

Module 1: Introduction & Welcome

Lesson 1.1: Introduction

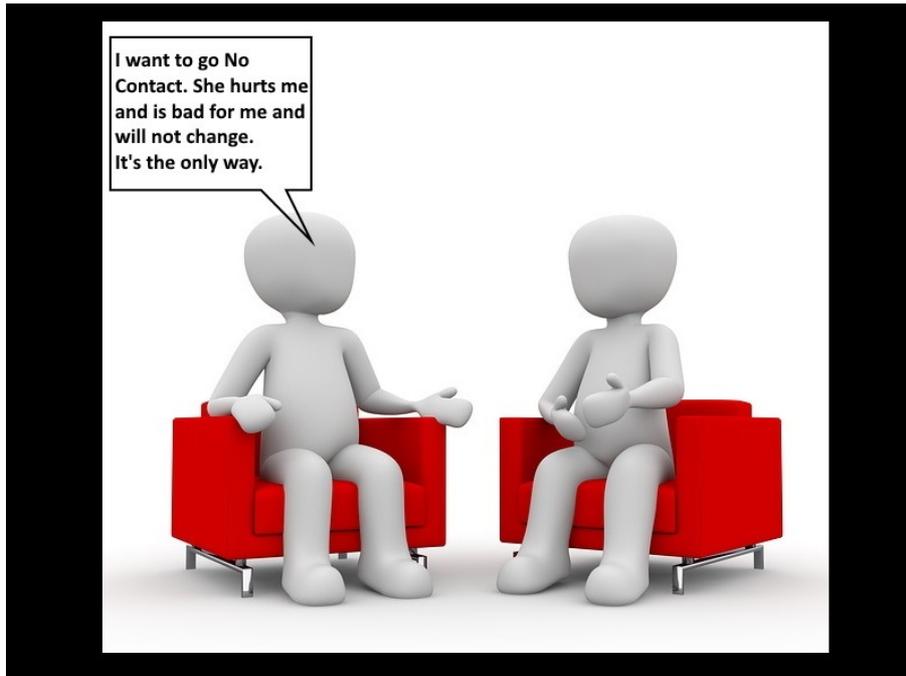
Welcome to this course, ***The Roadmap To Freedom: How To Go No Contact Even When You Think You Can't.***

The aim of this course is to do exactly what the subtitle says: to help you go No Contact with your narcissistic mother even though you think right now that you cannot possibly do that.

Now, before we launch into the course proper, I need to explain something first. In a very real way we are all run by committee. Okay, this is a metaphor but it's true for all that. In our thoughts and beliefs we have 'committee members' who have different agendas. Well, that's not even true. They all have the same agenda: to keep you as safe and as happy (in that order; safety trumps happiness), as they can. So they are all your friends; there are no bad guys here. The issue is that the different committee members might have different information, which will lead them to different conclusions and opinions on the best way to keep you safe and happy.

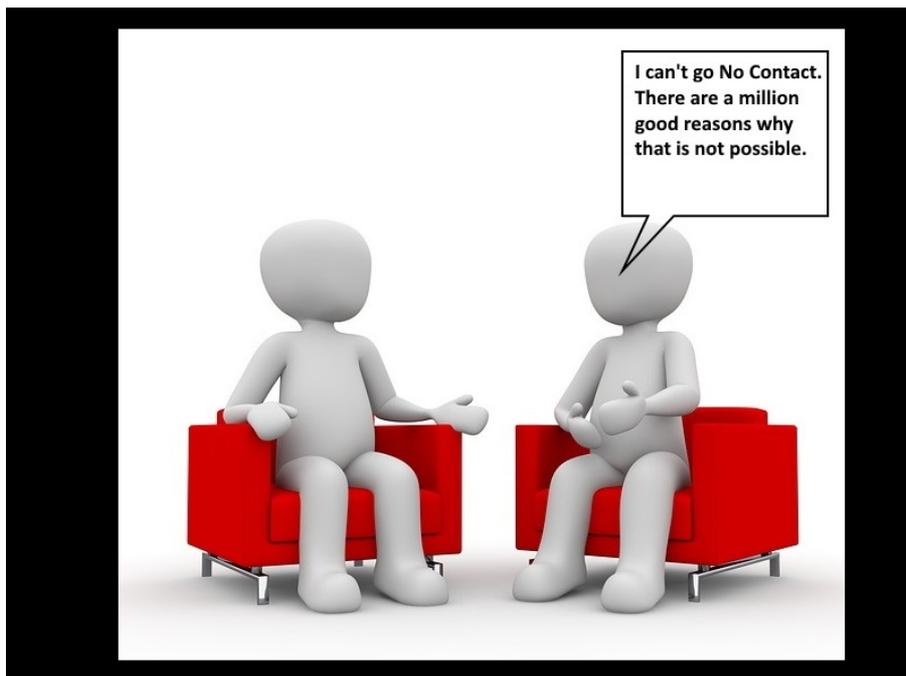
And we can say already – by the very fact that you are accessing this resource – that there are at least two committee members holding different opinions about the issue of going No Contact.

There is the committee member who wants to go No Contact:



This is the one who purchased this course, who is willing to invest the time to find out how to go No Contact.

But then there is another committee member:



I know this committee member exists too, because if she didn't, you would have already gone No Contact in peace, power, and serenity, and wouldn't need this resource to help you do it.

In fact, the title of this course refers to both committee members: ***How To Go No Contact*** refers to the one who wants No Contact, and ***Even When You Think You Can't*** refers to, well, the one who thinks you can't.

Now I need to say that the Thinks-You-Can't-Go-No Contact committee member has very good reasons for her opinion and we will be going into these reasons later in a lot of detail.

If none of your committee members wanted to go No Contact, you wouldn't have purchased this resource and would not be reading this now. And if all of your committee members were in agreement about going No Contact, you would just have simple gone No Contact and wouldn't need this resource.

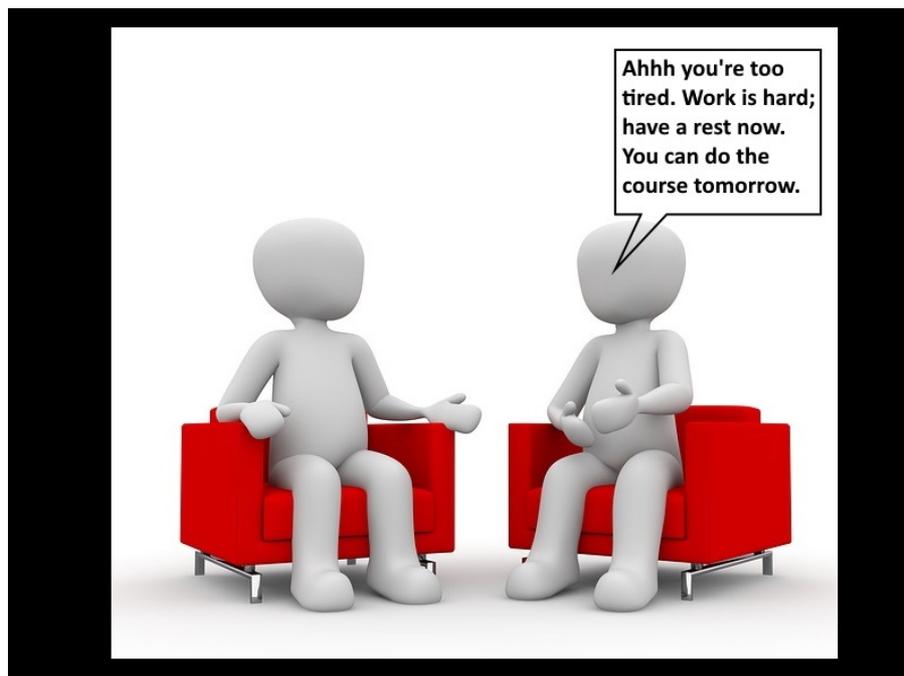
It is precisely because of this conflict, this dilemma, that you need this resource.

Now, the committee member who wants to go No Contact has got their way so far, by allowing you to purchases this resource and to start reading these very words.

But this will be extremely threatening for the committee member who thinks

you cannot and should not go No Contact. And that committee member will very possibly try to sabotage you (in her mind, keep you safe) from continuing with this resource, so do watch out for that.

The tool she is most likely to use is **resistance**. You may find that as you plan to do and/or continue this course, you will find that your brain will come up with excuses why you should not do it, or at least not do it right now. This committee member may know that it would be too challenging to get you to abandon this course completely, but if they can get you to procrastinate indefinitely on doing it, that that will solve the problem, even if you never make a conscious decision not to complete the course.



So I say to you – the You who wants to go No Contact – to be aware of this risk and to be prepared to use willpower to override it. You won't have to use willpower indefinitely as a huge part of this course is about helping the Stay-in-Contact committee member realise that it's okay to go No Contact. But, if you don't keep going through this resource, we'll never get to that stage. So

this is a bit of chicken-and-egg situation.

And I say to you – the You who feels you can't go No Contact – can you possibly relax just now, and know that you do not have to make any decision about going No Contact at all, or certainly until this course is finished? All you are doing at this stage is gathering information. This course will absolutely not compel you to go No Contact. So there is no danger in allowing yourself to continue accessing this resource. By the time you come to make a decision, you will have a lot more information. Now, as you access this information going forward, by all means be as cynical and sceptical as you want. You don't believe any of what I say just because I say it: it's my responsibility to make a good case, not yours to automatically believe me.

I stress that the purpose of this resource is not to make you go No Contact.

To make you do anything would be to disempower you, and this course is designed to do the exact opposite: it is designed to empower you, to allow you to make a real choice about No Contact in power and clarity.

At the moment you don't have a real choice; you are caught in the trap of feeling obliged to stay in contact with your mother. So this resource is about giving you tools and perspectives that allow you to go No Contact if you choose, so that you have a real choice at last.

The information, perspectives and resources we'll share going forward will empower you to make real decisions in your life, and in this way this course is about far more than just going No Contact, as it will give you a process to navigate all sorts of life challenges and dilemmas. The skills you will learn will benefit you for the rest of your life.

The promises of this course:

- You will no longer feel trapped in your toxic relationship with your mother.
- You will be able to make a true decision from a place of clarity and strength about whether to go No Contact or to stay in touch with her.
- You will know the steps you need to take to go No Contact if that is what you choose to do.
- You will know the variety of ways your mother might react if you do go

No Contact, and how to manage all of them.

- You will know how to manage meeting your mother again, either unexpectedly – in the street maybe, or at a planned occasion such as a family gathering.
- You will know what Flying Monkeys are, and how to deal with them.
- You will feel serenity and power about your No Contact decision whatever it turns out to be.
- You will know how to thrive in post No Contact life if you choose that.

Lesson 1.2: "Greatest Hits"

I offer you now to get yourself a notebook, and start recording what I am sarcastically calling your mother's "Greatest Hits." By this I mean, of course, all the nasty horrible things she has done, all the times she was mean, all the missed kindnesses: everything. In other words: all the reasons why you might go No Contact.

Include everything from the biggest to the smallest incident. And as you progress through this course, add to this Greatest Hits list whenever a memory comes to you.

This is all to aid you in your No Contact decision when it comes time to make it, by gathering in one place all the evidence you might need about how awful she is.

When you compile your Greatest Hits list, don't go into any detail; instead, just write a couple of words which will remind you of the incident. The title of the specific Greatest Hit so to speak. This isn't about reliving the incident or upsetting yourself.

I'll give you a couple of examples from my own experience:

- Miscarriage
- Wedding
- Handbag/10th birthday
- Laura/My infertility

- “Only words”
- Rathmines play.

Now, I know these words themselves won't mean anything to you, and that's okay. It's to show you how brief keywords can remind you of the incident without going into any detail or revisiting the experience.

The *Rathmines play* incident was very small indeed: I was acting in my first amateur dramatics play and I was extremely excited and proud. My parents came to see it. Afterwards my mother barely commented on my performance, but went on and on about one particular member of the cast and how good they were. And in truth, that other person was a much better actor than I am. But that person wasn't her daughter, and I felt very let down at her shrugging dismissal of my own performance. I know I wasn't amazing, but mothers are supposed to be enthusiastic regardless, right?

In the grand scheme of things, this is a very very minor experience indeed, and that is why I tell you about it and encourage you to include such small incidents yourself: because the narcissistic mother ruins everything: both big things and small. And by the nature of life, there are many more small things than big, and them being ruined all add up to form the map of our lives. Death by a thousand cuts.