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r/NarcissisticAbuse



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r/NarcissisticAbuse • 4 mo. ago

Lopsided_Scheme_4927



18 NSFW

I Thought Breaking Up Would Free Me. Why Do I Feel So Lost?

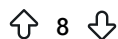
How to heal?

I spent a year and a half in a relationship that made me question my reality. I finally walked away, thinking I'd feel free, but instead, I'm stuck with unexpected emotions: grief, self-doubt, even moments of missing him.

Meanwhile, he moves on like nothing happened. Actually, he created a parallel delusional world, where is the winner, his life is fantastic and he's some sort of visionary. He still has his 'friends,' his confidence, his social energy. And I'm here, struggling to reconnect with myself. It makes no sense and seems so unfair. I know the relationship was toxic. I know he invalidated me, dismissed my feelings, twisted reality and made me doubt myself. And yet, there's this lingering sadness.

Why does it feel like he gets to walk away unbothered while I'm left picking up the pieces? I don't want him back, but I hate that he still occupies so much space in my mind. It seems I'm left feeling all the pain he's determined not to feel.

Has anyone else felt this way after leaving a toxic or narcissistic relationship? How did you deal with it? What actually helped you move forward?



8



10



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cinnamon_oatie • 4mo ago

I've read that the more unhealthy a relationship was, the harder the grieving process can be. Especially after a narcissistic relationship because they are just so damn confusing.

I think how you're feeling is really normal, but I promise you it gets easier with time!



7



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Lopsided_Scheme_4927 OP • 4mo ago

I think you are SO right! ...and this was very unhealthy as in my case is Narc entrenched with another mental health issue but a number of factors (idealisation from the past, a moment of personal vulnerability on my part and long-distance relationship) made it difficult for me to recognise red flags straight away... looking back they were all there from the start



1



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Yes, absolutely, yes. I felt amazing when I first left, then it started to dip after a few months then it all really hit me. It's a process and you need to be patient. Your sense of self is in a hospital bed and needs time to heal.

You're grieving the loss of your old self and now have to face the world a new person. It's like walking through a fun house, except the fun part. It's probably not too dissimilar from a person leaving behind a bad addiction and having to walk around like a normal person in a normal world. It's very disorienting.

I recommend trauma therapy or if you can't afford that, find a local domestic abuse support group. Those are usually no cost. You absolutely need support and preferably from someone who understands what you went through. It's really, really hard to do this without support

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Lopsided_Scheme_4927 OP • 4mo ago

Thank you for your support and understanding! Yes, I'm in therapy and hoping to come out stronger on the other side. Some days are easier than others, but grief is a process that takes time.

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Successful_Pea_1465 • 4mo ago

I love your answer. I have a followup question: my nex is very likely the last person I will give my self to without any boundaries. I am very protective of my self and can feel my boundaries even when meeting someone new. Because my nex is the last person I would have given my self unconditionally to, it just hurts that I have so much to give but my awareness won't allow me to give all that to someone else after this experience. It feels like the only person I can go back to giving my self unconditionally is the only person I've given it to before, and that's her. Going forward, I won't allow myself to someone I don't know yet, because I guess you never truly know someone. My question is: how do I navigate this dilemma?

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Yuhuhuuuuu • 4mo ago

I only started to feel free about 10 months after I left. I had some important professional achievements which I celebrated with family and friends and I was just SO happy he was not there. I couldn't help but think about how he would have ruined it, and how instead, it was a beautiful moment, precisely because we are not together. I've rebuilt my life and I like it so much as it is now. Before I knew, rationally, that my life was better without him. But now I feel it too. The beginning was not like this. It was only guilt, pain, confusion, then anger, so much anger. Some despair yes, missing, never him because he truly was awful, but missing how I felt with him. Missing moments of (perceived) deep connection. It is normal to not feel free, but after a long time perhaps you will. More than free, grateful that it is over.

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Is anyone else much uglier after being with their narcissistic partner?

275 upvotes · 108 comments

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NSFW

They. NEVER. Change.

203 upvotes · 16 comments

r/NarcissisticAbuse • 6 days ago

NSFW

Read this when you think “maybe they can change.”

195 upvotes · 23 comments

r/NarcissisticAbuse • 6 days ago

NSFW

Has anyone else totally lost interest in sex since your abuser?

190 upvotes · 105 comments

r/NarcissisticAbuse • 5 days ago

NSFW

After the intense discard phase, did anyone else experience the narcissist suddenly acting completely normal again – like nothing ever happened?

186 upvotes · 72 comments

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How many of you are ptsd warriors?

105 upvotes · 32 comments

r/NarcissisticAbuse • 1 day ago

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101 upvotes · 60 comments

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NSFW

Did Anyone Else Feel Completely Abandoned by Friends and Family During the Worst Time?"

98 upvotes · 52 comments

r/NarcissisticAbuse • 3 days ago

NSFW

Do narcissists tend to get partners whom they perceive as 'lower' than them?

93 upvotes · 66 comments

r/NarcissisticAbuse • 3 days ago

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Why do they lie about having been cheated on by their exes?

89 upvotes · 52 comments

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How did you make peace with the fact that they'll never get it?

82 upvotes · 71 comments

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Stealing your identity, and using pop culture as a personality

72 upvotes · 36 comments

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I finally broke the trauma bond with the covert "nice" guy narc

71 upvotes · 36 comments

r/NarcissisticAbuse • 4 days ago

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Why do narcissists stop loving us — or even stop using us as supply?

71 upvotes · 90 comments

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66 upvotes · 43 comments

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Are narcissists actually more successful because they're better at playing the game?

66 upvotes · 35 comments

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Anyone Else Feel So... Pretty After Getting Out?

57 upvotes · 33 comments

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They gradually ruin the things you love

53 upvotes · 8 comments

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why is it right when you think you're ready to leave they start acting nice out of nowhere?

52 upvotes · 22 comments

r/NarcissisticAbuse • 3 days ago

NSFW

Karma isn't real, at least not in this lifetime

50 upvotes · 53 comments

r/NarcissisticAbuse • 4 days ago

NSFW

This makes sense... Finally ended up

47 upvotes · 3 comments

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NSFW

Words of wisdom

46 upvotes · 4 comments

r/NarcissisticAbuse • 3 days ago





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45 upvotes · 29 comments

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18 NSFW

How did they handle your grief?!

44 upvotes · 71 comments

18 r/NarcissisticAbuse • 15 hr. ago

18 NSFW

Were the parents of your narcissistic ex also narcissistic?

43 upvotes · 55 comments