



M A R C I A H Y L T O N

**BREAK THE
CYCLE OF PAIN**
*Following Toxic Relationships in 4
Steps*

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*Old habits don't have to
control you.*

Marcia Hylton

It's possible to move past hurt and pain and discover joy in your relationships again after narcissistic abuse.

One of the most difficult phases of recovery after narcissistic abuse is depression and despair. There is confusion, lack of motivation, combined with feelings of apathy, hopelessness and sadness. I know, I have been there.

The undermining of who you are by a narcissist leaves you adrift, with no sense of identity and no clear vision of how to operate in life again. But there is hope. Below is a 4 step process you can begin to use to start the process of your healing and to avoid potential toxic and narcissistic relationships in the future.



UNDERSTAND THE ROOT OF YOUR PAIN

Why do you allow others to hurt you? Look deep inside both your past and present to figure out the source of the pain. The root of your pain is unique to you, depending on your personal circumstances and how you “viewed” them.

In some cases, the source of the pain may have started during your childhood. You may have experienced childhood traumas or other negative experiences that continue to affect you in your adult life, including in your relationships.

You may also have sources of pain from previous failed relationships and friendships.

It's also possible for other things to create pain, such as illnesses, mental health issues, relocations, and career transformations.

Identify sources of support. Therapy may be helpful to help you find these events or past situations, understand them, and learn to think of them in ways that don't negatively affect you today.

2

LEARN TO FORGIVE

It's easy to get caught up in a cycle of blame and guilt, but forgiveness is the key to breaking the cycle. Learn to forgive yourself and others. This is not a reason to allow hurtful behavior toward you to continue.

If you're always feeling hurt and resentful, it's difficult to move on and change. However, forgiveness is crucial to the healing process. Without it, you may not be able to break the cycle of pain in a relationship.

Forgiveness provides perspective and ways to look at the issues in a different way. It gives you the opportunity to heal the heart and spirit.



3

LOOK FOR NEW ROLE MODELS

Are your current role models an effective source of inspiration for overcoming pain? It may be beneficial to find some new role models. Who do you admire, and who can serve as an example of being able to break the cycle of pain? Finding professional help or others who have been through similar situations and have rebuilt their lives can be good connections for you.

You may want to look at your close circle of friends and family for role models. You can also search beyond this network and look for role models among people who have recovered and moved on after narcissistic abuse.

Past and present figures can be a source of inspiration for healing and building a positive, uplifting relationship.



4

CHANGE TO POSITIVE BEHAVIOURS

One of the issues of the cycle of pain is that you learn to use a preponderance of negative behaviors.

Negative behaviours can include feeling like a victim, blaming others, and having dysfunctional relationships. They can also include being destructive or defensive all the time.

Switching your behaviour patterns to interactions that are more positive can help.

Often we react to pain with a defensive attitude and crying. Consider reshaping the behaviour to one where you're more in control of your feelings. For example, you can respond by stating how you feel without framing it in a way that makes you a victim.

It's important to remember that your reactions and behaviours can either alleviate the cycle of pain or make it worse. Plan in advance some things you can say or do that can help your situation rather than make it worse. Then, when such situations arise, follow your plan for more positive interactions, or to leave/remove yourself from the source of pain



The cycle of pain and hurt can be difficult to break in a relationship. However, it's possible to move out of this cycle. Practice this process to help transform your relationship to one that supports you.

Please know you are not alone. If you find yourself in physical danger seek help immediately!

NB: If you are in the UK and under Coronavirus Lockdown with an abusive partner and cannot speak, use the 'silent solution system'; dial 999, wait to be connected, press 55 & wait to be transferred to the police. The BT operator will remain on the line and listen. If you've pressed 55, they will transfer the call to the police. You **MUST PRESS 55** otherwise the call will be terminated.

The police call handler will attempt to communicate with you by asking simple yes or no questions. If you are not able to speak, listen to questions and instructions so help can get to you.



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About Me

Hi, I'm Marcia and... I'm a survivor of narcissistic abuse.

These days I'm a Women's Transformational Workshop Facilitator and Educator specialising in recovery and emotional resilience after narcissistic abuse. I know how hard it is to heal from such devastating trauma and I care deeply for those of you who are hurting and need help to heal those wounds.

For support and guidance:

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors>

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