An aerial photograph of the Tokyo skyline at sunset. The sky is a mix of soft pinks, oranges, and blues. The city is densely packed with buildings of various heights. In the center, the Tokyo Tower stands out with its distinctive red and white lattice structure. The water of Tokyo Bay is visible in the distance.


The No Contact Blue Print

The New Life Academy and Healing Collective - Kim Saeed

The No Contact Blue Print

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The first step in recovering from Narcissistic abuse is going No Contact. Yet many people get stuck in this stage. Whether it's due to a need for closure, crippling self-esteem issues, a need for revenge, or the inability to let go, allowing your Ex to contact you (or contacting your EX yourself) will keep you trapped in the endless cycle of misery and pain that comes with a toxic relationship.

A group of horses, including several brown ones and a few white ones with spots, are running across a green field. In the background, there is a dense forest of tall, thin trees. The scene is captured in a way that suggests motion and freedom.

I can tell you that no one has yet
gained closure from that one last
conversation with a Narcissist.

~Kim Saeed

How to Do No Contact Like a Boss

www.letmereach.com

The No Contact Blue Print

As humans, we are extremely creative in our ability to deny the negative consequences of our choices. We deceive ourselves in thinking that a single act cannot have negative ramifications of any serious sort. Besides, sometimes life seems too painful, and so short-cuts for gaining relief are often hard to resist. In the case of a toxic relationship, we've become so addicted to the crazy cycles we've fallen into with our abusive partner that we find any excuse to let them back into our world so we can experience momentary relief from the pain we are feeling. But just as the alcoholic who gives in and takes that first drink will likely end up going on a bender, so too will the victim of Narcissistic abuse pay a heavy price for any violation of No Contact.

Your only hope for recovery and freedom lies in riding out the feelings of withdrawal and the cravings for contact with your former partner that you may well have early on in the process, which consists mainly of white-knuckling it and engaging in advanced stick-to-it-iveness.

The steps to "quitting your Narcissist" are the same as quitting alcohol or any other addictive substances. Your addiction, and the thoughts and feelings it produces in you, is nothing to be ashamed of; but it is something to you need to overcome. Fortunately, we have the capacity to recreate ourselves. People do it every day. And you stand a much better chance of accomplishing this in your own life if you stick unwaveringly to the principles of No Contact. And what exactly these principles of No Contact are is what I explain below.

What No Contact Is

No Contact consists of a number of specific acts that you must perform without fail.

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No Contact is (1) blocking your Ex from your cell phone. Most phones no longer allow the complete blocking of numbers, but you can program your phone to have any calls or voicemails go directly to trash. Delete your trash without listening to voice-mails left by the Narcissist (unless you need to save them for a possible harassment/stalking suit). Some phone plans allow you to call your service provider and block numbers through them using a password. Let a friend or family member handle the password so that you won't have the ability to unblock the Narc's number. This method has proven highly successful for many people who had problems maintaining No Contact and unblocked their Ex from their phones during moments of weakness.

No Contact is (2) blocking your Ex from your email accounts. If you feel the need to explain what you are doing, then send them a final email immediately before blocking them. Don't leave yourself open for a reply, because doing so will only lead to more crazy-making. Don't fool yourself into thinking you can negotiate with the Narcissist. All you'll get in return is blame-shifting and other forms of psychological manipulation that you've been subjected to so many times before.

No Contact is (3) blocking your Ex from all of your social networks. This includes Facebook, Instagram, Skype, Snapchat, Periscope, Facetime, etc. Make a complete list of all the networks you use and remove the Narcissist from all of them. Many victims of abuse have a hard time "unfriending" their abusive partner on their social media networks. This is generally due to two things. First, they may believe it's cruel. If you find yourself with this thought, you'd do well to recognize the fact that, for all the sympathy you may show your toxic partner, they are plotting ways to blindside you, whether it be with a new source of supply that they flaunt before you to make you miserable, or with an excruciatingly painful discard if you allow the Narc back into your life.

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The second reason that it's hard to block the Narcissist from your social networks is that it might seem equivalent to eliminating them from your life altogether, and you may not be fully prepared for that. The complete and permanent separation from the Narcissist that NO CONTACT requires may make it feel as though a death has occurred. And in many ways, it has. But remember that the "person" whom you loved and who is now gone from your life was really just an illusion, anyway.

No Contact is (4) changing your cell phone number, if it becomes necessary to do so, and only sharing it with friends and family. Never give your new number to your abusive ex.

No Contact is (5) not answering the door if they come over. And the abusive ex will often do just that when deprived of other means of contacting you. But don't crack the door an inch, even if only so that you can tell them you're following the No Contact rule. It's counter-productive to do that and shows the abuser that they are still inside your head, which is all they really want, anyway. Your thinking is that ignoring them would be cruel, but if you open the door, they will be validated in *their* idea that you are inferior and easy to fool. You'll need to ignore that sick feeling that will arise in your gut telling you you're being too harsh. You may feel you have a history and a bond with the narcissist, but all they care about is breaking your reserve.

If they are persistent and continue knocking on your door, walk away from it, go to a far room. Pretend they aren't there. And if they still won't go away, call the police. If you think that doing this cuts against the grain of who you are, then realize that by not taking a strong stand against their behavior you merely encourage the Narcissist to persist in their efforts.

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...and the more high-level narcissists will do just that. Psychopathy is all about power and control, so don't mistake their persistence as genuine love and remorse. What it really means is – the more persistent they are, the deeper their callousness.

No Contact is (6) leaving unopened any letters you receive from them by regular mail. Give these to a good friend to open and let them determine if it's a legal matter or just another of the Narcissist's attempts at Hoovering. If you feel you are being harassed by his letters, let your friend keep them in a safe place in the event that you find yourself needing to file a restraining order.

No Contact is (7) not replying to any of the narcissist's friends or family that they send your way in order to pump you for information or in order to give you information about *them*. Only have one trusted friend that you share your struggles with. You will need to inform everyone else who tries to initiate a conversation with you regarding your ex that you are moving on and prefer not to talk about the situation.

No Contact is (8) not accepting any new "friend requests" on social networks, especially if it's a new profile with no picture. The new "friend" could either be the Narcissist themselves or one of their flying monkeys sent to monitor your Facebook activity. (The Empath in you may find that ignoring friend requests is rude or mean, but you'll need to let go of this. Your privacy and your right to a peaceful and happy life are at stake. If you don't know the person, don't accept the request).

No Contact is (9) not opening any cards, boxes or packages that they might have delivered to your residence. If you are at home when the delivery person arrives, determine if it's something from the Narcissist and, if so, refuse the delivery. If you aren't home and the item is left at your door, give it to a trusted friend or neighbor without opening it. If possible, mark "return to sender" and drop the item off at the post office.

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What No Contact Isn't

It will also be helpful for your understanding of what No Contact is if I say something about what it is *not*.

No Contact isn't (1) a matter of making a statement. It's not meant to be used as a means of making the Narcissist "get it", nor as a means of punishment or revenge. It's the conscious choice to end a destructive relationship in order to heal from the emotional abuse and move on towards a better life. Trying to send the Narcissist a message just keeps you from focusing on the important tasks before you.

No Contact isn't (2) leaving the Narcissist with complete access to contact you (whether by phone or social media) and then deciding whether you will respond or not to the messages they send. That's not No Contact; it's at best "No Response". And No Response only sets you up for further crazy-making should you ever respond. But even if you don't, their ongoing messages to you will work against any progress you've been making and will keep you in a stage of grief over the relationship. That's why, if you want to recover, you must break off all contact. It's the crucial starting point for recovery.

If you share custody with the Narcissist and must employ Modified Contact, don't use that as an excuse to keep them on all your networks, all of your email accounts, and all of your phone lines. The best rule of thumb is to give them access to one email account and one phone line (preferably your house phone to avoid harassing texts). That's all you legally need to give them access to. And be sure to save and document all communications you have by these means, especially any harassing emails they may send, in order to use them as evidence in court should you ever need to alter your custody situation or file a harassment charge.

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No Contact isn't (3) leaving them on your “friends” list on your social networks so that you can covertly show them how happy you are, make them jealous or miss you, or so you can post nice pictures of yourself to make them “regret” how they treated you. Aside from the fact that these acts are done in vain, they also leave you with the unfortunate chance to see pictures they might post of the new supply in their life (who may not be new, anyway).

Trying to send the abuser “a message” by these indirect means, or trying to keep tabs on them through social media, is one of the most counter-productive activities that people engage in short of breaking No Contact, since all it does is keep the Narcissist in your thoughts when your focus needs to be turned elsewhere. Whether or not a victim of emotional abuse engages in social media “stalking” is often the determining factor on whether they will be able to successfully move forward in their life or not.

No Contact isn't (4) ignoring the narcissist for a few days in order to teach them a lesson, and then unblocking them and letting them back into your life. Keep in mind that the Narcissist is incapable of really appreciating how their negative behavior affects you; so your attempted “lesson” will be wasted on them, anyway.

No Contact isn't (5) asking your mutual acquaintances about your Ex so you can find out if they're dating again or if the narc is asking about you.

No Contact isn't (6) sending a text that you will be going “No Contact” and then caving in when they respond by throwing a fit. And they will throw a fit – you can be sure of that. Save yourself the drama. Keep those lines of communication blocked.

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No Contact isn't (7) blocking one day, then unblocking for a while to see how it goes, and then re-blocking again. Though this sort of back-and-forth approach is not uncommon among those who set out to go No Contact, the repercussions are injurious to their mental health and detrimental to their efforts to detach. If you adopt this on-and-off approach to No Contact, you will either get a call or text from the narc after unblocking them, which you may be unable to resist responding to, or you will begin to feel abandoned if they don't attempt to contact you, which in turn, will trigger your fear of abandonment. This may cause you to reach out to the Narcissist and go back into unhealthy relationship cycles, thus keeping you enmeshed in the intolerable situation and strengthening the trauma bond between you.

Some of my clients have told me that not blocking the Narcissist and then ignoring their calls gave them a sense of power. But these same clients eventually caved in and answered the call. Your true sense of power will come from blocking the narcissist completely. That way, too, you won't have to worry about the possibility that their semi-automatic, harassing texts or a one-time whammy will break your resolution. Keeping yourself exposed to these dangers may very well lead to heightened anxiety and doubts about your ability to move forward without them.

No Contact isn't (8) telling all your friends that you've gone No Contact, but then communicating with your Ex in secret because you're embarrassed to admit to everyone that the narcissist is still in your life.

No Contact isn't (9) Sending a message to find out how the narcissist is doing. This urge is driven by your empathic and compassionate nature, but checking in on the narcissist is something you must avoid at all costs. The narcissist already knows you care and *counts* on it as something that will cause you to get in touch. (This is why the truly sadistic narcissist will block you).

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Don't break No Contact to defend yourself; don't break it to purge yourself of your emotions; and certainly don't break it to apologize for anything you've done or are now doing.

Typically, when people break No Contact, it's due to the illusion that somehow "things will be different this time"; that you will get a heartfelt apology; or that the narcissist will give you the validation that the problems in the relationship weren't your fault. If you find yourself with such thoughts, remember that they're just wishful thinking on your part. In fact, some people who went ahead and broke No Contact for these reasons not only *didn't* get the sincere apology they hoped for, they actually had the Narcissist say to them instead, "I forgive you"! And this can only lead to another crazy cycle of trying to defend oneself to someone who will never have a clue.

The more you break No Contact, the more you will begin to believe that everything was your fault - maybe you overreacted; maybe they aren't so bad after all; and maybe you shouldn't have yelled and screamed when you discovered their infidelity. Or maybe those extra pounds you gained are to blame, after all. If these are your thoughts right now, then that's a sure sign that the Narcissist is still in your head and their psychological manipulations are still working their insidious effects on you.

No Contact is the total disjoining of anything and everything to do with the narcissist. Under no circumstances should you: meet them for coffee or dinner, speak to them by any method, or ask about them.

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There must be a Def-CON 1 sanction on **anything** related to your toxic partner. This will be difficult to accomplish at first because your levels of endurance will be extremely low due to all the biological processes involved in grieving, mending your internal abandonment wounds, and enduring the fight-or-flight phase essentially 24/7. The easiest and most effective way of easing this agony would be to break No Contact and engage with your toxic partner again but, in doing this, you would merely be subjecting yourself to even more suffering and heartache later on – and it would be even *more* difficult to attempt No Contact.

Excerpt from How to Do No Contact Like a Boss!