

HOW TO DO NO CONTACT

By the time you need to implement NO CONTACT a toxic person (narcissist or abuser) is generally well and truly inside your head. They know all your vulnerabilities, insecurities and blind-spots – you're completely exposed – and it's a very hostile place to be.

This is not to alarm you, but to help you to be aware of the situation that you are now in. NO CONTACT is recommended to be implemented and maintained rigidly for at least six to 12 months following the end of a toxic relationship. The more rigid you are with this and the longer you hold it in place, the better chance you have to heal.

NO CONTACT must be implemented rigidly because the toxic person will now mercilessly use the knowledge they have of you to maintain their narcissistic supply. This means you could experience love bombing followed by a smear campaign. Prepare yourself!

While implementing NO CONTACT I also highly recommend breaking any habits the narcissist knows you have and changing anything the narcissist can use to get back in. For example, change your routine – go to a gym at a different time; avoid the chocolate you love so much; watch a different TV shows etc. Embracing these changes may be frustrating and difficult but it will protect you from the toxic person coming back into your life again.

Toxic people use this information as clues and ammunition to get back into the life of their source of supply – and that makes it difficult to walk away. A lot of people mistake this for love and care – it's not – it's literally just that they don't want to give up their ownership of you because it takes such an effort to groom a new source of supply ... it's easier to maintain the current one.

NO CONTACT is a commitment. It means not dating for six to 12 months while you allow yourself the time and space to properly heal before moving on. This will also assist you to ensure you don't end up in a similar relationship to this again.

Starting NO CONTACT and then returning to a toxic person can put you in more danger than you were in to begin with. It's really, really, *really* important that once you start NO CONTACT that you follow through with it. If a narcissist hooks you back in following this, generally their only intent is to get revenge and punish their source of supply.

Nothing is coincidence and nothing should be left to chance.

There are two phases of NO CONTACT you need to be aware of.

Start Phase 1 by considering every single channel the toxic person has to connect with you: it could be digital (email, social media, chat apps, games), by phone (call/text message), through mutual friends/family, turning up at your home or workplace etc.

NO CONTACT means... (Phase 1)

- DON'T respond to the toxic person – EVER!
- Change your phone number and block them from your new number – just in case.
- Create a new primary email account because they can start a new one.
- Block the toxic person (and everyone associated) from all social media channels.
- Avoid mutual connections (friends/family). Make it clear there's no relationship and you want support in breaking contact which means no passing on messages.

In severe cases you may also need to:

- Move to a new house/apartment and if you own the place, rent it out/move to a rental.
- Change jobs, move to a new office within the company or create a support network in the office where people are aware of your situation. This could save your life.
- Ensure all your contact details are completely private and confidential and won't be shared with anyone. It can help to be honest with people about your situation.

Now let's look at Phase 2 of implementing No Contact

This is the phase where most people fail and it resets their entire recovery process. The key is not to give the toxic person an opportunity to explain, make excuses or force you into denial. This is where you need to hold yourself back from contacting them in any way – where children/assets are involved, minimise contact or ask the toxic person to communicate by text message or through a third party. This is where *you* take control!

NO CONTACT also means you don't... (Phase 2)

- Keep anything that even slightly reminds you of them – photos, jewellery, clothes – do a complete declutter.
- Check up on them on social media – if you're struggling with any temptation, SHUT DOWN **YOUR** ACCOUNT.
- React to anything they say or do (and the Gray Rock Method may also help).

- Share "family time" together – minimise contact if you have children with them.
- Answer the door if they come over.
- Read anything they send (by text or post) – shred any letters they mail to you.
- Think of them – yes, even having thoughts is breaking contact.
- Accept new friends on Social Media Networks, unless you know them and were expecting their request.
- Allow any information to filter back through to you – nothing is coincidence.
- Let anything to do with them sink in at all – even if you find out about a car sale, house sale, apartment for rent etc.
- Wait to implement NO CONTACT. There will never be a good time to implement it and closure is unnecessary. Do it and don't look back!
- Implement NO CONTACT as a way of manipulating this toxic person back. They will come back – guaranteed! – but this isn't a good thing. It's important to accept that is *not* the point of doing NO CONTACT and breaking NO CONTACT at any stage will severely interfere with your healing progress.

Congratulations!

Implementing these steps will help you to block the toxic person from your life and assist you to get started with your healing journey as you move towards a toxic-free life.