

Ten Lies that an Emotional/Psychological/Verbal/Financial/Sexual Abuser (Narcissist) Wants You to Believe

Lie #1 – You're no longer attractive

During the love-bombing phase, the abuser likely made you feel extremely attractive and desirable. But over time, they started to make little digs about your appearance. It could be anything from the way you wear your makeup, to your hairstyle, to your clothing. Over time, they start to make little statements to you to make you feel like you just don't look good anymore, or that you don't know how to dress or that you don't know how to put your makeup on anymore. Even though you're doing things the same way you always have. This is no accident. They genuinely want you to believe that you're not attractive because once they begin to devalue and discard you, it makes it easy for them to keep you strung along, because you may have the feeling that it's better to have bad love than no love at all. What I know for sure is that, this kind of sexual abuse and yes, it was a sexual attraction in the beginning, is just that sexual abuse. You entered into a relationship with integrity and were not met with integrity.

Lie #2 – You're mentally unstable

This type of domestic/intimate partner violence does not discriminate. Victims are often, but not limited to, doctors, attorneys, therapists and they're extremely intelligent, but somehow the abuser in their life is able to convince them that they're not. In turn, what often happens is that the person's performance on the job begins to decline. They start to feel less capable of fulfilling their job duties. Many times, people end up getting fired either because 1) their performance begins to tank or, 2) the abuser won't stop calling them while they're on the job. If this is happening to you, then I recommend that you turn your phone on silent while you're working. Furthermore, if this individual is saying things to you to make you feel like you're not good at your job, this is a flaming red flag that you are in the wrong relationship.

Lie #3 – No one else will ever want you

I work with people who are intelligent and attractive. It's so sad that their abuser has made them feel that way; that no one else would ever want them which over time results in low self-esteem. My response to that is that there are tons of people out there in the world who would definitely be interested in you. Furthermore, if you have a partner who is saying this kind of stuff to you, it's really time to assess whether the relationship is worth staying in because someone who is saying these kinds of thoughts to you is not at all concerned about your emotional safety.

Lie #4 – You are a liar

Two primary reasons the abuser calls you a liar is 1) they want to give you the impression that you are more like them than you think you are and, 2) if they can trigger your need to prove yourself and you react to that by spending hours a day sending tons of emails and

tons of text messages, and you're calling your friends and family and you're fussing about it, then you're going to be less focused on the fact that the abuser is a liar.

Lie #5 – Your friends and family are talking about you behind your back

They may say things like, *"Your friends told me not to trust you. I should have listened to them."* Or *"Your brother told me you would start doing this eventually."* The abuser does this because they want you to believe that they have formed an alliance with your friends and family so that you will be less likely to turn to them when you have relationship troubles or need advice on what to do. There are times during the breakup when your friends or family might side with the abuser and this is a very painful time for a lot of people because it's during this time that you will have to decide whether to keep those people in your life. However, there is also just as much chance that your friends and family never said those things and the abuser just wants you to feel alone and isolated because if they can keep you feeling alone and isolated, then they have more influence/power over your thoughts and your actions.

Lie #6 – You will never make it without them

If the narcissist/abuser is making any suggestions about you quitting your job to move in with them or to work in their company, don't do it. If you are already supporting yourself, you should continue supporting yourself. I have never seen this turn out successfully when someone quits their job to move in with a narcissist or to work in the narcissist's company. It always ends in disaster. This is financial abuse. If you are in charge of your own livelihood, it's best to keep it that way.

Lie #7 – You are no longer desirable

This lie ties in with lie number one where they say you're no longer attractive. If this individual is making these kinds of statements to you, then that means they are not concerned with your emotional safety or your emotions. They don't care about hurting your feelings. A person who genuinely cares about you will not want to hurt your feelings and they'll try to maintain your dignity at all costs. Maintaining your dignity is not something that a narcissist is interested in. It's not normal for a partner to say these kinds of things it's abusive.

Lie #8 – They cheated on you because...

This could be any number of reasons including some of the ones that have been covered already. Narcissists never run out of (what they believe) are justifiable reasons for cheating on you. You can rest assured that every single reason they come up with is just another lie. Again, if this is happening to you in your relationship, you should understand that not all partners or spouse's cheat. It's not as common as the narcissist would have you believe. There are people in this world who are entirely faithful to their partners and spouses. You deserve that, too.

Lie #9 – Everybody wants them

In this case, there are two camps of people who want the narcissist. The first camp includes people who simply don't know who or what the narcissist is. The second camp, are people who are still trauma bonded to them...past partners, past spouses, and past lovers. All the people that the narcissist was involved with, unless they were strong enough to get out and stay out. Understand that the people in camp one, aren't as many as the narcissist thinks. Usually what happens is someone may smile at the narcissist or politely say hello. Suddenly, the narcissist is making up in their mind that this person wants them. In reality, that person might find the narcissist annoying, arrogant, or cocky. They may not even like them at all, but the narcissist has already made up a story. But even more than that, they just want to make you jealous because they love to triangulate people and to make people jealous. In short, not as many people want the narcissist as they're saying.

Lie #10 – The new supply has changed them

This may be the biggest lie of all because no one changes the narcissist, not even their children. And if the narcissist's own children can't change them, you can rest assured that no other supply sources are going to change them, either.

If you have left a toxic/abusive relationship it is imperative that you not date for at least one year. Seek a mental health professional who fully understands this type of abuse and begin your healing journey even if you believe you don't need support. Reclaim your life! You deserve and are worth it.