

# RUN GIRL RUN!

SPOT THE RED FLAGS:

## *Signs You're Dealing with a Narcissist*

A no-BS guide to *help you* trust your gut,  
Reclaim your Power & stop the cycle for good



By *Kellie*

Trauma Informed Coach, Energy Therapist &  
Narcissism Recovery Expert



# INTRO

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*You're Not Crazy. You're  
Being Conditioned.*

If you're holding this guide, chances are something doesn't feel right. You've spent nights overthinking conversations, re-reading messages, Googling things like "toxic relationship signs" or "why do I feel crazy around them?" Maybe you've even started blaming yourself.

*Let me tell you right now:*

**You're not too sensitive. You're not dramatic. You're not broken.**

You're likely being emotionally manipulated and your body knows it, even if your brain can't name it yet.

*I created this guide because I lived it.*

I stayed far too long. I made excuses. I believed the lies. I shrunk myself over and over again just to feel "loved."

What I didn't know back then was that I was being conditioned, to ignore my gut, abandon myself, and call it love.

*Now I help people like you break that cycle.  
This guide is your first step.*

Inside, you'll find the red flags, yes, but more importantly, you'll find clarity. Because clarity is power. And once you see the pattern, you can choose something different. So if your chest tightens as you read this, if you feel a mix of fear and relief, I want you to know:

**You are not alone. You are not to blame. You're not Crazy!**

*Let's begin.* *Kellie*

Trauma Informed Coach,  
Energy Therapist & Narcissism Recovery Expert





Forget what the internet says about mirror selfies and being “a bit cocky.” Narcissism isn’t confidence. It’s control. And if you’ve been caught in the web of one, you already feel it, even if you can’t explain it yet.

## *So what actually is a narcissist?*

### **A narcissist is someone who:**

- ✓ Lacks true empathy for others
- ✓ Can’t take responsibility for their actions
- ✓ Needs constant admiration and control
- ✓ Manipulates and exploits others to protect their fragile ego

**And they do it all while appearing charming, attentive, and loving at first.**  
**Narcissists often leave you feeling like:**

- ✓ You’re never good enough
- ✓ You’re always the problem
- ✓ You’re walking on eggshells
- ✓ You’re losing your grip on reality

## *Two Types You Need to Know:*

### **1. Overt Narcissist**

The loud, flashy, confident type.

They love to be the centre of attention, show off, and dominate.

▲ Think: aggressive, arrogant, blunt, outwardly critical.



# WHAT IS A NARCISSIST

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*REAL TALK*  
- NOT PSYCHOLOGY TEXTBOOK BS

## 2. Covert Narcissist

The quiet, victim-playing, emotionally manipulative one.

They might seem shy or insecure but they control you through guilt, silence, or passive aggression.

▲ Think: "I guess no one cares about me..." or "After all I've done for you..."

➡ Both are equally dangerous – just packaged differently.

### 💣 *Common Traits of Narcissists:*

- ✓ **Charm first, chaos later**  
They love-bomb you early, then slowly dismantle your confidence.
- ✓ **Blame-shifting**  
They are never wrong. Somehow, you always end up apologizing.
- ✓ **Double standards**  
They can do what they want. You get punished for breathing wrong.
- ✓ **Emotional blackmail**  
Tears, guilt trips, sulking, withdrawal – whatever keeps you under control.
- ✓ **Sabotage disguised as support**  
"I'm just worried about you" – "I don't want you to grow."
- ✓ **Gaslighting**  
"That didn't happen. You're imagining things."
- ✓ **Triangulation**  
Bringing others into your arguments to invalidate you.
- ✓ **Projection**  
Blaming you for what they're doing.
- ✓ **Silent treatment**  
Used as punishment, not peace.
- ✓ **Guilt games**  
"After all I do for you..."
- ✓ **Blame-shifting**  
You're always the problem.
- ✓ **Conditional affection**  
Love becomes transactional
- ✓ **Fake apologies**  
"I'm sorry you feel that way." (Not a real apology.)

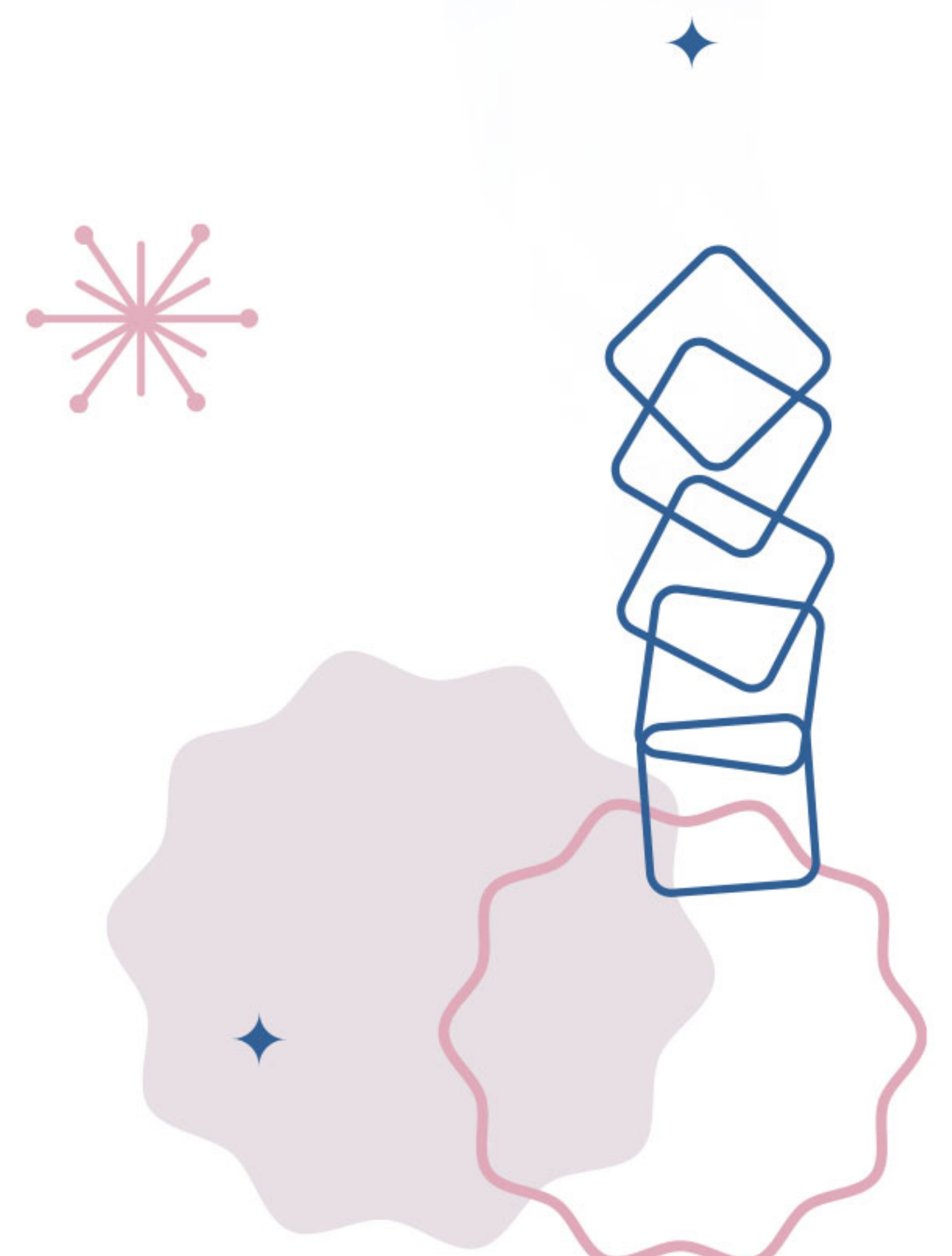


### 🔥 *The Bottom Line:*

Narcissistic abuse doesn't start with shouting.

It starts with confusion. Mixed signals. Emotional exhaustion.

If someone makes you doubt your reality, your worth, or your Safety, you don't need a diagnosis. You need distance.





*IT FELT LIKE A FAIRYTALE,  
BUT IT WAS A TRAP*

This is how they hook you, fast, intense, too good to be true.  
Not love. Manipulation.

- ✓ **"I've never felt this way about anyone" — after 3 days.**  
Instant soulmate energy? It's scripted, not sincere.
- ✓ **You get constant texts, calls, and compliments.**  
Feels flattering at first... but soon feels claustrophobic.
- ✓ **They talk about the future immediately.**  
Wedding, kids, matching tattoos. You're being fast-tracked into emotional dependency.
- ✓ **They study you like a mirror.**  
Same music, same values, same past... spooky? That's not compatibility, *it's data collection.*
- ✓ **You feel high on the connection, then suddenly, drained.**  
Emotional whiplash is a sign you're being love-bombed, not loved.

## 2. Emotional Control - You Start to Feel Like the Problem

Once you're attached, the mask starts to slip.  
The praise turns to power plays.

- ✓ **They twist your words to make you feel guilty.**  
You start apologizing for things you didn't do.
- ✓ **You hear "you're too sensitive" or "you take things the wrong way."**  
Translation: "I don't care how I made you feel."
- ✓ **They give you the silent treatment when you set a boundary.**  
It's punishment disguised as "space."
- ✓ **Their mood controls the room.**  
You're always adjusting yourself to keep the peace.
- ✓ **They act like the victim — even when they hurt you.**  
Somehow, you end up comforting them.
- ✓ **They mock or belittle your emotions.**  
Sarcastic "aww"s, eye-rolls, or straight-up dismissal.
- ✓ **You start to shrink your needs to avoid conflict.**  
That's not emotional maturity. That's emotional manipulation.



# 3) GASLIGHTING & PSYCHOLOGICAL ABUSE

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## YOU BEGIN TO DOUBT REALITY

Gaslighting is not "lying." It's a calculated dismantling of your inner voice.

- ✓ **"That never happened."**  
Even when it clearly did.
- ✓ **"You're remembering it wrong."**  
You start questioning your own memory.
- ✓ **"I never said that", after saying exactly that.**  
You think about recording them to prove you're not crazy.
- ✓ **You start checking their reactions before speaking.**  
Self-censorship is survival.
- ✓ **They call you dramatic, emotional, unstable.**  
While they provoke every reaction they later condemn.
- ✓ **They deny your feelings completely.**  
"You're overreacting" becomes a script.
- ✓ **You don't even trust your instincts anymore.**  
That's not your fault. That's the point of gaslighting.

## 4. Disguised Abuse + When You Start Losing Yourself

Abuse doesn't always look violent. Sometimes, it looks like control wrapped in concern — and it erodes you, quietly.

### Disguised Abuse

- ✓ **"I'm just joking", after saying something cruel.**  
If it hurts, it wasn't a joke.
- ✓ **They isolate you from family & friends.**  
Subtle: "They don't understand us."  
Obvious: "Why are you always choosing them over me?"
- ✓ **They criticize your looks, body, or clothes.**  
"I just think you'd look better if..." = emotional warfare.





# 5) THE SILENT TREATMENT

*IT'S NOT SPACE, IT'S CONTROL*

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Let's clear something up:

The silent treatment isn't a mature way to ask for space.

It's not someone needing time to "cool off."

It's a weapon. And narcissists wield it with precision.

## *What the Silent Treatment Actually Does:*

- ✓ **Creates anxiety** You start obsessing over what you did wrong
- ✓ **Triggers abandonment wounds** You feel unsafe, unseen, unworthy
- ✓ **Shifts blame onto you** Even if they caused the issue
- ✓ **Conditions you** To avoid conflict by abandoning your own truth

## *Why They Use It:*

- ✓ **To punish you** for expressing needs, boundaries, or feelings
- ✓ **To regain control** by making you chase, apologise, or shrink
- ✓ **To test** how much they can get away with
- ✓ **To feel powerful** by making your pain invisible

They ignore you... then act like you're the one overreacting when you bring it up. Classic gaslighting.

## *The Internal Dialogue It Creates:*

- ✓ "Did I do something wrong?"
- ✓ "Am I too much?"
- ✓ "If I just explain myself better..."
- ✓ "I hate this, but I need them to talk to me."

You're not needy. You're not crazy. You're traumatised by a manipulative dynamic.

## *Reframe:*

"They ignore me because they can't handle healthy communication, not because I'm too much."

**You are not invisible. You are not the problem. You are no longer available for punishment disguised as 'space.'**



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## DISGUISED ABUSE

WHEN YOU  
START LOSING YOURSELF

- ✓ **They track you, stalk you, or demand updates.**  
Disguised as "love." Really: control.
- ✓ **They guilt you for having your own goals.**  
They need you to stay small.
- ✓ **They flip the script constantly.**  
You're always off-balance, and they like it that way.

### When You Start Losing Yourself

- ✓ **You don't laugh anymore.**  
The joy you used to have is gone.
- ✓ **You filter every word you say.**  
You're scared to set them off.
- ✓ **You don't feel safe, but you can't explain why.**  
Your nervous system knows the truth.
- ✓ **You second-guess yourself all the time.**  
Even simple choices feel impossible.
- ✓ **You fantasise about leaving, but also feel frozen.**  
That's trauma bonding, not weakness.
- ✓ **You've stopped reaching out to people who love you.**  
Isolation = control.
- ✓ **You no longer recognise who you are.**  
This isn't love. It's slow destruction.





# JOURNAL PROMPTS TO START UNPACKING

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You don't have to know all the answers. You just have to be honest.  
Take a deep breath. Grab a pen. Go gently.

## AWARENESS PROMPTS

- 1 Which red flags hit me the hardest — and why?
- 2 What have I normalised or excused that I now see differently?
- 3 How did I feel in my body when I read this guide? What sensations came up?
- 4 Where have I silenced myself to keep someone else comfortable?

## SELF-INQUIRY PROMPTS

- 5 What parts of me have I abandoned to keep the peace?
- 6 When did I stop feeling like myself in this relationship?
- 7 What have I been trying to fix that isn't mine to fix?
- 8 If I could speak freely without fear, what would I say?

## HEALING PROMPTS

- 9 What does safety feel like to me — emotionally, physically, spiritually?
- 10 What kind of love do I want to experience in the future?
- 11 What would it look like to start choosing me, even just a little?
- 12 What do I need right now — and how can I permit myself to ask for it?

**You are not too sensitive. You're not overreacting. You're responding to something real.**

Let these questions be your beginning, not your burden.



# WHAT TO DO IF THESE RED FLAGS SOUND FAMILIAR

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You've seen the signs. Now what?  
Here's what to do, gently, safely, and without shame:

- 1 Acknowledge it's real, and it's happening to you.**  
You're not being dramatic. You're not imagining things.  
Your nervous system is responding for a reason. Listen to it.
- 2 Stop justifying their behaviour.**  
"I know they love me." "They had a hard childhood." "They're just stressed." None of these excuses change the fact that you're hurting. You don't need their past to make sense of your pain.
- 3 Keep a private journal or note.**  
Track what happens. What's said. How it makes you feel.  
Seeing it on paper removes the fog and strengthens your trust in your own perception.
- 4 Don't confront them expecting change.**  
Narcissists rarely reflect or take responsibility.  
Confrontation may escalate the abuse. Prioritise your clarity, not their reaction.
- 5 Start setting micro-boundaries.**  
Even small acts of reclaiming your time, voice, or energy matter.  
Examples: Taking longer to reply. Saying "I'm not available." Leaving the room.
- 6 Reconnect with safe people.**  
Abusers isolate you. Rebuild an active connection with people who see and value you.  
Don't go it alone, you deserve support.
- 7 Protect your nervous system.**  
Tapping. Breathwork. Visualisation. Safe spaces.  
Calm is your compass. When you feel regulated, you think clearly.
- 8 Seek trauma-informed support.**  
Not everyone gets this. But I do. Whether it's coaching, energy therapy, or a retreat, you need someone who sees the patterns and knows how to hold you through the fallout.
- 9 Remember: This is not your fault.**  
It didn't start with you — but it can stop with you.
- 10 Start imagining something better.**  
You may not feel ready to leave yet. That's okay.  
But even imagining peace is a radical act of reclaiming your future.



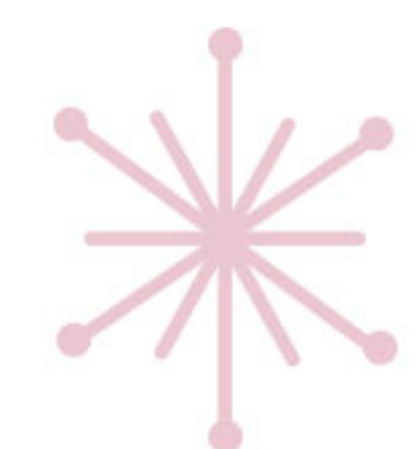
You've read the signs.

You've seen yourself in the patterns.

You've probably felt your heart clench, your stomach drop, and a voice whisper:

**"This is me."**

*First: Breathe. You're not broken, you're waking up.  
This moment, right here, is the start of your healing.*



### **Next Steps: You Don't Have to Stay Stuck**

Reading this guide may have cracked something open in you.

It might feel overwhelming — or it might feel like the first breath of truth you've taken in a long time.

Here's what you can do next:



#### ✓ **1. Book a clarity session with me**

If this guide hit home and you're thinking, "I can't do this on my own anymore" — let's talk. No pressure. No shame. Just space for your truth.

 [Book your Call here](#)

#### ✓ **2. Join my 1:1 coaching program**

Ready to go deeper? My trauma-informed coaching combines real tools, real healing, and real change. We'll unravel the trauma, rebuild your self-worth, and reclaim your voice — safely and at your pace.

 [Apply for coaching here](#)

#### ✓ **3. Come to one of my healing retreats**

Sometimes, you need to leave your environment to return to yourself. My retreats (in the UK + Spain) are sacred, safe spaces to rest, reset, and remember who you are beneath the trauma.

 [View retreat dates](#)

#### ✓ **4. Follow me for daily truth drops**

If you're not ready for coaching or a retreat yet, stay close. Follow me on TikTok or Instagram @thisisonlyyourlife I share real talk, emotional tools, and healing reminders every day.

#### ✓ **5. Share this guide with someone who needs it**

You never know whose life you could change by sending this. No one should have to navigate narcissistic abuse alone.

**You're not broken, you're breaking free.**  
***This is ONLY Your Life. Take it back. I've got you.***





# 💬 YOU GET TO ASK: PAGE - 12

- ✦ What would healing look like for me?  
\_\_\_\_\_
- ✦ Who would I be without the shame, the fear, the constant performance?  
\_\_\_\_\_
- ✦ What do I want to feel... and how do I start creating it now?

You are allowed to choose peace over chaos.  
You are allowed to rebuild – even if the past says you can't.  
You are allowed to walk away – even if they never apologise.



*And you don't have to do it alone.*  
***This is ONLY Your Life.***

Protect it like it matters.  
Because it does.





**Sometimes, writing it down is the only way we believe it.**

Use this Red Flag Bingo to reflect, validate, and connect the dots.

Tick off the ones you've experienced. The more you mark, the more you'll realise you were in something abusive. And the more compassion you can offer yourself.

### Red Flag Bingo Grid

"You're too sensitive."	Love-bombed hard, then ghosted	Silent treatment	Criticised your body	Said "I'm just joking"
Denied something they clearly said	Played victim when you were upset	Called you crazy	Made fun of your feelings	Isolated you from friends
Future-faked a life together	Guilt-tripped you for setting boundaries	Gave gifts after hurting you	Gaslit you	Made you feel you're not enough
You walked on eggshells	Twisted your words	You stopped trusting yourself	Mocked your emotions	You lost your sparkle
Blamed you for their outburst	Got jealous of your friends/family	Dismissed your goals	Said, "No one else will love you."	You felt anxious around them

#### Instructions:

- ✓ Tick each box you relate to.
- ✓ Highlight the ones that hurt the most.
- ✓ Take a photo, save it, or print it, proof that your feelings are valid.
- ✓ Bring it to a call with me. We'll unpack it together.