward yourself!	16  If you get the urge to call, turn your phone off and hide it.	17  Look in the mirror and tell yourself how good you're doing so far.	18  Start a bucket list of all the things you're going to do with your new life!	19  Write out 5-10 things you like about yourself.	20  Having trouble sleeping? <a href="#">Blissful Healing Sleep Music with Binaural Beats / Delta Waves for Insomnia</a>	21  Spend the day in your jammies watching your favorite movies. <b>No sad ones!</b>
22  At three weeks, your physical cravings should start to subside!!  Celebrate with a massage!	23  Anytime you feel like crying, go ahead and do it. Don't hold in your grief.	24  Tape an index card to your mirror that says, " <b>Good morning, new life!</b> "	25  Stop reading about Narcissistic Traits. Instead, read <a href="#">10 Essential Survivor Secrets to Liberate Yourself from Narcissistic Abuse</a>	26  Get more healing tips by <a href="#">visiting me on Instagram!</a>	27  Stop doubting yourself.  You did everything you possibly could.	28  Make eye contact with other people. Hold your head up proudly.
29  Anxious? <a href="#">Watch this video!</a>	30  30 Days NC!  You rock!		Enroll in <a href="#">The Essential Break Free Bootcamp</a> for more help on your journey to freedom!			

# 9 Ways to Stop a Panic Attack

A panic attack can feel terrifying. Those who suffer panic attacks often feel as if they're going to die. Panic attacks are quite common when recovering from narcissistic abuse. ***While highly unpleasant, panic attacks are harmless*** and you have the power to lessen and eliminate the attack. If panic attacks are controlling your life, you can regain that control.

**Stop a panic attack quickly and effectively with these techniques:**

1. **Remind yourself that you're going to be okay.** Your body chemistry is slightly off-kilter when you experience a panic attack. Panicking will only intensify the attack. The sooner you can relax, the more quickly the attack will pass.
2. **Focus on deep breathing.** Breathing is the only part of human physiology over which we have complete control. Anytime you're awake, you can choose to breathe faster, slower, deeper, shallower, or hold your breath. Control what you can control.
  - *Slow, deep breathing will slow your heartrate, and you'll begin to feel better.*
3. **Get a massage.** This might not always be practical, but get someone to rub your neck and shoulders. ***Most importantly, massage your scalp.*** You can even do this yourself. Massaging your scalp will move a greater volume of blood through your brain and will help to relax the muscles of your head and neck.
  - The effects of a massage can last for days. Try to get a massage regularly. Even a close friend or family member can perform the service if the cost of a professional massage is too high.
4. **Use your imagination.** Imagine something pleasant and relaxing. It might be hard to think of something positive in the moment, so have a few ideas before a panic attack strikes.
5. **Get moving. *Movement will help to eliminate the chemicals that are creating the feeling of panic.*** If you're in a place that makes jazzercising impractical, roll your head, wrists and ankles. You could also do a few rounds on the company stairwell. Everyone else is using the elevator anyway.
6. **Warm your hands.** Have you ever noticed that your hands get cold when you're stressed? Warming your hands can help reverse the biochemical storm happening in your body during a panic attack. Run warm water over your hands or hold a cup of warm coffee in your hands.
7. **Listen to music that relaxes you.** Few things can change your mood and biochemistry faster than the right music. Create a song list of at least 10 songs that you find comforting and relaxing. Begin listening to your music as soon as a panic attack begins. Take slow, deep

breaths.

8. **Get some magnesium.** Magnesium has a profound calming effect on the body. Take a magnesium supplement. ***Dark chocolate contains high levels of magnesium*** and is more fun than swallowing a pill. An Epsom salt bath will also cause your body to absorb high levels of magnesium.
9. **Be proactive.** If you suffer a panic attack, you were already stressed about something. Calming yourself before the panic attack is much more practical than waiting until you're having a crisis. Take control before you lose control.

Panic attacks are frightening and uncomfortable. The symptoms can include: pounding heart, sweating, shaking arms and legs, and difficulty breathing. ***You can control your panic attacks and return to a normal physiology.*** Do your best to prevent panic attacks from occurring in the first place. If a panic attack does strike, use these strategies to help subdue it.



### *More Helpful Articles:*

[7 Tips to Rescue Yourself When No One's Around](#)

[12 Ways to Heal Emotional Trauma after Narcissistic Abuse](#)

[How to Overcome Fear After Psychological Narcissistic Abuse](#)



## Healthy Boundaries vs. Unhealthy boundaries

### Examples of Healthy Boundaries:

Valuing your own opinions

Not compromising personal values for others

Sharing personal information in an appropriate way (not over- or under-sharing)

Knowing your personal wants and needs, and communicating them

Accepting when others say “no”

Staying focused on your own growth and recovery

Deciding whether a new relationship will be good for you, as opposed to imprinting onto the first person who shows interest

Being your own loving advocate

Noticing when someone is engaging in unhealthy boundaries

Trusting your own decisions

Knowing who you are and what you want

Moving slowly into intimacy

Keeping track of red flags, as opposed to sweeping them aside

### Examples of Unhealthy Boundaries:

Making one person the center of your world

Sharing intimate and personal information to someone you’ve just met (such as problems with all of your relationships, sexual history, sexual preferences, the number of times you’ve dated or been married/divorced, your long-term desires regarding a relationship)

Changing the way you look, dress, or style your hair because someone you barely know suggests it

Allowing someone you’ve just met tell you how to interact with and/or discipline your children

Not noticing when someone invades your boundaries

Not trusting anyone – or, trusting everyone: All or nothing thinking



Letting others describe your reality

## Determining My Personal Boundaries

What things make you feel uncomfortable about a current, recently ended or new relationship?

1) I don't like it when:

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2) I feel resentful when:

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3) When \_\_\_\_\_ (insert name) does this, I think about it for the rest of the day:

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4) Things that I believe other people should respect about me are:

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5) Things I will no longer tolerate are (i.e., my deal-breakers):

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6) The first boundary or boundaries I will set is (are):



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## Ways to Communicate My Boundaries

### Examples of phrasing and words to use:

*I feel uncomfortable about...*

*I'd rather not...*

*I can see your point of view, but...*

*It's important to me that...*

*This is difficult for me to say, but...*

*I've thought about it, and I've decided not to...*

*It's okay that we don't agree on everything, that's what makes us different.*

*I'd feel more comfortable if you didn't...*

\_\_\_\_\_ *is unacceptable to me.*

*I'll think about it.*

*Perhaps we should agree to disagree.*

*I'd prefer not to...*

*I have a problem with that.*

### Things to consider:

- These steps can be used to establish and implement boundaries in any relationship, but for narcissistic abuse survivors, they are especially important in romantic relationships.
- If you are currently in a relationship with a toxic or abusive individual, it may be necessary for your own safety and well-being to implement them *after* you've exited the relationship.
- If thinking about setting your personal boundaries causes discomfort, it's an indicator that these are the ones that you most need to implement.
- Boundaries are rules for your life designed to make you feel emotionally safe and should not be used to control people or circumstances.





- When setting your personal boundaries, make sure they're based on your own wants and needs, and not on what you believe other people will think.
- Learning to establish healthy boundaries is a great way of role modeling for children in your household.

If you need help breaking free from a toxic relationship, consider joining us in [The Essential Break Free Bootcamp](#).





## Boundaries/Emotional Protection Fact Sheet

“Boundaries make it possible for us to separate our own thoughts and feelings from those of others and to take responsibility for what we think, feel and do. Intact boundaries are flexible—they allow us to get close to others when it is appropriate and to maintain our distance when we might be harmed by getting too close. Good boundaries protect us from abuse and pave the way to achieving true intimacy. They help us take care of ourselves.” (lifesteem.org)

Boundaries are invisible layers of protection separating us from others; that layer is fluid, and can be adapted as needed.

We want and need to exchange some emotional energy with people if we are to connect with them.

We can determine how much or little of our psychic (emotional) energy to share in specific situations and with different people. We also decide how much or how little emotional energy we will accept from other people.

When someone shares more information than you are comfortable knowing, s/he has crossed a boundary. By saying “Okay – TMI – that’s all I want to know.” you have set a boundary.

By refusing to answer questions in detail – only sharing what you feel comfortable with – you are setting a boundary.

Often we do not establish good boundaries because we don't want to hurt someone's feelings, or aren't comfortable dealing with what we perceive to be a confrontation. When this happens, we are at risk for being taken advantage of or even abused.

This can happen by allowing people to say things to us that we don't like, or by not saying 'no' to requests that we really don't want to do.

When we don't set clear boundaries about what we will accept from others and what they can expect from us, we are sending the message about what behavior or requests are acceptable.

Sharing feelings 'openly' (unguarded) with a loved one may be appropriate. However, when interacting with people at work, the level of emotional sharing and closeness will likely be very different.

If at any time you begin to feel emotionally vulnerable or unsafe, you can 'close off' (guard) or 'shut down' (withhold) your thoughts and feelings.



In new dating relationships and when recovering from abuse, boundaries are critical. You are setting the tone for how you will be treated later, and the behavior you are willing to accept.

Finding the right balance of what is enough and what is too much takes practice. You will naturally let down your guard/boundaries as you get to know and trust a new dating partner.

**Want to learn more about boundaries? Join us in [The Essential Break Free Bootcamp](#) where we have live Q&As each month and support one another through our healing journeys!**

# 16 Empowering Beliefs to Live By Today

## 16 Empowering Beliefs to Live By Today

Your experiences are shaped by your thinking. Even obstacles have a value when you can see it. ***You can develop convictions that will help you to feel happier and achieve more, regardless of the situation.***

Consider these empowering beliefs that you can start using today to transform your life through the power of positive thinking.

### Empowering Beliefs to Make You Smile

1. **I understand my potential.** ***You can achieve amazing results when you put your mind to it.*** Feel excited about reaching your true potential.
2. **I count my blessings.** List each thing that you have to be grateful for. Remember to include the smaller items, like warm socks or tart cranberries. Expressing your appreciation reminds you of how rich you are.
3. **I learn from mistakes.** You can make setbacks work for you by focusing on the lessons that they contain. Flubbing one job interview can teach you how to ace the next one.
4. **I find meaning in adversity.** Tough times can be the most rewarding phase of your life. ***Know that you can emerge from any challenge with greater wisdom and courage.*** Look back at the obstacles you've already overcome, and reassure yourself that you can handle what's ahead.
5. **I embrace change.** Accept that life is a series of changes. Focus on the present moment, and prepare yourself to adapt to whatever circumstances come your way.

6. **I dream big.** Expand your wish list. Setting demanding but attainable goals gives you adventures to look forward to each day.
7. **I practice forgiveness.** Lighten your load by clearing away any resentment you're holding onto from the past. Set reasonable boundaries while you respond with compassion when others disappoint you. Pardon yourself too.
8. **I give generously.** Sharing your blessings makes you more powerful and joyful. Volunteer in your community and speak kindly to each person you meet today. Buy coffee for your co-workers or give your receptionist a flower.

### **Empowering Beliefs to Make You Strive**

1. **I take responsibility.** You are in charge of your life. ***Hold yourself accountable for the outcomes you create.*** Celebrate the fact that you have the power to determine your own future.
2. **I apply effort.** Figure out your definition of success so you know what is worth working for. Give yourself credit when you're making progress rather than comparing yourself to others.
3. **I leverage my strengths.** You have your own individual strengths that you can draw on. Figure out what you're good at and what you want to do. Let that knowledge guide your choices.
4. **I listen to feedback.** Ask for feedback so you can enhance your performance and show others that you respect their point of view. You grow faster when you gather solid input that you can translate into action.
5. **I ask for help.** Expand your capabilities by building a sturdy support network. Carpool with other parents. Divide up household chores with your spouse and children.
6. **I connect with others.** Moral support counts too. ***Surround yourself with loving and encouraging family and friends.*** Participate actively in your faith community. Join a club with members who share your interest in solar power or badminton.

**7. I recognize opportunities.** Stay alert for promising openings. You may meet a new friend while you're standing in line to buy your morning coffee.

**8. I try new things.** Be open to experimentation. Go kayaking one weekend instead of playing tennis. Bake your own bread or knit a scarf. You may discover hidden talents.

An upbeat attitude increases your happiness and productivity. Question your old assumptions so you can replace them with a new sense of certainty about yourself and your future. Adopt empowering beliefs that build up your confidence and prepare you for greater success. Start today. You'll be glad you did!

