

Empath Survival Guide

Breaking the Narcissistic Power Dynamic

This guide is designed for empaths who find themselves repeatedly entangled in narcissistic dynamics. It will help you identify patterns, reclaim your energy, and restore emotional sovereignty.

1. Signs You Are in a Narcissistic Dynamic

You feel emotionally drained, over-explain yourself, walk on eggshells, and feel responsible for another person's emotions.

2. Why Empaths Get Targeted

Empaths lead with compassion, forgiveness, and emotional availability—traits narcissists instinctively seek.

3. Trauma Bond Awareness

Intensity is not intimacy. Chaos is not chemistry. Trauma bonds keep you emotionally hooked through inconsistency.

4. Boundary Reset Exercise

Write down what behavior you will no longer tolerate. Boundaries do not require explanation.

5. Energetic Cord Release

Visualize reclaiming your energy. Ground yourself daily through breath, journaling, or meditation.

6. Reclaiming Your Power

You are not here to heal those who refuse accountability. Choose peace over intensity.

Final Affirmation

I release roles that drain me. I honor my boundaries. I choose relationships rooted in safety, respect, and mutual care.