

***LIFE IN THE AFTERMATH OF A
NARCISSIST***

***By Becky (Ruff) Reed
2nd Edition 2012***

***Sequel to “Romance Stew – the Way to a Woman's
Heart”***

***The Meek Must Be Careful Not
to Inherit the Dirt...
(Ruth Joyce, my mom)***

Certificate of Registration with the Copyright Office

Registration Number

TX 7-417-014

July 10, 2011

Romance Stew - 2nd Edition 2008

Copyright © 2012 Becky Ruff Reed

No Longer Walking on Eggshells...

*To all the women I've met who
share this experience
with me...*

Amazing ladies – each and every one...

*“No one can change the path that you must go.
The time will come around when you know that it’s
yours. Maybe there’s a chance to go back ... home ...
now that I have some directions.”*

— “The Wiz”

Contents

"There are no accidents... there is only some purpose that we haven't yet understood."

~Deepak Chopra

Chapter 1: The Lone Caustic Comedian...	Page ..1
Chapter 2: What My Romance with "Mr. Right"	
Looked Like	...10
Chapter 3: Left On My OWN	...19
Chapter 4: Camelot's Round Table	...23
Chapter 5: A Master's Degree Program	...30
Chapter 6: Believe	...38
Chapter 7: A Nebulous Concept	...42
Chapter 8: Soap Opera Revisited	...50
Chapter 9: My Own Reflection	...55
Chapter 10: Background Connectedness	...59
Chapter 11: Mulling	...63
Chapter 12: Released Illusions	...67
Chapter 13: Passion's Melancholy Memory	...71
A Fairy Tale: Armageddon Came Stealthily	...74
Chapter 15: Full Circle, and yet...	...77
<i>After-thoughts</i>	...81
<i>Epilogue and Passion in Life</i>	...86

**Acknowledgments to
All the Grand
Participants in This
Lifetime...**

**And in the study of
Narcissism
and
Psychopathy...**

Chapter I

The Lone Caustic Comedian

" Relationships are like glass. Sometimes it's better to leave them broken than try to hurt yourself putting it back together."

~Anonymous

What has been the greatest observation of myself as I look at my life with a narcissistic spouse and the bizarre hodgepodge of his family players who contributed to the warped dimension into which I had fallen? A dream I recently had comes to mind:

Sitting in the witness box next to the judge in a courtroom,
the prosecutor poses two questions:

(1) Right after your spouse left you high and dry,
following the evaporation of all your funds,
hopes and dreams about the marriage,
and so easily moved on with another
woman....

*Would you – given a change of heart on his part -
have tried one more time to make it work? Yes, I*

knew the Hell

*(and thought I could make a
difference for all....)*

AND

(2) Would you now?

No, I knew the Hell

***(and recognized there would
be no difference for all...)***

This time of my life had been a trek through the bowels of the
Twilight Zone. With all of the ups and downs of life, why

had this particular journey been so devastatingly painful?

I believe the answer to be “betrayal.” That is the seduction of a being using treachery. For me, it entailed taking the goodness within me – my choices, actions, and decisions to see the good in others – and twisting it, changing the “me” I had come to believe was stable and honorable. Turning my world upside down, I did indeed feel like Alice falling through the looking glass. My thoughts that I had grown and matured kept me on the path to what I believed was my ability to create the life I desired. However, agreements from others were necessary and that, as is said, was the rub.

Integrating feelings and choices in my life to that point, I felt there to be a purpose for connecting with others. My sense of closeness to my idea of God and the Universe was strong and I not only sought, but eagerly awaited my older, feet-on-the-ground Prince Charming. When my spouse-to-be entered my scope of awareness, I felt seen and acknowledged. It was a heady kind of high. The show only gathered momentum when I met his invalid mother and her ailing spouse.

If emotions open a monolog with the soul, mine stood as a cryptically caustic comedian onstage. My heart so blatantly expressed its desire for that illusory and somehow unattainable entity of true love. Thinking, aha! this is it. And just because it comes with some obstacles doesn't make this path any less alluring or sweet...*I belong...I am appreciated...I am needed for the unique attributes I bring along.* At this point in my life, I resemble a dark haired version of “Aunt Bea of The Andy Griffith Show” and finding a man who appeared calm, bright, communicative, AND had an excellent job seemed like Christmas!

However, coming into this particular production of “valued

family and love” was like joining a circus... on a foreign planet. Or awaking from a coma to discover all that you held true for dealing with other people was amiss somehow. I remember episodes of science fiction shows where a person discovers one day that they no longer know the language, the rudimentary levels of letters and vocabulary.

Knowing my spouse from many emails, phone conversations, and dating, I found him delightful. He was bright, articulate, cultured and able to stand his ground with new people. I was totally enjoying him caring for me and my small extended family. This was a man among men – fully versed in the hi-tech arena with an impressive job. He held a deep respect for his elderly parents and his children, brothers, and extended clan. When we met, he was staying with his parents – returning to the state after many years of working on-the-road for companies and traveling continuously. The house he was buying had most of the paperwork processed. And he not only loved me, he liked me. We had many exciting conversations about relationships, people, places, and shared hopes and dreams of tomorrows.

I came to the marriage with high hopes of optimistic expectation. **RomanceStew**, my first book tells of my game plan to find romance through my adult life. Passion for the ideal of sharing love and realities marked me as a happy-thinker, willing to take risks for life and love. I was a babe-in-the-woods regarding narcissism and psychopathy. Although there was much horrific anguish in this learning process, I am finally – almost two years out of the ordeal, finding me again, and my sense of humor with indomitable spirit. My desire is to share this journey of sensations. God Bless each and everyone of you who find yourselves also on this strange path of confusion and other-worldly equations.

Let me introduce you to some amazing authors who work to explain this land of smoke and mirrors.

Robert O'Connor, an amazing therapist, and Peter Shepherd of www.trans4mind.com.

Betty LaLuna – (Facebook Blog – Narc Raider) your wheelbarrow-full of people and communication skills show you as a shining beacon of awareness and One of a Kind.

SAM VAKNIN whose work, **MalignantSelf-Love:Narcissism Revisited**, is the very cornerstone to understanding the narcissist and how he thinks, what his modus operandi is, how the patterns affect victims, what the confusion looks like, and the prognosis for both narcissist and survivor.

Thomas Sheridan for his **Puzzling People: The Labyrinth of the Psychopath**. Focusing on romantic relationships, Sheridan deals with the underbelly of psychopathy and explains the mental workings from the point of view of one who has a first hand account.

WomenWhoLovePsychopaths **Brown**

by Sandra L.

(MA)

I was asked what kind of women attract the narcissist (and psychopath) - I just finished reading Sandra L. Brown, M.A.'s Women Who Love Psychopaths. This is an AMAZINGLY encompassing work and I'd say that coming through a relationship of inevitable harm, I found it relief-exploding in the evaluation of women who suffer from such contact. I said repeatedly that I felt my goodness was turned against me...and she categorizes just what and why this occurs....and "codependency" isn't in the mix. Women connected to the strange sycophant actually began the relationship "while impaired" - past periods of extended care-giving, loss such as divorce...even boredom. This is a unique study of the "victims" of psychopaths and their assets such as relationship investment. So many of the traits have been misdiagnosed as attachment formats. This illustrates the predictable cycle of these relationships and why

the bonding is so strong - how the woman, normally strong and vital, feels so fragile or mentally ill. Dissonance from the victim's perspective has a great deal to do with the psychopath's dichotomy of his childlike quality and adult mystique, not to mention communication skills and techniques.

The entire book is compiled with data, explanation, reason, and connectivity. There is no fluff within the covers.

The reasons we find ourselves captivated by these "alien essences" can be brought to light and Sandra Brown does this with clarity and an empathic comprehension - especially within the awareness of women because it is embarrassing being caught in the lure of sexuality. We are intelligent...and capable...and yet, we succumbed to some fairy tale -explained are the release of hormones and the staging by the psychopath, even the differentiation in his use of language.

We who have been taught that communication is the tool for problem solving find ourselves in the Twilight Zone. In so many fields and places in our lives, we have no answers and even negatively critical judgments about "our behavior." We are being held to incompatible standards. There exist so many conflicts with belief systems, ideologies, and spiritual and religious principles where compassion is revered. It seems that we victims have been "hoisted on our own petards."

Ms. Brown's book covers everything I questioned....and it is an affirmation that "something wicked this way comes." I don't mean to sound so melodramatic that my review is discounted. The AHA-moments were almost at every page, and most assuredly in every chapter. There is - if one enjoys science fiction - a correlation with the short-lived TV show, "Threshold." Awareness takes time. I know many on blogs are "nutters" in their own right, mostly because they have not found the data to help themselves. So many therapists have simply not understood and the "pie-in-the-sky" New

Thought folks have not come in contact with this form of "alien" presence. It's not that it is evil (maybe - ?), but the two philosophies for life - those in healthy (just the ups and downs of routine dysfunctions, perhaps) states and those suffering psychopathy are simply incompatible. Your phrase, "relationships of inevitable harm" will forever ring true to me.

Here is the BIG QUESTION - and one ripe for a new book....because the numbers of psychopaths appear to be rising, how are we to live with these beings? I understand the no contact rule and it is VITAL...but in the long run with the thought that these people cannot be treated, for humanity, what are we to do?

Every chapter in her book has dog-eared corners in my home. I carry it with me to the restroom, I return it to the coffee table...and I USE it for reference.

As always in this life, the lessons are much more about myself. AND Sandra's treatment of us victims is kind, observant, and chocked full of evaluational data. I am floored and delighted that there are explanations for super traits rather than that we have "failed" to be bright enough, wise enough, or even aware enough. I gleaned that my traits might just be valuable. Somewhere the patriarchal (and yet, I have learned that men can be victims, also) guidelines have become overly and overtly zealous. I don't believe it is as simplistic as relationships with authority that comes into question, although, our deep seated thoughts on "happily ever after" probably filters many of our personal scope of evaluations.

I am never quite as trusting as once I was...and because I have daughters and grandsons, I am alert to those in our realm and my own reactions to them. I'm not paranoid, but neither do I let a brief intuitive feeling flow past without a moment of appraisal.

I share my thoughts....so much is falling into place for me (and MANY others) because of THIS book, Women Who Love Psychopaths, in particular. I have read Brown's other works, but

this one is of monumental importance! There must be a more moving way to say this. It struck a chord of complete connection and affirmation within my very being and soul. There is REASON for the chaos into which I fell. And all with the best of intentions. It is not concisely ONE AHA-moment, but everything in the book.

The explanations cover daily life with a psychopath...the lure, the treatment, the forever changing terrain and MOST importantly the way we who fall prey respond. For me, this book relates to my daily heartaches, fears, anguish, and quest for my ideal. Not just of the relationship, but of the "me" I knew before this fear-fest of an encounter. The absolute torture was in the faltering grasp of my own humanity. AND to have AGREEMENT is CRUCIAL for survival...not just mouthed upsets and emotions, but to comprehend the why's. Interestingly, as I look over this review, I see the feelings expressed. Our society seems to be based on these very emotions and the need to join and establish rapport. Transferring our thoughts and feelings onto this "other" who is called a psychopath reminds me of Michael Crichton's book, Sphere. "What if the contact with an alien or artifact has no frame of reference for us as human beings" is the gist of the novel. It appears to have come to life today.

With profound respect and gratitude for allowing me to feel that my "style" of emotional sharing is NOT the CAUSE of the psychopath's evil in pinpointing me. It is, albeit, something to be watched and monitored by me, myself.

It'sAllAboutHim by Lisa E. Scott

In the midst of horrific anguish while freshly used, devalued, and discarded with the precision of a surgeon's scalpel in my marital relationship, I voraciously devoured reading material searching for answers to my trek through the bowels of the Twilight Zone. I was lost, alone, and terrified by the turn my life had taken, leaving me

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

