

## Episode Description:

What You Need to Know About Narcissistic Abuse Part II contains two parts and is the second part of a larger Series on Narcissistic Abuse. Parts I and II are episodes 6 and 7, and they include a "crash course" in narcissistic abuse. Part II, Episode 7 includes what the impacts are of narcissistic abuse on the survivor; impacts in specific kinds of relationships; and ways to heal, educate yourself, and get your life back. This episode further breaks down the connection between alcoholism and narcissism, how this can create codependency, how group dynamics and organizations can be narcissistic, how to deal with different levels of narcissists, and practices to heal from narcissistic abuse. Episode 6, Part I, which precedes this episode explains the nature of narcissists and narcissistic abuse and warning signs of narcissistic abuse.

## Breakdown of Episode

0:00 Introduction to the Series, Episode, and Topic

2:06 What Are the General Impacts of Narcissistic Abuse on the Survivor?

25:07 Impacts of Specific Types of Relationships With Narcissists

59:38 Healing, Educating Yourself, Getting Your Life Back

## Bulleted List of Resources

- [Effects of Narcissistic Abuse](#) by Arlin Cuncic in *Very Well Mind* includes what narcissistic abuse is and the impacts of narc abuse. This article is also used at the beginning of Episode 7 that discusses the impacts of narc abuse.
- [What's the Difference Between PTSD and CPTSD?](#) is a Youtube video I created to clarify the differences between complex trauma and regular trauma and the impacts of each, particularly when brought on by abuse. I mentioned this video as another resource in this episode. For more videos like this one, please hit the subscribe button.
- [Narcissistic Abuse and Complex Post Traumatic Stress Disorder](#) by Shirley Davis from the CPTSD Foundation, is an extra resource. While it wasn't discussed much in the episode, this is a supplemental resource to help you understand how prolonged narcissistic abuse can create complex trauma.
- [Setting Boundaries](#) by Henry Cloud and John Townsend is a book I mention in the episode that "help[s] you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself." (cited from Dr. Cloud's website)

- [Lisa A. Romano](#) (YouTube) is a [teacher](#) (website) and coach I mentioned who discusses codependency, narcissistic abuse, alcoholism, and the connection between all three, as well as ways to heal from people-pleasing codependency.
- [Seven YouTube Channel Recommendations for Healing Trauma and Narcissistic Abuse](#) is a video from my YouTube channel I mention in the episode that can give you more resources on this topic. Please click subscribe for more videos like this one.
- [11 Ways Alcoholics and Narcissists Are Similar](#) by Dan Neuharth PhD, MFT in *Psych Central* discusses how narcissistic abuse became a field of study when research showed that alcoholics and narcissists have similar traits and behaviors and the impacts on their children and grandchildren are similar. I mention that this often creates codependency.
- [15 Ways Being Raised by a Narcissist Can Affect You](#) by Dan Neuharth PhD, MFT in *Psychology Today* describes the impacts that being raised by a narcissist can have on a child or adult child of a narc.
- [Narcissists, God, and Religion](#) by Mental Health Center of America is an article I mentioned when I briefly mentioned how religious authorities can abuse their power and hide behind walls of false righteousness. This is another resource you can use.
- [The Rise and Fall of Mars Hill Podcast](#) by *Christianity Today* is controversial, but it also gives a provocative account of what can happen when one religious narcissistic leader is given too much power and leaves a wake of hurt and devastation in his path. It's a thought-provoking podcast on narcissistic abuse in a religious organization. We'll discuss this topic further in another episode.
- [Narcissistic Abuse, What Are the Warning Signs in a Relationship?](#) by Ellen Scott in *Metro UK* is an article that describes the unique impacts of narcissistic abuse in intimate romantic relationships with partners and spouses and the warning signs of those.
- [The Destructive Power of Denial and What to Do About It](#) is a YouTube video I created that discusses how denial can destroy relationships and cause trauma to the victims. I mentioned this video when discussing the warning signs of narc abuse in romantic relationships. For more videos like this one, hit the subscribe button.
- [Narcissistic Personality Disorder Types](#) by Laura Dorwart in *Very Well Mind* describes some of the different types of narcissistic personality types to look out for and the unique qualities of each brand. I add a note about which can be the trickiest and most dangerous.
- [Dr. Ramani's YouTube Channel](#) is another resource I mentioned where you can search in more detail about different types of narcissists and warning signs of each. She is a great resource in general to educate you on narcissistic abuse and protecting yourself.

- [How to Spot Narcissistic Behaviors](#), no author given, in Psych Central gives you tips and clues on how to spot a narcissist and how to protect yourself in these situations.
- [Narcissistic Abuse and It's Impact: What Does it Mean to Me?](#) Season 1 Episode 7 of Christian Emotional Recovery is an earlier podcast episode that gives you more information and resources on narcissistic abuse.

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Want to write your own healing message or memoir, but don't know how to get started? I'm also a book coach and editor with an MA in English and MFA in Creative Writing who helps highly sensitive people, INFJ's and P's, and empaths get their healing messages out in the world. Check out my book coaching services website: [rachelleroy.com](http://rachelleroy.com).

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Want to improve your writing? I'm a writing professor with more than 20 years experience teaching and tutoring writing and language. Check the courses here:

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