

# Tango Steps For Breaking Free From Narcissists And Predators

If you're reading this, chances are you've been involved with a narcissist or predator. Maybe you're still in the relationship, or maybe you've managed to get out. Either way, you're probably feeling lost, confused, and alone. You may be wondering if you'll ever be able to heal from the damage that's been done.



## From Love Trauma To Fearless Love: 7 Tango Steps for Breaking Free from Narcissists and Predators

★★★★☆ 4.9 out of 5

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I'm here to tell you that you can heal. You can break free from the narcissist's or predator's control and reclaim your life. I've been there, and I know it's possible.

In this book, I'll share the tango steps I used to break free from a narcissist. These steps are based on my own experience, as well as the experiences

of other survivors. I'll also provide practical advice and resources to help you on your journey to recovery.

## **Step 1: Recognize the Red Flags**

The first step to breaking free from a narcissist or predator is to recognize the red flags. These are the warning signs that indicate that you're dealing with someone who is dangerous and unhealthy.

Some common red flags of narcissism and predation include:

- **Love bombing:** Narcissists and predators often shower their victims with love and affection in the beginning of the relationship. This is a way to get you hooked and make you feel like you can't live without them.
- **Gaslighting:** Narcissists and predators often try to make their victims question their own reality. They may deny things that they've said or done, or they may try to convince you that you're crazy.
- **Isolation:** Narcissists and predators often try to isolate their victims from their friends and family. This makes it harder for you to get support and makes you more dependent on them.
- **Control:** Narcissists and predators often try to control every aspect of their victims' lives. They may tell you what to wear, who to talk to, and what to do.
- **Violence:** Narcissists and predators may use physical, emotional, or sexual violence to control their victims.

If you're seeing any of these red flags in your relationship, it's important to get out as soon as possible. Narcissists and predators are dangerous and they can cause serious harm.

## **Step 2: Set Boundaries**

Once you've recognized the red flags, the next step is to set boundaries. This means setting limits on what you will and will not tolerate. It's important to be clear and direct with your boundaries, and to enforce them consistently.

Some examples of boundaries that you might set with a narcissist or predator include:

- I will not tolerate being called names or being put down.
- I will not tolerate being isolated from my friends and family.
- I will not tolerate being controlled or told what to do.
- I will not tolerate violence or abuse of any kind.

Setting boundaries is essential for protecting yourself from further harm. It sends a clear message to the narcissist or predator that you will not tolerate their behavior.

## **Step 3: Practice Self-Care**

Self-care is essential for recovering from the trauma of narcissistic or predatory abuse. It's important to take care of yourself both physically and emotionally.

Some tips for practicing self-care include:

- Get enough sleep.
- Eat healthy foods.
- Exercise regularly.
- Spend time with loved ones.
- Do things that make you happy.
- Seek professional help if needed.

Self-care is not selfish. It's essential for your recovery. When you take care of yourself, you're sending a message to yourself that you're worth it.

#### **Step 4: Connect with Others**

Connecting with others is an important part of recovering from narcissistic or predatory abuse. It can help you to feel less alone and to learn from others who have been through similar experiences.

There are many ways to connect with others, such as:

- Joining a support group.
- Talking to a therapist or counselor.
- Connecting with other survivors online.
- Volunteering or getting involved in other activities that bring you into contact with other people.

Connecting with others can help you to feel supported and to learn from others who have been through similar experiences. It can also help you to

break the isolation that narcissists and predators often create around their victims.

## **Step 5: Take Action**

Once you've recognized the red flags, set boundaries, practiced self-care, and connected with others, it's time to take action. This may involve leaving the relationship, filing for a restraining Free Download, or reporting the narcissist or predator to the police.

Taking action can be scary, but it's important to remember that you're not alone. There are people who care about you and want to help you.

If you're not sure what to do, there are resources available to help you. You can contact a domestic violence hotline, a mental health professional, or a legal aid organization.

Taking action is the first step to reclaiming your life from a narcissist or predator. It's not easy, but it's possible. With the right help and support, you can break free and heal.

Breaking free from a narcissist or predator is a difficult process, but it's possible. By following the tango steps outlined in this book, you can reclaim your life and heal from the trauma of abuse.

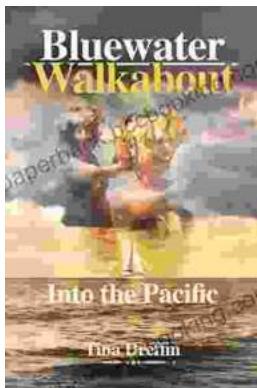
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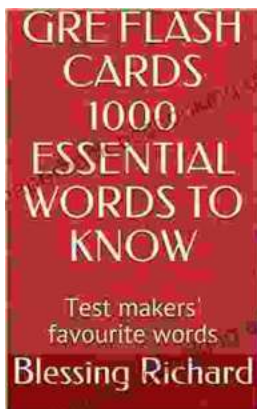


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