Being Victorious Over Narcissists with Victoria Evans

[00:00:00] Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung and I am so excited today to welcome. Victoria Evans. This is a really, really, really a special treat for me because I love, love, love, welcoming people who have been transformed. This is absolutely my favorite, favorite, favorite thing to do, and is meet people who.

[00:00:34] Are from my community because this is my mission. This is my passion. This is why. This is my why. This is why I get up in the morning. This is why I run, to do what I do every single day. You know, I. Say that, you know, I used to, you know, not be so motivated every single day today, you know, every day. Now. I love what I do because of [00:01:00] people like Victoria.

[00:01:01] So I'm so excited to welcome you here today, Victoria. This is, uh, you know, my absolute most favorite thing to do is meet people like you. So, Victoria is here with me today. So first of all, welcome. Thank you, Rebecca. Yeah. And, and let me tell you people a little bit about you. Thank you. So you are from the Bay Area and you have a bachelor's in finance from uc, Berkeley, which is mm-hmm.

[00:01:31] an incredible school, obviously. And you did your graduate work at Stanford. And you are now a, a 61 year old housewife. Yes. But you manage seven family entities, which that's amazing. I don't even know what that could possibly mean. That sounds like a lot, um, over, uh, the last 20 years. It is a pleasure. To have you [00:02:00] here and you, you came to us because you said that the Slay Program changed your life.

[00:02:06] So, you know, before we even, I wanna hear all about that. Talk about, talk about that. Thank you for having me, Rebecca. First, I'd like to say I admire you because your Slay program is thorough, practical, and delivered with strong encourage. The specific benefits to me were to learn how to create documentation and to learn how to push back.

[00:02:35] Also, two parts of your program delightfully surprised me, the packet to hand to my lawyers, and the use section in which you get into details of emotional vibration frequencies and suggest we keep a log to aim for higher emotional vibration frequencies such as enlightenment. Mm, Thank you. So I wanna hear [00:03:00] about your story.

[00:03:02] You know, how did you even come to need this lay program? You know, I mean, I know that you were facing attack and dealing with some narcissists in your life. Mm-hmm. . So talk about that. About 10 years ago, Rebecca, our real estate property manager, Bob helped me to persevere against an electrician who scammed me.

[00:03:28] We recovered some of the money from the electrician's bond. Bob taught me a common expression from the fifties. There are snakes and bunnies in this world, and you bunnies need to learn how to recognize those snakes. Only recently did Bob's command come to be. My husband is a financial advisor, Rebecca, and along with his 125 clients, he manages accounts for most of my family's entities.

[00:03:56] Our father had tried with each of my three brothers to [00:04:00] have pop and sons, but the relationships blew up one by one. My mother reported that my father basically ignored me until my thirties when he said I had to work in his office once a week if I wanted the money he was giving. We were raising a blended family of five kids and were dependent upon the money at the time.

[00:04:21] Plus, my early conditioning was to do my father's bidding. I wrote a short poem, Child Frank Rot me about how I came to be my father's paper slave. I, after our parents' parents' deaths, my three brothers pent up anger exploded onto. Mm. To protect myself. Thank you. To protect myself, I asked my brothers via email to communicate only through lawyers.

[00:04:52] The request was ignored, so I had my most aggressive brothers unwanted emails automatically directed to a folder. Wow. [00:05:00] I could see them continue to flow in and occasionally accidentally read one. They were intended to harass me. Mmm. I entered my relationship with that brother nine months ago. I told him that I would never talk to him or see him again.

[00:05:17] He then went into high gear with a revenge campaign. Oh yeah. The smear campaign. Mm. Through your Slay program, you taught me to be organized in a specific legal way to fortify myself against the attacks. I store proof of the narcissist wrongdoing in a harassment binder. I still shake a bit, but only briefly because now I have a system.

[00:05:44] I print out the email, underline the date, and hand write next to the text Misstate. Lie or bullying, I simply three hole punch the document and file it under the correct tab in date order. [00:06:00] The most important outcome of the documenting system, Rebecca, is that when I first read the communication,

although I do have a knee-jerk reaction of wanting to defend myself, I now play a game to search for pattern.

[00:06:17] As you taught us, I am spinning straw into gold. Mm. I just, that image stays with me. Yeah. It's the patterns. It's looking for the patterns. Mm. Right? Yeah. Mm. Once the email is neatly filed in the binder, the abuse doesn't get under my skin and I am freed from the circular talk of defending myself in my own.

[00:06:42] Mm. Now I'm glad that I have many unwanted emails to study so I can find patterns to anticipate his plan of attack. And I observed three patterns. First, the narcissist bullies daily. Someone, anyone [00:07:00] like a drug habit, sometimes he gets sloppy, like he is under the influence of a drug with misspellings and grammar mistake.

[00:07:08] Second, the narcissist reveals his tactical patterns provide to my lawyers. All documentation, electronic or paper, all statements, records of conversations, notes every scrap of paper you have since the conception of the entity to my lawyer, You committed fraud, you misappropriated money, you owe the entity so much.

[00:07:33] Very musical, which I'll bring up later, Intimidatingly, he copies his emails to lawyers, accountants, family members, and employees. The advantage to me is that because the narcissist hurls multiple complaints and requests and often nonsensical, his arguments become diluted. Yeah. Third, Go ahead. Did you wanna say?

[00:07:58] No? I was just [00:08:00] gonna say, it's like every time they do something bad, they just say, Oh, thank you. Thank you. You look detached when you, you know, you had a downward gaze, you were detached from that. It's good. You become, you should get yourself detached. One should, uh, third, the narcissist rebuilds his leverage.

[00:08:19] How come such and such a transaction was made in such and such a way? Now I can stay ahead of the game. I find the supporting documentation before handing the next several hundred page packet off to my lawyer. One example of an attack for the smallest entity, the narcissist accused my husband of forging a signature for a payment of $2,100 for my work over the life of the.

[00:08:50] The narcissist reported 14 accusations to the financial industry, regulatory body. I realized then [00:09:00] that my brother is a malignant narcissist, which you described so well in your sleigh program. You actually

created the clarity for me on that he wants to destroy us by creating financial ruin. Eight months later, Rebecca, the formal complaint was settled for a few thousand.

[00:09:19] My husband now has one minor disclosure over his 36 year career to which he responds, I deny the allegations of this family member's dispute straight from your program, . I love it. Thank you. Thank you. When the attack began, our first reaction was to lie down and be steamrolled over until the queries were exhaust.

[00:09:43] But through your program, I finally learned to push back without being abusive. And to do this, I picture your hands pressed against one another. Remember that part, Rebecca? Yeah. Yep, exactly. [00:10:00] New to me, it's empowering. Rebecca, my brother is past the point of protecting his reputation and he has very few relationships left.

[00:10:12] He is in it for the fight. Plain and simple, not the money. My leverage is that, which I had to think through carefully with your paperwork, took me like two weeks of really hard thinking and talking with your counselor. My leverage is that the power is not something I covet. My goal has always been to uphold the wishes of the grant.

[00:10:36] Mm. Perfect. And how do you cope with this aggression?

[00:10:46] My motto is, believe in love. I fortify myself with an image of fighting with my narcissist brother in a boxing rig. Our lawyers are represented by our gloves. I return to my [00:11:00] corner to get shoulder rubs and encouragement from my loving relat. while the narcissist returns to his corner alone to Seeth in his own acid.

[00:11:13] Yeah. They have to continue to live with themselves, right? Mm mm Well said. Our mother was a hypochondriac narcissist. She was born pretty and delicate, but her poor mind was squeezed in a vice turn by turn. Our mother's mother wished that our mother hadn't been born. And threatened her with kitchen knives.

[00:11:37] Setting the stage for me to spend decades angling for my mother to find me precious. In the last year of her life, I realized that my mother would never love me and became an observer of her abuse.

[00:11:55] Just like there is a critical period for the developing brain to learn how to talk, I think there is also a [00:12:00] critical period to learn how to. Our

mother never learned the language of love. I wrote a poem about this titled My Gorilla Mother.

[00:12:13] Our father was a domineering and complex man. I studied the Holocaust for 30 years as a metaphor to figure out how he could unfairly rise to power. I arranged for survivors to speak at my children's school. Gave speeches to introduce them and took my family to a concentration camp. Despite all this, my brain remained confused.

[00:12:38] Our father was both, both abusive and fiercely loving. He was intelligent enough to see that he had a problem, but he didn't know how to control his anger. In the meantime, our father was successful outside of the family in business friendships and rugby teams. He had a push pull relationship with love [00:13:00] because his mother died when she was 14.

[00:13:02] Our father rejected females, but underneath that was fear that they would die on him. In the end, however, he surrounded himself with females. The tension in the home trickled down. Rebecca, my brother and I used to climb on our dog's back and gleefully bite her as hard as we could. I was amazed that Clooney never turned on.

[00:13:26] But she bit the milkman and the mailman and had to be put down. I remember lying down with Clooney in the back of the teal colored interior of our station wagon, embracing her. Dear dearly, during her last precious moments alive, one of my brothers told me that due to a lack of love in the home, he spent time at girlfriend's house.

[00:13:53] I also cultivated loving relationships outside of the home, even though we didn't have enough love [00:14:00] in the house and withholding it was used to manipulate us. We did experience love from our father and relatives. It felt good. I knew I wanted to get more of it, so I looked outside of the house. I didn't get mad because of the scarcity of love.

[00:14:18] I just worked to fill the. I crave love so much, Rebecca, that I will put up with a lot to keep it. I don't give up on romantic relationship problems. Love is the best feeling in the world. I think of my narcissist brother and how deep down maybe he is seeking unrequited love from our parents. I think love should be interlaced in all levels of Maslow's hierarchy because a lack of love can create psychological problem.

[00:14:49] threatening our survival. Recently, I had concluded that you can't love yourself unless the mother inside you loves [00:15:00] you. I wrote a poem about becoming my own mother titled I'm Weary.

[00:15:14] Whenever I Feel Vulnerable, I reach out for a dose of. Recently I took my family on a trip to visit extended family and friends with whom I had cultivated loving relationships. But this time, love wasn't the answer. My brother had somehow taken a hold of my mind and I couldn't shake it out no matter how hard I tried.

[00:15:36] Yoga narcissist videos, walks in nature. Nothing worked.

[00:15:44] Mm. Yeah. I mean, sometimes you just have to let them go, you know? I mean, Mm. So your motto is to believe in love mm-hmm. , But you [00:16:00] know, it, it didn't work for you during this onslaught, so, How do you conquer your negative self talk? Victoria. Oh, Rebecca, thank you for asking.

[00:16:17] Our mother got herself admitted into hospice. Thanks to her fake cough. She still wasn't dying after two years, so she did physician assisted suicide at the age of 86. Her care ticket asked her if something was going on psychologically and our mother. Yes. And later said, I hate my mother. Mm I, Mm. I think our mother's psychological issue was the message her mother had embedded into her brain.

[00:16:48] The same message that I have and that I suspect my brother has. Mm. I hate myself. I wanna kill myself. [00:17:00] Now Rebecca, I don't my hate myself and I don't want to kill myself, but I held onto that secret habit until my brother's harassment overwhelmed me, and I decided to face the problem head on. The first level of voice free was to eject messages from the back of my brain, like cassette tapes.

[00:17:23] This took place automatically after our mother. A dear friend of ours, a well known black jazz musician, describes the same location in his brain brain where the racist thoughts are lodged. He told me the story of a black girl who swam in a pool, so they drained it. I asked him where he feels the racist thoughts, and he pointed to the same place in his brain that my mother's messages were lodged.

[00:17:51] Likely my brothers had the same affliction. The second level of voice free was to let my brain fill in where it had [00:18:00] been stunted. If my brain were a toaster where the toast would be put in, I feel exciting growth. I

began to think new thoughts, say what I was thinking, and to be courageous. Have you ever seen the poorest inside of a dead animal bone?

[00:18:16] It felt like that in my brain. Brain material filled in the pore.

[00:18:23] The third level of voice freeing was to face the deeper voices, the ones I didn't remember being put there. The ones that cut through both halves of my brain, like sides in the morning while sipping my tea. I began by count counting how often I said that awful message to myself. It was two to six times an hour, depending upon my efficiency and productivity.

[00:18:49] I discovered the voices occurred during a spare moment of non concentration my whole adult life. Rebecca, I ignored the voices like swatting nats away from my face [00:19:00] by overworking, concentrating, pushing through. But this recent loud attack of huge red eyed flies could no longer be ignored. I turned my gaze to the treasure chest.

[00:19:15] Of slithering snakes and creaked open the lid. To examine the patterns of my memories, I examined the behavior patterns of every family member. With the help of Sam v's videos, I was able to string together what I thought was isolated events and behaviors into patterns. I resisted some odd behaviors until the very end.

[00:19:39] For example, one of my brothers occasionally loved bombed me with amazing presence. I now think that it was so that he could hook me back to abuse me, not to apologize for abusing me. Still, this exercise didn't extricate my malignant narcissist. Brothers controlling [00:20:00] thoughts. The fourth level of voice freeing was to accept the narcissist theme of death as described by Sam V.

[00:20:12] Life threatens. I know a lady whose narcissistic mother slapped her for starting her period. When my mother found out that I had sex at the age of 19, she cried out and pulled out her hair. It's not uncommon for targets to have thoughts of death. We can feel like a zombie walking through life but not owning it.

[00:20:32] Or like birds are chirping in our head or like we are the subject of a voodoo doll. Sand bick explains. How the narcissist gets the voices into your brain via song like repetition. My mother wrote in my baby book that she cooked Duck Lauren on the fateful night before my birth.

[00:20:58] She also wrote that I used to sing. [00:21:00] I will forgive my mommy when she dies. You can be sure that my mother taught me that song because three year olds don't know what death is. I believe that my mother implanted my negative self-talk. My brother certainly knew the death themes to repeat shortly before I discarded him.

[00:21:20] He emailed me extensively about a girl who had been murdered in our neighborhood when I was eight. We had never talked about it. He had stored away as a frightening memory he knew lived in my brain. Later I imagined lying down at the forest's edge at dusk to let the animals chew me to. Last one of my children told me with quivering lips that he had a nightmare that a vampire mom version of myself killed my mom self.

[00:21:50] The fifth and last level of voice screen was to write down my new positive talk. I had a three week transition period [00:22:00] after I first found the key to unlock my handcuffs. There were still depressions in my wrist. But now I never say those horrible words. It's over from deep within my brain, not forcing it.

[00:22:11] I said I'm sorry to myself for leaving on my office van overnight. I found myself saying I love myself after a nice family dinner, and you got this Rebecca's young style after a long paperwork day. Such joy.[00:23:00] [00:24:00] [00:25:00]

[00:25:50] I wanna ask you, um, question. I, I mean, I just wanna know, cuz I wanna just kind of explore [00:26:00] some of your, your actual, like some of the feelings that you had too. Mm-hmm. , um, you know, because I think, I think it'll help. To, um, talk about how you felt, um, you know, how, how, you know, how you felt. I felt mostly embarrassed, Rebecca, that I would have thoughts like this and I kept it a secret until just now I was embarrassed to things, to jole things.

[00:26:38] How could I treat myself like that? Yeah. Because I think, I think that that's what people will really resonate with. Sure. Yeah. Go for it. Yeah. I felt embarrassed and I hit it. Yeah, because [00:27:00] everybody, and I'm a very open person too, everybody feels that way. This was way, way back into my brand's development.

[00:27:11] She got me while my brain was being developed. Rebecca, how powerful is that? Everybody feels that way. Mm-hmm. . Everybody feels that way. Thank you. Who ha has been a, a, a, a target of narcissists every, It's hard

to stay strong. Yeah. Every single person. Thank you. And that's why I want, wanted to ask you that question.

[00:27:46] I'm glad you did. That's underneath it all. Yeah. That's their power. That's their power is having you feel ashamed. I had another message about, [00:28:00] I messages about shame. Yeah. Too, I had messages about shame. That person feels that way and you know, so I, that's the beginning of my book is how people feel. You know, and then how you wanna feel, right?

[00:28:21] Mm-hmm. , and I'm 61. Rebecca H has almost nothing to do with it. You see that fully developed brain until, yes, you're still back in that place, right? Mm-hmm. , you know, you're still five or you're still whatever it is. Mm. Until you, until you heal that trauma, um, because it's, you're, you're whatever age you were when you were traumatized and, um, until you go back and, and the 61 year old, he, you know, speaks to the five year old version of Victoria and says, You're okay.

[00:28:59] You're safe. [00:29:00] Um, And Yes. You know? Yes. Um, and, and that's what needs to happen in order to heal. Mm. I love that you, that you brought up this uncovered Yeah. Feelings. Thank you. Yeah. And so I, that's why I wanted to go and in the safe, in the safe area. Sorry to interrupt you, but you brought up, had me bring my feelings within the safety of the community, right?

[00:29:28] Yeah. But so often I'm in protective, So, mm-hmm. . Thank you. Yeah. So, I mean, and, and it's so important that we, we are vulnerable and share that because we all, and, and I, I'm careful, and this is in my book too. Mm-hmm. , not to use the word victim because we are not victims. We're we're targets. Okay. Cause I want to say they're predators.

[00:29:58] Mm. They are predators. [00:30:00] They prey on us as victims and Yes, and, and so. We're not victims cuz we don't stay victims. We, we can heal, but they pray. What do you think about saying that we are victimized but not victims? We're victimized, but we're, yes, we are victimized, but we're, is that right? Okay. Yes. We're, you know, they target us.

[00:30:25] And so I, I really prefer to use the word target. I like it. I will from now on. Yeah. Um, and so that's why I wanted to ask you how you felt, um, and, you know, embarrassed that I would treat myself like that. Yeah. Or what, But now you know, when you know better, you do better. Mm-hmm. , like my Angelou says right.

[00:30:50] Um, and that's why I, I wanted to ask you, um, and I want to go to your question of [00:31:00] reaching freedom. Oh. You know, because I think that that is really the more important Anne's question. Okay. You know? Ooh, okay. We go to, Yeah. Because, you know, that's the, uh, that's where people want to be. It's like, how do you feel, How do you feel when you're targeted?

[00:31:29] Which is the, the shame. And, and like they make you feel like, you know, you're nothing or you're worthless, or you're this or you're that. Cuz that's how they want you to feel. Oh yes, they do. Right? But how do you wanna feel? Where do you wanna go? How do you, you want to feel joy. You wanna feel whole? Mm-hmm , you wanna feel complete, You wanna feel at peace.

[00:31:59] Right. [00:32:00] And so that's where I'll, I'll want, and that's really the you in my sleigh and that's, you know, Yes. I want you to, to slay narcissist, and I want you to win. But you know, that's why I, I create this whole area of the program about really focusing on you. It's very well done. Right? So talk about now that reaching freedom.

[00:32:35] Yeah. Thank you Rebecca. Um, there are snakes and bunnies. They recognize us, but we need to learn to recognize them. The snakes wanna use you then squeeze you, choke you, and finally swallow you. Whole one commenter wrote, Run away like your house is on. You will have lost, invested time and special items, but save your [00:33:00] precious self.

[00:33:02] On the eve of September 11th, 2002, I expelled my brother's hold on my brain because I faced those deeper voices and accepted the narcissist theme of death before my freedom. The world's objects felt like barrier. Objects below me and around me were hard. I felt wedged between the surfaces of the ground, bushes, walls, everything.

[00:33:26] Once free, I had a dream that I could perceive a new type of space through a huge wall of jungle trees. The surprising outcome of my freedom is that I now feel enjoyment. I had always believed in socializing and fun, but I defined it as a task. The feeling of enjoyment is new, warm, swirly, floppy. I feel not excited like getting married or having a baby.

[00:33:52] Not revved, like taking on a new project but relaxed. The couch I am sinking into is comfortable pressing [00:34:00] against my back, supporting me. I am part of the world now, no longer shifting in and out of wedges. I guess I could say that I feel like one with the universe for the first time in my life, before my freedom, the open sky held possibilities and.

[00:34:17] When a family member announces a sunset, we rush to admire the changing colors. Clouds carry fresh rain. Airplanes journey remote stars twinkle as a community of sufferers. From narcissism, we can look at the steadfast boon and send hope to each other. Look at the sky. Think of your freedom. You can do this.

[00:34:41] I wrote a poem about the journey of freeing myself, Title. Sweet Liberty, Harriet Tubman made her way to freedom via a complex organization of private homes. Then I'd list the people who helped me along my journey. I end my [00:35:00] poem with, when Harriet reached the border into freedom, she looked down at her hands and they were the same hands, but there was one difference.

[00:35:11] They were free. Hmm. Yeah, free. How does that word make you feel? Like The rest of my life is gonna be so much better than the previous lifetime was. And how does it make you feel inside when you hear the word free? Uh,

[00:35:39] feeling. Feeling inside of free joy. Fireworks. Yeah. Like giving yourself permission, right? Mm.

[00:35:54] Ownership of myself. Yeah. You have a voice. [00:36:00] Hmm. Give yourself permission to have a voice.

[00:36:08] Hmm. Nice. It's growing. Yeah. So where do you, um, have your poems if people wanna see your poems? Um, narcissist poems.com. Mm. Go check out her poems. And I wanna ask you, uh, do you think that my slave program helped you save money on attorney's fees? Oh, heaven's sake, Rebecca,

[00:36:46] I have more than one attorney and oh, one of them. So smart. But unfamiliar with narcissist. And I kept on bringing up the word narcissist, saying I was studying narcissist, saying that I was being [00:37:00] comforted by the videos. And he said, Stop watching those. It's not good for you. And I thought, I can't stop.

[00:37:05] I've got to figure this out. And eventually I brought it up so much and I brought in your packet that now he just walks the walk and talks the talk. For anybody looking to purchase the Slay program, this saved me literally thousands of dollars in attorney's fees. So thank you so much, Victoria, for joining me today on Negotiate Your Best Life.

[00:37:30] This was amazing. You were amazing, and I mean, you were supportive. Ah, thank you so much. And you were. I mean, I'm so grateful to you and so grateful to that my program was able to help you. And I, I mean, I'm just so grateful that, um, you know that now you're living your best life and negotiating your best life.

[00:37:58] Yes.