

# Getting Out: How to Prepare to Leave the Narcissist

Leaving a narcissist can be one of the most difficult decisions you'll ever make. It's important to remember that you're not alone and that there are people who can help you. This article will provide you with some tips on how to prepare to leave the narcissist, including how to create a safety plan, gather evidence, and build a support system.

## Create a Safety Plan

The first step in leaving a narcissist is to create a safety plan. This plan will help you to stay safe in the event that the narcissist becomes violent or threatening. Your safety plan should include the following:



## Getting Out! How to Prepare to Leave the Narcissist

by H G Tudor

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- A list of trusted friends and family members who can help you

- A safe place to stay, such as a domestic violence shelter or the home of a trusted friend or family member
- A way to get help quickly, such as a cell phone or a whistle
- A plan for what to do if the narcissist becomes violent or threatening

## **Gather Evidence**

Narcissists are often very good at manipulating others and making false accusations. It's important to gather evidence of the narcissist's behavior in order to protect yourself both legally and emotionally. This evidence may include:

- Text messages or emails from the narcissist
- Voicemails from the narcissist
- Social media posts from the narcissist
- Statements from witnesses who have observed the narcissist's behavior

## **Build a Support System**

Leaving a narcissist can be very isolating. It's important to build a support system of friends, family, and professionals who can help you through this difficult time. Your support system can provide you with emotional support, practical help, and legal advice.

## **How to Leave the Narcissist**

Once you have created a safety plan, gathered evidence, and built a support system, you are ready to leave the narcissist. It's important to do

this in a way that minimizes the risk of violence or retaliation. If possible, try to leave when the narcissist is not home. Change your locks, block the narcissist's phone number and email address, and make sure that you are not alone when you leave.

## **After You Leave**

After you leave the narcissist, it's important to prioritize your safety. Continue to follow your safety plan and be aware of the narcissist's behavior. It's common for narcissists to try to contact you or manipulate you into coming back. Don't give in to the narcissist's attempts to control you. Focus on your own healing and well-being.

Leaving a narcissist can be a difficult and dangerous process. However, it is possible to do it safely and successfully. By following the tips in this article, you can protect yourself and rebuild your life after narcissistic abuse.

## **Additional Resources**

- The National Domestic Violence Hotline: 1-800-799-SAFE
- The National Coalition Against Domestic Violence: <https://ncadv.org/>
- The American Psychological Association: <https://www.apa.org/>

## When to Leave a Narcissistic Relationship

It may be time to end the relationship if you feel confused or struggle to find words to explain what is happening. It is not worth losing sight of yourself or your self-worth to stay in a relationship that does not meet your needs. Narcissistic abuse syndrome is real and can have lasting impacts on a person—avoid this by knowing when to leave.



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