



Conscious Life presents

Rebuilding Peace After Narcissistic Harm

Guest: Ronia Fraser

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[00:00:09] Meagen Gibson

Welcome to this interview. I'm your host, Meagen Gibson. Today, I'm speaking with Ronia Fraser, a multi-award-winning trauma recovery coach and clinical hypnotherapist, and one of the leading experts in the field of narcissistic abuse recovery. She's also a globally renowned speaker and internationally published author. Ronia Fraser, thank you so much for being with us today.

Ronia Fraser

Thank you so much for having me.

Meagen Gibson

Anxiety is a very common and multi-layered symptom of narcissistic abuse, which can be debilitating for survivors.

Can you share a little bit about your own experience with narcissistic abuse and anxiety?

Ronia Fraser

Anxiety, I'm very familiar with the extent of anxiety that the victims of narcissistic abuse experience, it's so multilayered. When it happened to me, I was a successful, highly functioning person. You would never have thought that I was experiencing anything like that at home.

When it started, I had no idea what was happening to me. I was living in LA at the time, I was living in Hollywood. I started doubting myself because I was like, Okay, after all this time, LA got to me after all. I didn't even realize I was being abused. That's a big part of narcissistic abuse because it's so subtle, it's something that we don't know even exists until it happens to us.

Then all of a sudden, literally overnight, what happened was that I went from really highly functioning to not functioning at all. I had anxiety 24/7, it was to the point where I would be physically shaking, I didn't know what was wrong with me, I felt like an addict. That's what a lot of people who experience narcissistic abuse say, especially when they don't have the language yet to express what's going on.

[00:02:14] Ronia Fraser

I lost all sense of reality. I was constantly anxious, especially when he wasn't around. It felt like a drug addiction to me, that's why I use those words. Eventually, I got out of that relationship, but that's not when the anxiety then stopped. It was almost like it got even worse because then I had no way of getting my hit to calm me down to feel better.

In the aftermath, it got so bad that I wasn't even able to do simple things like grocery shopping anymore. It would be like, All right, I need to go to the store. But then I had to talk myself into it for 2 hours to make myself get out of the house. Then we have flashbacks, we have nightmares, and the dreams are so real that we don't know whether it happened, or whether we dreamt it.

I remember at one point I dreamt that he had found me, and then your whole body is in this constant state of anxiety, but 24/7. It's a multi-layered and lengthy process because it happens while we're in the relationship, when we are with the narcissist, with the abuser, but it continues when we leave as well. That's what a lot of people also don't understand, just leaving itself doesn't solve the problem.

Meagen Gibson

It's not like removing your hand from a hot stove so that you don't get burned, the danger, the feeling, and the fear, it doesn't go away. So many of the things that you were saying I could relate to, especially this part around when we're in these situations, it's not like... The thoughts we're thinking are not, Oh, I have anxiety because I'm in a narcissistic abuse relationship. We're not thinking about those things at all.

We're feeling things and we're having thoughts, but none of them are label-oriented or diagnosis-oriented. They're more, would you say, in the category of overwhelm and confusion? What are some of the words that you would use to describe how somebody is feeling who's experiencing this anxiety and experience?

Ronia Fraser

Confused to start with, and then naturally we will look for the issue in ourselves. We will think there's something wrong with us, which isn't the case. But because we don't know better at the time, there will be a lot of confusion, where is this all coming from all of a sudden? Because yesterday I was still functioning, and today I'm not.

There will be a lot of blame, and emotional overwhelm because all of a sudden there is all this stuff that comes up for us, the fear, the anxiety, because the narcissist taps into our biggest insecurities and fears. Now, all of a sudden we go into panic mode because we fear that we might be abandoned. But at that point, it's all unconscious, so we cannot put names to it. I think what describes the way you feel at that particular point is confused, lost, and just really, really messed up.

Meagen Gibson

Thank you because I think that helps people lock into why. We all get the unhelpful questions of, why did you stay so long? And that's why, it's because you don't have the objective outside awareness of this thing that's happening. All you know is that you're consumed and overwhelmed.

[00:06:05] Meagen Gibson

One of the things that you said, that I want to come back to, is that characteristic of we're going to take more responsibility and more blame than we deserve for what's going on with us. Often people, back me up I think this is true, people who have experienced past trauma, or people who experienced abuse in childhood, or even CPTSD, things like that, tend more towards relationships with narcissists, because they already have that, take more responsibility than we deserve for other people's feelings, and for our own feelings.

It's that mantra of, it's like, I'll change, I'll be different, I'll do more, I'll be less. We're always overcompensating in some way, which is the thing that keeps us trapped in these relationship dynamics, isn't it?

Ronia Fraser

Yeah, absolutely. Because as children, we all come up with a strategy that serves us for the sake of love, for survival, it's totally unconscious. Then some children might go one way and other children go another way. When we experience an unhealthy upbringing, which doesn't even have to be this major big thing, but if we don't have the emotional resources to deal with what we are experiencing at the time, then somehow we will decide to choose a strategy.

And that oftentimes is, Okay, I'm going to sacrifice myself for the sake of love. If I compromise myself, if I do more and more and more, I will be loved. Because that's all we want, every one of us, we all want to be loved, we all want to belong. But then if we have a faulty program running like that, it makes us very susceptible.

As every single person that has been in a narcissistic relationship knows, no matter how much you compromise yourself, how much you neglect your own needs, your own wants, and your values, it's never enough, because they can push on and push on.

That's also something which is very common, which is that when we get into those situations, it's very likely our boundaries are not very strong to start with because they've been pushed through so many times throughout our whole life, if we are too scared to be abandoned, or rejected, then of course, yes, we will compromise our boundaries. And then narcissists take advantage of that.

Meagen Gibson

Absolutely. You were talking about the feelings of anxiety earlier around needing to get these needs met. And sometimes a lot of the language that we use leans on addiction language and things like that. I like that, because it is how it feels, I also hate that because then people who are listening, who have ideas about addiction, or substance use disorder, or things, there's a morality and a judgment around that, when I want to change the perspective of, it's addicting in a way that is you trying to get your basic needs met. Of love, care, safety, and affection, it feels like an addiction, but it's not an addiction, that's just what every human needs.

Ronia Fraser

It is an addiction, it actually is. I do whole classes, and lectures on that because it's what we call the trauma bond. It doesn't only feel like an addiction, it is. What you are addicted to is not like what we would normally associate with an addiction, substances, alcohol, drugs, sex, and things like that. What you are getting addicted to, and there is a whole lot of chemical processes that happen in the brain, that's why I do whole lectures on that, is that you get addicted to love.

[00:10:02] Ronia Fraser

Because what the narcissist shows us is what we are so desperate for, to have, to be loved, and to belong. They pretend to see us, and hear us, and really understand us. Maybe for the first time in our lives, what happens is that we get this rush of dopamine, oxytocin, and serotonin. Everybody who's been involved with the narcissist knows how high that high is because, in the beginning, there's always this love-bombing phase.

Then what happens is we experience this highest high, and then they take it away from us, and all of a sudden, the cortisol comes in, the adrenaline comes in. But again, it's very extreme and very dysregulated. When we then start, especially in the beginning, where it's like, No, I'm not putting up with this, I'm leaving. Then, of course, we know the mask comes back on, and what happens? The dopamine comes back, the oxytocin comes back, and the serotonin comes back. What happens in the brain is that we develop a chemical dependency because it constantly keeps switching between the good and the bad, the reward and the punishment. But all we want is to feel good.

That's how we then find ourselves in that situation where when we don't know where they are when we are activated, it's not just a sense of anxiety, but it can also happen that we have physical responses, like as if we are in actual withdrawal, as you were with a drug. But the reason for that is because we are, and that drug is love.

We don't only use the words, it is a very real thing, it's a chemical dependency. And of course, that's where a lot of anxiety comes in during the relationship because what they will do is they will discard us, then, of course, the drug is taken away.

If you think about it as an addiction, it makes so much more sense. I think it helps to remove the judgment for ourselves because once we realize what this is about, which at the end of the day is love, and that the narcissist is the drug, but not only that, they are the drug dealer at the same time. Then we realize, Oh, my goodness, they have absolute, complete control over how I feel.

Ronia Fraser

I think that understanding in itself is very powerful for people in the situation, but also for people who want to help, like therapists or coaches because once we understand that that's what's happening, that is the dynamic. I think that's what allows us to be much more compassionate, holding the space as well for ourselves, and for others that are in that situation.

Meagen Gibson

Absolutely, I'm sure it's incredibly validating for people to hear that, it's not a matter of purely self-esteem, or agency, or being strong. It's that there are all of these biochemical mechanisms happening behind the scenes that aren't in your conscious control.

Ronia Fraser

Yeah, and they are absolutely normal, it's what the brain does, it's what the body does. They are unconscious, but once we become aware of what's happening, then it will also become easier to take steps that help us move through that, and move in different directions.

[00:13:46] Ronia Fraser

What we need to learn when we have experienced narcissistic abuse, or any other trauma, is how to regulate our nervous system. When we think about the the landscape of the brain at the time of, when the trauma happens, or when it becomes activated. We know that from scans, and we know it from personal experience, the brain doesn't function in the same way as a healthy brain does. It's neurological brain damage, that's what happens.

That's where the hypervigilance comes from, the amygdala is like going through the roof, and that's why everything is a threat. That's why it's so important that we become aware of what happens, but also find ways to regulate the nervous system, because once we do, the anxiety will go away, and we will regain agency.

Once we have agency back and we have our feet back on the ground, we are not just firing off, we're not just reacting, but we're able to respond. That's a whole different way of living than just being guided by emotional triggers.

Meagen Gibson

Absolutely. Let's talk about that for a minute, the separation ending, regaining our agency process. It's been so compelling for me to see on social media people sharing things, especially in the first 24 hours to a week, where people who have escaped narcissistic abuse are counting minutes and hours because that first separation of going no contact is so brutal and so grueling.

I would love it if you could talk about the anxiety in the different stages of narcissistic abuse recovery. What does it look like at the very beginning when you decide, how do you go no contact. And then maybe after a few months, a few years, and then how glimmers of it might come back to you in the future. Let's start at the beginning.

Ronia Fraser

Yeah, hopefully not years. I think that's also important to point out, that it doesn't have to be this long and painful journey it's made out to be. It comes down to having the right tools to do what you need to do.

When we come out of a narcissistic relationship, it's one of those cases that needs to get worse before it gets better. Because as we're talking about the addiction element, what happens when we go no contact is that we remove the supply. We remove our chance of getting our hit, feeling calm, to feeling loved, because that's the drug that they gave us.

Now, no contact is the most important thing to manage the anxiety, to get rid of the anxiety, and to move in the right direction. It's not done with, Oh, I break up with the person, and then I try to put myself back together because what they will naturally do is they will try to lure you back in.

What we see a lot with narcissistic abuse survivors is they keep going back. They know that it's not good for them, but either they stay, they keep going back, and are very, very reluctant to go no contact, meaning blocked, or deleted, not only the abuser but their friends, and their families.

[00:17:28] Ronia Fraser

Because it's the most difficult step to do because you need to make the decision, Okay, I'm going cold turkey here. But the thing is, once you do, what happens is that the body very, very quickly regulates itself. It's like the poison starts leaving our system. And even though it's the hardest thing to do, the impact is pretty much instant. That's why it's so important to delete and block them, not leave the number in the phone just in case, because they're also energetically connected.

What happens so often is you start moving in the right direction, and then you get that text message, and everything starts again, because remember, it's the drug. So no contact is really, really important. No doubt, the hardest step to take, but absolutely necessary. And very, very quickly, the nervous system will regulate, which means the anxiety will become less.

It's not the solution to the problem, but it's the first step, and then once we have reached that point, then we can start focusing on the healing, and putting the work in, looking for help. What's also important, and I know it's very frustrating when you go through it and you're looking for help, but there's nothing there.

It's very, very important to understand that as long as you are in touch with the abuser, and if that's having the number in your phone, as long as you're in touch with the abuser, you can have the best therapist in the world, you will not get the results that you're looking for. Because the desire to get your fix will always be higher, and they will always find a way to get back, even though you consciously know, Oh, this is really not good for me.

But we've all done it, I lost count of how many times I went back. For me, I got to a point where I was like, Okay if I'm not leaving right now, I'll be dead in the next four weeks. That was a survival instinct that kicked in there.

When we talk about anxiety, no contact, rule number one, no ifs, no buts. Obviously, when there are children involved, when there are legal proceedings ongoing, it's more challenging. However, there are ways to minimize that contact, because at the end of the day, the most important thing is that you remove your supply, and also create a safe space around you that allows for the healing to happen without constantly being retriggered.

I know that you may find a hundred excuses why no contact doesn't apply in that particular situation you might find yourself in right now. But I'm here to tell you that actually it does. I know it's not what people want to hear, but it's the truth. If you want to move through that, if you want to stabilize your nervous system, if you want to get rid of that anxiety, and be able to function again, no contact is the very first step. There are more to follow, but without no contact, it will continue to go in this loop because you're in a highly activated state.

Meagen Gibson

You said something earlier I wanted to follow up on, too, which is the friends and the family of that person as well, because that is an attachment, an entanglement, and a connection that still exists. No one's describing this as easy, or an easy process, or a simple process, or it's super simple but not easy.

[00:21:23] Meagen Gibson

Let's talk for a moment, about the anxiety that comes with other people tied to that person not having seen or experienced what you did. Like the comment, They were always so nice to me, or, They were so charming. We have this Disney villain picture of what a narcissist looks like, they're this evil scheming, conniving, and looks very apparently bad to the outside world, when that's often not at all the experience of other people, outside of that intimate relationship's experience of that person.

Ronia Fraser

Absolutely, it's part of the illusion. When somebody creates this illusion, once the victim starts speaking up and looking for help, nobody is going to believe them. It's part of that calculated game. Not all the friends or family members of an abuser are bad, but something to consider is, for one, they are also caught up in the net, so they are also played by them.

Another thing is that narcissists very often in their friendship groups, surround themselves with like-minded people because that makes their behavior acceptable. There's no accountability, they are not being held responsible because they are doing all the same thing. And of course, they also have masks.

What we will do, and I did the same, and everybody I work with has done the same, with social media, I block them and I delete them, but I leave the mom, or the sister, or the best friend, because secretly, we hope that the mom or the friend tells them how good we are doing. We're posting so much stuff on social media with the intention that they are being told.

Then also we leave the door open so that if they change their mind, they could go through them. It's natural, but it's also the addict who's trying to keep the back door open. So very important that we start with a clean slate. Unfortunately, it means cutting out people, even if they were genuinely nice to us.

Meagen Gibson

Yeah, it's hard work. I will also confess to keeping those third-party ties to sleuth and see if I can see evidence of the other person coming, too. That they're having the moment of recognition and self-awareness that they need to do the work and the blah, blah, blah. And like you said, it's all a mask, it's all a front, it's all an act, it's not real. I learned my lesson, doing that, don't worry, Ronia, we're people like you.

Ronia Fraser

It's also a natural thing to do, you did it, I did it. There might still be a situation we find ourselves in, even though everything that we know, where going no contact is a process. I had to go no contact with my now ex-best friend a year and a half ago. And even though I do this professionally, I've been doing this for seven years, I know all the rules.

Getting to the point where I went like, Okay, I'm going no contact. I went through it quicker, it becomes quicker. But I also had to go through the motions, and coming to terms and acceptance that this is what's happening. The moment I did, I instantly felt better.

[00:25:13] Ronia Fraser

However, getting to the point to do that. I did the same thing with social media and still, there's a friend, and then every now and then checking Instagram and what are they doing. It's natural.

I think with everything that's going on for narcissistic abuse survivors, because it's such a horrible, outlandish place to be, whatever it is that you're experiencing right now, I just want to make the point, it's normal. It's absolutely normal. We need to become aware of what we are doing, where we want to go, and what we need to put in place to be able to do that.

Meagen Gibson

It's interesting, too, because I can hear the argument of somebody at home listening going, But you don't understand my situation is different.

Ronia Fraser

Exactly.

Meagen Gibson

While I understand that every single person's unique situation is unique to them, these overall patterns, the way that we as individuals feel, the way the other person is behaving, these systems are not unique and have been playing themselves out over and over again across space and time for forever. That's what we mean, the way you feel is normal, the things you're struggling with are normal, you are not the first.

Yes, your particular situation, I'm sure, is unique and it has unique factors to it. But there is a lot of comfort in knowing that you're not alone, and that this has happened to others. Smart, intelligent, wonderful people who deserve better have fallen prey to this as well, and they recovered. And you're capable of doing that, too.

Ronia Fraser

Absolutely.

Meagen Gibson

You mentioned nervous system regulation, and I want to come back to that a little bit. What are some of the practical tips that you can give people that they can start today? If they're contemplating... They're ready, they're like, after this, they're psyched up, they're like, I'm ready to go no contact. I know what it means, I understand, I'm going to find some support.

But that nervous system regulation often is something that you have to learn and practice and do yourself. You have to do it. You can't read a book about it, you can't meet a forum, you actually have to do it.

Ronia Fraser

Yeah, exactly.

Meagen Gibson

Let's talk about that a little bit, what are your tips for people?

[00:27:38] Ronia Fraser

Tip number one, no contact, as we already said. That will very quickly start regulating the nervous system. Then there are also practical tools that we can use. My favorite is the Havening Touch, I'm not going to go too much into detail because I know Dr Kate Truitt is part of this summit as well.

For everybody who's struggling with anxiety, really make sure you check it out because the Havening Touch is, for me, the most effective and quickest way to regulate your nervous system, and you can do it yourself. The very important thing is, regardless of where you look for help, is that you start building your own toolbox because the last thing you want is to become reliant on somebody else because then you find yourself in the same situation again. It's all about building our own toolbox so we can regulate, we can self-manage. I really would like to encourage you to check out the conversation with Dr Kate Truitt because Havening Techniques, it's the very first tool that I teach every single one of my clients.

Another practical thing that you can do right now to instantly make yourself feel better, is stop telling your story. I'm not saying you don't have the right to tell your story, everybody has the right to tell their story, but there is a time and there is a place. If you are right now in this highly activated stage, now is not the time. Because what's important to understand, and it always brings us back to the brain, and how the brain works. Our brain cannot distinguish whether something's happening for real, or whether you're imagining it, or whether you're talking about it.

If you're going to talk therapy right now, or a CBT, what happens is that you talk about it, you analyze it, and maybe you are in support groups and forums, and you're sharing the story over and over again. But your brain can't distinguish that this is not happening right now. The neurological responses in the brain, and the chemical reactions are all the same, which means as you keep telling your story, you are putting your body, and your mind through the same experience over and over again. And it's a very traumatic experience, so the trauma is happening over and over again.

If you are in this highly activated stage right now, stop telling your story, focus on your healing work, and we can talk about how you can shift your focus. But really focus on the healing work, because then once you've done that, you can absolutely tell your story, but it will come from a very different place because you won't be emotionally activated.

And you can tell your story, and all of a sudden, people will start listening, because when we tell our story, when we are very emotionally charged, very easily we get labeled as the crazy unstable person, which is part of the game as well.

If you're activated right now, if you feel really anxious right now, stop telling your story and shift the focus away from them, and what has happened, onto yourself and your healing. That's where the part comes in, where we put the work in. Just reading a self-help book about it is not enough, you need to do the exercises that are in the book, for example. But that will very, very quickly then help you move in the right direction.

Meagen Gibson

It's so interesting, too, because I'm hearing the person at home, and they're... Just come out of this situation, you're seeking validation that I'm not crazy, that what happened to me was real, that the gaslighting is over, and that somebody can express to me, or reflect to me that that sounds

terrible. We're so starved for the confirmation that what we went through was real and how we feel is legitimate.

[00:31:56] Meagen Gibson

It takes a lot of work to stop telling your story and to focus on getting safe, holding no contact, nervous system regulation, all of the basics. It's like we want to skip over all of the base level work and get all the hits that we were getting, we're still chasing, as you just said, all the oxytocin, and all the endorphins and all of the... We're chasing what we need, and what we were looking for in the first place by telling our story sometimes. And by stopping, by refusing to do that, and working on all of the tools and practices, we're then able to take a more objective, grounded, non-seeking perspective when telling our story in the future, if I'm hearing you right.

Ronia Fraser

The validation is a big part because what we have experienced is people know that from Netflix, it's other people's evening entertainment, for us it's our real life. The thing is, in the healing process, that's why it's so important to ask for help because most of our friends don't understand what we are going through. At that point, we are unhealthy, we are the people who are very difficult to be around. And a lot of people leave us at that point because it's just too much for them, which is very painful, one of the most painful parts of the whole process.

But at the same time, they also have the right to protect themselves, because they tried to help us with all this well-meaning advice, but we already know what applies to a normal relationship doesn't apply to a narcissistic relationship. So it does feel very lonely.

We obviously want validation for what has happened, and that we are not crazy. And no, you're not crazy, please hear me when I say that. But that's also why it's important to ask for professional help because there are people out there who do understand what has happened. They do understand what the impact is. It may not be the people you would like them to be, but there is support there, there's understanding there.

And then it's important to have somebody in your corner that has your back. And when you work with a professional, there's no judgment, they don't have an idea who you're supposed to be. And that's something that we experience with friends. They know the old version of us, but we are going through such a huge transformation. They have all those expectations, but we won't be able to fulfill those expectations because the person that they knew doesn't exist anymore. And that in itself can cause a lot of anxiety because at that point, we don't even know who we are.

Meagen Gibson

Yeah. I was thinking in an ideal world, the people that we love the most would know the proper and right way to support us when things get tough. But often those are the exact people who fail at supporting us in the ways that we most need, and that's not their fault.

I have a very good friend who does branding work for a living, and he was like, Meagen, I got to be honest with you, I can't relate to anxiety. I have no idea what those things are. I've never felt that. He's like, I just don't have the experience for that. And he was very... It was like, I appreciate that. He was like, I'm not really interested in hearing about it, and I can't really support you through it. Great, the Venn diagram, our friendship and relationship is over in this corner, not this part of my life.

[00:35:53] Ronia Fraser

Yeah, and that's absolutely okay.

Meagen Gibson

Yeah.

Ronia Fraser

If you think about it, a few years ago, I wouldn't have understood it either. If somebody would have come to me. I think there were situations, I think a flatmate 20 years ago or something went through a similar situation. I also went like, Well, what's the big deal? Just leave him already. Narcissistic abuse is one of those things, and the same applies to any mental health challenge, unless you've experienced it, you cannot comprehend it.

That's why it's important to then stop telling the story because you're not getting the validation you're looking for in the first place right now anyway. The validation will come, but it will come later, but I promise it will come.

Be choosy about who serves what purpose in your life, some things you share with one person, and with the other person who doesn't get it you talk about something else, maybe the weather, or music, or whatever you can connect with. That's absolutely okay. In my experience, what happens is, that as you go through your healing work, new people will come into your life that are much more aligned with who you are, that understand you much better.

Then there will also be people coming back who didn't get it at the time, but then all of a sudden, they may have had a similar experience, or the mask dropped with them, and they saw the real person. All of a sudden they go, now I understand what's happened. But there is a bit of a time delay in there.

Meagen Gibson

Absolutely, and unfortunately, there are no real rewards for when that happens in the future when people come back. There's a tiny, tiny little glimmer of like, Okay, thank you for sharing that, what I was trying to tell you 20 years ago. Any final thoughts or insights that you would like to share with people?

Ronia Fraser

Sure, there are a few. I've already said all of them. First of all, there's nothing wrong with you, what you are experiencing right now is an incredibly normal reaction to a completely abnormal situation. It's a very unpleasant place to be, but please know that there is nothing wrong with you and that there are tools available, there are support available that will help you move forward.

Shifting the focus, we didn't get to talk about that. But I want to throw the self-care in there, which is very uncomfortable, I know, but now is the time for you to learn to put yourself first. Self-care is designed to make us feel good. If you're struggling with your mind keeping going backward, really start employing a self-care practice, a solid self-care routine. I'm not talking about the hair or the nails, which is nice, but a solid self-care routine.

If you need help with that, just briefly, can I mention..?

[00:39:00] Meagen Gibson

Yeah, of course. Please do.

Ronia Fraser

Because I designed it for that particular purpose because I know how hard it is. It's called *Me, Myself, and I: Your A to Z to Finding Back to You After Narcissistic Abuse*.

It's filled with over 50 very simple practical exercises that are designed to help you shift the focus, and reconnect with yourself. The healing part is taking it out of the cognitive function and putting the work in, putting everything into action to move you forward. If you're struggling with that, have a look. It's available for men and for women, it's available in English and in German.

I've been there, I know how it is, and that's where this comes from, with a lot of understanding and a lot of love. This is the time for you, where now it's about you, and at the end of the day, the narcissist has no relevance whatsoever. All they did was open a door, and you now are walking through it.

It's such an invitation for really profound personal transformation. Once you embark on that, accept it for what it is, and start putting the work in, it's the most fulfilling gift that you can give yourself. I want you to know that this is not the end of the road, and there are people out there who understand, there is support available, there are tools available that will get you out the other side. It doesn't have to be this long and painful journey.

Meagen Gibson

And I, for one, I'm really glad that you spelled out the self-care steps in a book because it can be confusing for people when they wonder, what do I like and what would be comforting? And they draw a blank because it's been so long since they've been allowed to consider it. That can be very dysregulating to experience the, I have no idea what I like, or how I would find comfort, or what makes me feel calm.

You're like, what? How can I not know that?

Ronia Fraser

It's not only those little things that make us feel calm, self-care goes much deeper than that, and that's what the book does. Building your toolbox, as I already mentioned, is all about putting tools in your toolbox to be able to deal with life's curveballs much easier. There are little things you can do, how to instantly feel better when you're down, things like that, or certain situations where you need to put tiny little actions in place, and they make such a big difference.

Self-care is so much bigger than when you go on Google and type in the top 10 self-care tips. There's so much more to it, but as I said, it's designed to make you feel good. And it's very, very powerful because the impact is pretty much instant. Once you give yourself the permission that now is the time to do something for you, finally.

Meagen Gibson

Well, Ronia, if people want the book, if they want to work with you, how do people find out more about you and your work?

[00:42:13] Ronia Fraser

You can find me on my website, roniafraser.com, and on social media, [rocknrollcoachroni](#). The book you can find on Amazon. Please do feel free to shoot me an email if you have any questions, if you are interested, if you like workshops, or whatever it is.

My thing is the healing journey, and when you reach out to me, it's pretty safe to say that you already know everything you need to know, not everything there is to know, but everything you need to know. It's time to put the work in and move forward, and it is a very magical journey.

Meagen Gibson

Ronia, thank you so much for being with us today.

Ronia Fraser

Thank you so much for having me.