

# **Module 2: The Gifts Of No Contact**

## 2.1: The Gifts Of No Contact

I would be very remiss if I didn't talk to you about the joys of going No Contact. Right now it might seem to you that this is all trouble and all problems and all doubts and all fears, and those are all very justified, and we will definitely be going through all of those and helping you over those.

However, I want you to know that the other side of all of those is a life such as you have literally never known before.

As you go through the rest of this course, this is a way to keep your eye on the prize, so to speak, to know why you are doing this at all.

I don't think you can possibly realise, until you're free of the toxic dynamic, the sheer energy it takes to cope with your narcissistic mother, and how that depletes the energy you should be spending on all else in your life. You don't realise it (yet!) because it is all you have known all your life.

It's like air pressure. Each of us has tons of air pressure pressing down on us all the time, and we're not aware of it because we have known nothing else ever.

And you have not yet ever experienced life without the weight of your mother's narcissism pressing down on you.

However, speaking as someone who *has* experienced that narcissism-free life, it is *everything*.

Now, there *is* a time of transition between now on the one hand and your narcissism-free life on the other, going through the whole process, and we will for sure talk about that, as I don't want to minimise that.

However, once you no longer have to please her and pander to her and worry about what she says and her nasty comments, and organise celebrations

without worrying how she will spoil them: everything! Everything you do, you can do post No Contact without reference to her and how she would manufacture upset about it or create drama about it. You can, quite simply, just go and live your life. How revolutionary is that! You'll have more energy for your own children if you have them, for your own partner if you have one, for your own career, and – above all – for your own life. For **you!**

We will talk towards the end of this resource about how to be in the world as a No Contact woman, so we won't go too much into it now, but just to let you know that that's what's waiting for you.

I'm going to share stories from other DONMs about their own No Contact experience, but first let me share my own experience with you.

I won't say it was easy. The freedom from being in contact with my dysfunctional parents gave me space to look at a marriage that had never worked, and I ended up divorced. I do want to stress that my ex is in no way narcissistic or abusive; he is a decent kind man, but our relationship had never worked. Because of that divorce there were huge financial worries. It was a very low time. It was not one bit easy.

However, in the fourteen years since then, every year has been better than the one before. I am now living the life I should always have been living. I am more confident, I am happier, I have more energy, I have more strength.

Now I'm not saying everything is perfect. I am still dealing with the fallout of it all. I am still a DONM, and I would never be claiming that I am sitting at the top of a mountain beatifically meditating, completely enlightened and telling the rest of you to catch up! Nope, my life is still messy and chaotic and

stressful: I don't have a perfect life by any stretch of the imagination!

But it is zillions of times better than it was when I was in touch with my mother and father and they were sucking every last bit of energy and vitality out of me.

So that was my experience. I'll share now what other DONMs have had to say. These stories are slightly edited for length without amending their meaning. You can [read the full testimonials on my website](#). Some DONMs used their names, and others preferred not to, and of course I honour that. Also, of course all these stories are shared with full permission.

Peggy says she's now happy and peaceful, enjoying a drama-less life. She has time available to establish healthy friendships, and to participate in activities with her husband and children and grandchildren. Her joy increases on a daily basis. She has discovered a new life and the courage to try new activities without fear. She is happier and therefore her family is happier.

Susan says: "I used to fear going No Contact. Now it has been three years and I am no longer being abused constantly. I took back my personal power as a human being, and I feel better for it. My only regret is not doing it thirty years ago."

Lovisa says, "I have a lot more energy, and I have the peace of mind to take it easy. I don't have to perform in life any more. I feel so much better that I have finally started to bloom because no-one is holding me down."

Another DONM wrote, “I’m off to play pickleball and then band rehearsal. I never had time for this before!”

Another DONM says, “I have been No Contact for two weeks or better, and I am starting to feel so alive! Maybe it’s natural but I catch myself missing her just a little and I want to share my new experiences [with her]. Isn’t that strange? But that only lasts a minute and goes away, and it’s not as depressing or consuming. You literally feel free. I’m sure this isn’t forever. She is my mother and I’m sure I’ll eventually have a moment of weakness. But that’s okay. This feels too good and things are starting to not be so heavy. I think it might just be okay after all. Wow!”

Another DONM wrote, “For me, going No Contact, whilst difficult and sad at times, has given me freedom from all the drama that had become normal. Life is so much calmer and happier now. Who knew? I just thought that’s how families were. At first, I didn’t even realise No Contact was possible, but from the moment I decided enough was enough, and I didn’t want to deal with the disgusting way they behaved, or for my children to think how they behaved was normal, it has been a tough but liberating experience. [...] Love is about caring, respecting and supporting, and when people don’t treat you with these, whoever they are, know that you are worth more, and you don’t have to put up with behaviour that makes you sad, angry and hurt. [After No Contact] watch your life – you! – bloom into who you should be. It does take time but with patience [...] things do improve. My life is still difficult at certain times, but is so much richer now that I have time for other things rather than dealing with their dramas or trying to please those who can never be pleased. [...] So, no

matter who judges, I am secure in the knowledge it was the right decision for me, and three years on I still feel the same.”

Another DONM writes, “It’s shocking how much energy I have now to do things that improve my life. My life has completely changed.”

Carrie wrote, “It’s unbelievable how much time I have now to build a healthy new life. I have new things to talk about now besides ‘You won’t believe what Mom did now’ stories LOL. I lost 40 pounds and am recovering from a food addiction. I exercise daily and I joined a few community organisations. My friends say that I glow, and it is obvious that I am happy. My husband said that he is happy to see that I am no longer in so much pain. Life is actually worth living. I am sharing this info in the hope that it might help another person escape this madness. Of course people have to make their own decision regarding No Contact, but I found for myself that I could not start my healing and recovery until I stopped the pain. [...] Recovery and healing is finally possible now.

Another DONM wrote: “Going No Contact is what finally helped me let go of it all: the guilt, the anxiety, the awful hold she had over me. It is truly empowering to go No Contact and I would highly recommend it to anyone trapped in the healing process.

Teresa writes, “It is a year now and it is the best thing I could ever have done for me. No Contact has saved me. I do not fret, worry and stress myself as to what is wrong with me any more. [...] I haven’t had the battles and

controversy for one whole year. It has been a peaceful year for me. I am at peace for the first time I can ever remember. For the first time in my life I am okay with me.”

As Victoria found, going No Contact can be a complex journey. She writes, “It has been one year No Contact. Most of that time was spent grieving, learning and analysing, and now I am on to recovery because my energy is coming back, and my mind is clearer.

Ali writes, “Both me and my sister have reflected that in the past year and a half of No Contact, we have observed ourselves becoming kinder, more compassionate, less prickly, and less reactive in the world and in our interactions with others. The benefits continue to unfold in unexpected and unusual ways.”

Dorrie writes, “Since I went No Contact I have been able to quit drinking and have received a Master’s degree in Guidance and Counselling, and a Doctoral degree in Education Leadership.”

Another DONM wrote, “It’s been two years. It’s been wonderful, it’s been truly wonderful. It takes a while to realise how freeing it is but it really is wonderful. “

Another DONM also has complex emotions. She says, “I feel incredibly guilty, lonely, angry, sad. I also feel more peaceful, confident and secure. I am no longer an extension, but I belong to myself.”

Another DONM writes, “I have not had communication with [my Narcissistic Mother] for five years now, and although it was a hard decision to make, it has allowed me to channel my energy into recovering, and finding, and cherishing the light within me.”

Sally wrote, “Thank you for letting me know I could go No Contact. It’s been my saving grace.”

Another DONM wrote, “I am happy and at peace since going No Contact. Mostly I have found myself as I feel there is space to breathe and a weight has been lifted off my shoulders. I can explore things that matter to me without her judgement and negative energy, and focussing on new healthy interests helps me heal. Overall there is less drama in my life which makes it more peaceful. As time goes on I feel less wistful about the mother I needed but didn’t have.”

Another DONM writes, “It has been such a tough three years but yet I am a happier, freer and bigger person as a result of three years of No Contact. That says it all for me.”!

Another DONM says, “I have been No Contact with my birth mother now for nearly five years, and it’s been by far the hardest but yet the most empowering decision I have ever made.”

Another DONM wrote, “Sure, there have been moments of pain, deep grief and

sadness along the way, and to be honest those moments still arise from time to time, but I know in my bones that I have made the right decision, and I will say that it gets slightly easier every day. The woman I am today in comparison to the woman I was [before No Contact] is unrecognisable. I have joy, and autonomy over my life, and energy now.”

So, I hope that those quotes have inspired you. As I said, no need to decide anything just yet, let this just add to your information.