

## Finding real love after narcissistic abuse

**Guest: Melanie Tonia Evans**

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### **Meagen Gibson - [00:00:10]**

Welcome to this interview. I'm Meagen Gibson, co-host of the Relationship Super Conference.

Today I'm speaking with Melanie Tonia Evans, a global narcissistic abuse recovery expert and the creator of the Narcissistic Abuse Recovery Program.

Melanie's leading edge healing methods have helped thousands of people make astounding full recoveries from toxic relationship abuse. Her work has now touched the lives of over 15 million people from more than 130 countries worldwide.

Melanie, thank you for being with us today.

### **Melanie Tonia Evans**

Hi, Meagen. It's a pleasure.

### **Meagen Gibson**

So, Melanie, I know from speaking with you previously that you learned about narcissistic partners the hard way through a relationship of your own. Can you describe your experience and how you got out of those relationships?

### **Melanie Tonia Evans**

I think most people, Meagen, work this out the hard way because a lot of people have just thought, well, narcissist, is that a conceited person or selfies on social media?

And it's interesting because a lot of people that get into narcissistic relationships, they're big on personal development and they're not lazy people and they're often in helping, healthy communities and helping people. So it takes us by surprise.

So, I mean, really what happened to me was I'd done a lot of development and I thought I was in the clear and I finally was getting... And this so-called amazing man came into my life. He was everything I'd ever wanted. And it was an incredible bond that happened very, very quickly. And people were shocked that I was getting married in 4 months because I was 35, I'd never been married before, I'd always been very choosy, and then all of a sudden I'm like, oh my gosh, he's the one, he's the one.

And this is the thing, a lot of people, when narcissists come in, whether it's a business deal or a friendship or an intimate partner relationship, it feels very powerfully emotionally right. And it was because I needed the development. And anyway, it ended up, like virtually all of us did, mentally, emotionally, financially, physically, and even sexually abused. I was tolerating things I never believed I would tolerate. I was so enmeshed, I was so hooked, I was so addicted, it shocked me that you're

hurting me so much but I can't stay away and I keep going back and I keep obsessing and I keep trying.

**[00:02:47]**

So it kind of felt like this really weird sole contract much bigger than myself as to why I couldn't break away. And it ended up horrifying. I ended up being 37kg, which is around 80lbs. I hadn't been able to eat a meal for about 6 months. I couldn't sleep for more than an hour. My hair was falling out. I shook. I was on the verge of a complete psychotic breakdown and I ended up having that breakdown.

And when I had that breakdown I'd been in and out of the relationship a lot of times, and I was seeing a personality disorder specialist who had diagnosed him and said it's not going to end well. Anyway, I was still hooked, it didn't matter what I learned, what I researched, who told me to get out, nothing kept me out, which shocked me beyond measure.

And I was hiding and sneaking around and lying about seeing him, I was a drug addict. And then when I had the breakdown, my mind snapped, I was diagnosed with a complete psychotic adrenal breakdown. I was told that I would need three antipsychotics for the rest of my life to even be able to function at any kind of level and I was told I would never be the same again.

So this was a huge shock to me at 40 years of age. Anyway, I ended up, Meagen, I had a 15 year old son who was a mess because of everything happening, everything was destroyed in my life, everything. I really had nobody left in my life. They'd all abandoned me. And I decided I needed to exit the planet because it was game over for me.

So I was contemplating how to do that. And I had morphine to stop the psychotic episodes and I was under suicide watch, and I thought, how am I going to do this? And this voice kept saying in my head, "There's another way, another way," and I'm fighting with it and I went to the bathroom and I fell on the floor and I put my hands up and I said, just said, "Help me, I can't do this anymore".

And I had an incredible spiritual experience that was mind blowing and it was like my head split and a knowing came in that was so crystal clear, there was no mistaking it. And maybe you have to be out of your mind to get the truth. And the truth really was, this wasn't about him, this was about the traumas that I'd had from my previous generations, from being a woman, from my childhood, from my adult relationships, that I've never turned inwards to be able to heal. And I just coped with them as my normal.

And they were still there and he had been reflecting back to me all the ways that I was still codependent. I was trying to get love, approval, security and survival outside of myself. I have been my own worst critic. I was a perfectionist about the way I looked, the way I performed, whether or not I'd lost 5lbs, all that stuff. Because I'd had all these beliefs, I have to be perfect and get it just right to be loved and approved of, so of course, here I had a partner that whatever I did was never good enough.

And the awareness came one after the other with crystal clarity, and that he was the catalyst and he had turned up in my life as a sole contract to reflect back to me what I hadn't yet healed within me. And if it hadn't been him, it would have needed to be somebody else.

So what happened then was after this massive aha, I got catapulted into the future and I felt and knew myself as I am now, whole, connected to a source, sole connection and feeling at one. And this was astonishing because I'd never felt that my entire life, ever, even before abuse. And the voice in my head said, "If you choose this mission to heal from the inside out, this is who you're going to be in the future". And I felt it and I knew it was true.

And then I was thrown back into my emaciated, shaking, sweating, absolutely hyperventilating body. And the voice said to me, "You can leave if you want, but you will have to come back and do it again

or you can choose this path and you will get the guidance along the way if you surrender to this path. Do you sign up for this mission or not?" And I said, yes, I do.

**[00:07:52]**

So I signed up for the mission, and here I was emaciated and devastated and traumatized. My mobile phone, because I'm still in contact with him, I switched it off and I threw it in the bin and the rubbish truck came and collected it. I never, ever once again broke no contact because I knew it wasn't about him. I knew it was about me. So this began this incredible journey.

And the next day was a miracle because I went back into the psychiatric department to get my assessment for my meds, and I talked them out of me needing medication and they agreed with me, which should never have happened. So I never got on the antipsychotics.

And from that point forward, Meagen, sometimes it was a second by second journey. Because it's not like the trauma was gone at all. I was still in a shocking place. But what did happen was, that day I actually had a bath, and I'm in the bath with myself and I was guided and I visualized my inner child and she was there batted and shattered and screaming. And in my visualization I hugged her and I brought her into my heart and I said, "Sweetheart, I don't even know how I'm going to do this, but I'm never leaving you again. And we're going to heal this from the inside out. And I promise you, with all of my heart, I am never going to abandon you again".

And I cried. I nearly am now because it's so beautiful. And when I take people through this visualization I have to fight back the tears because I know they're in tears. And this was the thing, Meagen, for the first time in my life I knew true love. And then I built on that and I released trauma and I found my connection to source and divine love and my love for my inner being. And I healed the unhealable, what happened with the psychotic adrenal breakdown, plus I had CPTSD through the roof. I had fibromyalgia. I couldn't even touch myself without screaming nearly. I had so many body nervous system breakdowns that I was told could never heal.

And they all started melting away with self partnering, with releasing trauma and connecting to source. Now, I had no idea, Meagen, that this was actually going to be for the world. I had no idea that I was going to grow up to be a global narcissistic abuse recovery expert and facilitator. But what happened was, I was so... And I had, I knew people because I've been talking online and stuff. So I started sharing what I was discovering.

And when people were like, oh my God... And there were people who wanted to be victims and didn't want to hear it, but there were other people who were like, I'm willing to try anything to heal it so bad. It grew and grew and grew. I developed Quanta Freedom Healing, the Narcissistic Abuse Recovery Program. It exploded worldwide.

I was inundated with people, and also too, what was really happening were counselors and psychologists and domestic violence workers had clients who, of course were stuck in the trauma and the obsession and the thought loops and were getting nowhere, and then they started using my Quanta Freedom inner healing processes and then these people were ringing me up or contacting me by email, and they were saying, "What did you do to my client, because they've literally walked in the door from yesterday a different person?".

And I guess the rest is history.

### **Meagen Gibson**

I love what you said earlier about how sometimes that decision to go no contact and to choose yourself and be self partnering and heal was sometimes a second to second negotiation. I love that because we've all felt that kind of suffering where we were committed to the path, but it's a second to second commitment.

### **Melanie Tonia Evans - [00:12:18]**

Absolutely. It is. It's not easy. But the great thing is, is we do have the awareness and the evolution and the tools now to fast track it and support it.

### **Meagen Gibson**

And I know that's something you've had experience with as well. And because of other parts of my work, I've talked to several survivors of cult experiences. And obviously there's narcissistic personalities at the head of most of those kinds of organizations. And something that a lot of them share is that when they get out of the organization, they get away from the cult leader, that they end up in another situation just like that. They think that that particular organization was just bad, but they're going to somewhere else and still trying to cultivate that side of their spiritual life and end up in another cult.

I know you said you got out of this relationship and then ended up in another situation that had some similarities, and so what was your dating experience? How did you get back into it and make sure that you were always on the right path with yourself?

### **Melanie Tonia Evans**

Great question. Love it.

That part about the cult situation and SRA, Sexual Ritual Abuse, etc, that really is a huge, big manifestation of the whole deal of narcissistic abuse for us. When we're not self partnered and connected to source, and it's not religious, it can be, but a higher power, something greater than ourselves, to be able to give wholeness, light, peace and power from, what we're always doing is we're looking for a false source, we're looking for a savior outside of ourselves.

So that kind of thing about whether it be like, it could be an Ayahuasca guru who actually is a predator, all of those. It could even be your Church that really is an inversion of what a Church should be. And there's a lot of that.

The greatest thing that we all need to do is to be our own savior. And that comes exactly back to the point of, what did I do in relationships? And it was a progression. And the great thing is, Rachel, I actually did another narcissistic relationship... Sorry, Meagen. I don't know why I called you Rachel. I did another narcissistic relationship after that main narcissistic relationship because there were still things that I needed to clean up.

And it's been perfect for the position I've had to help people heal. For me to have to be the test crash dummy, if you like. We teach what we most need to learn. So really what this was about, and it is for all of us, I'll put it down to four things. As adults we can no longer be wounded children in our body as an adult looking for a parent because that's what we've done and it was our normal. We need to be our own source of love, approval, security, and survival.

Now, this has been very hard for women as well, because in our DNA are all of these beliefs, "I can't survive without a man". And that's a very big hook that people get involved with. That was actually huge for me. The thing is, a narcissist is never going to walk up to you and say, "I'm a narcissist, beware of me". Rather, they show up as really friendly, cordial, engaging, beautiful, the most lovely people you can imagine. So the thing is, you're not going to pick a narcissist, but it's not about you picking a narcissist. It's about you being you, which flushes out a narcissist.

So where we went wrong in the past was, without knowing it, we're like a hungry shopper going to a supermarket and you pick junk food because you're hungry. You don't take your time. You don't think, all right, I'm going to go to the organic section and I'm going to take my time and really work out my macros and my nutrients. You just shove stuff in your trolley because you're hungry.

**[00:16:38]**

It's so important to work at, do the inner work to feel good in your body, good in life. You're expanding out into the things that give you joy and fulfillment without having to wait for a partner to give it to you. And then what happens is you come into the dating arena of value. And here's the complete orientation shift. Rather than, who do I need to be to try to get you to like me? I'm going to be fully myself and see if you're a fit for that and getting very, very clear on your values and your truths.

You see, here's the thing, Meagen, where we all went wrong. We thought we share interests, we're compatible. Interests are completely negotiable. What isn't negotiable are values and character. And for any successful relationship to work, even if it's just a mere friendship, there has to be integrity, honesty, kindness, care, teamwork, being able to be validated by somebody and somebody who is good at solution building. Because you're not always going to agree with each other, and friends even shouldn't. You should be able to have your own opinions. You should be able to give honest feedback to somebody and vice versa and receive a no and take a no. Give a no and take a no. You should be able to do that.

And you really need to see if somebody has got the inner maturity and the steadfastness and their healthy inner identity to be able to work at building solutions and growth with you. And narcissists fail miserably at all of that, and they cloak it. "Well, we've got the same interests. I like what you like". And a narcissist is very good at questioning you and finding your gaps, finding what's not healed in your life.

So, for example, if you're on a date with a narcissist and they said, "Well, what happened in your last relationship?", and you're still all hurt and wounded, "Oh my past partner played up with my ex-girlfriend", and you're still really toxic and hurt about it, the narcissist loves that. You're a wounded gazelle. He's a predator. He knows he can strike. And how he strikes is, he looks you straight in the eyes, mimics your body language, and he says, "Oh my God, you're so lovely. I can't even imagine anybody would do that to you. I can't stand it when men treat women like that."

And you think you've hit pager. You're like a woman in the desert. You found your oasis, and you think, oh my God, this is what I've been waiting for my whole life. And then you bond way too quickly. You have sex with them. You let them in. Your endorphins are connected to this person. You trust them. You give them a key to your house. They're in your life. Bingo. Okay. Bingo. This is like Helen of Troy, the Trojan horse got through the gate. It opens up, and out comes the attack, and you're gone.

And then what happens is because we're not healed, and I did it too, we all did it unconsciously, because you now have positioned this person as your savior, as your source of the healer of your previous wounds, so they can start abusing you and you can't pull away. You're trauma bonded. And there's so much more to that. That's a three hour discussion.

### **Meagen Gibson**

Well, speaking of trauma bonding, in which you mistake intensity for intimacy, and that's the component of the narcissist, is saying all the right things and really love bombing you and really affectionate. And so you let them in because this person is clearly safe. But then once they're in you're chasing and looking for and always hopeful that the person you met at the beginning will return at some point like they're in there somewhere.

### **Melanie Tonia Evans**

It's so true. Because with a narcissist, especially if you've had a childhood where you haven't been emotionally valued, which is really common, for the first time you feel seen, you feel met, you feel like the most important person. But the problem is we don't have enough value and worth inside ourselves as a solid embodiment to take our time.

And I did a little video just the other day on what is the difference between love bombing and romance? And there's a huge difference. Romance is gorgeous. You want to be romanced. I love

romance. My partner romanced me and it was beautiful. My girlfriend said, "How do you know you're not being love bombed?". And I said, "Because I have my own life, I can say no if I've got another engagement".

**[00:21:42]**

I even had to go overseas for work and he was totally respectful, calm, let me go. If I didn't get back to a text in 4 hours, I didn't receive five. Because the narcissist, as the predator, is empty and needs a feed and needs to strike and get defeat. Normal, healthy, mature people in their body aren't operating like that. They're self sufficient emotionally. The narcissist will never, ever hang around for somebody.

And we were platonic for 3 months. It was beautiful. I was courted and romanced with absolute respect. He stepped up to feeling a deep bond for me because I had value and worth and he had to work for me. And that's healthy. It's beautiful. I was courted.

In the past, Meagen, I used to put more thought into a pair of shoes than I did a partner. Because at least with the shoes I think they're really pretty and gorgeous but are they going to hurt my feet after 5 hours? Whereas with a guy, I'd be like, you're really cute and gorgeous, are you going to hurt me? Whatever. You're tall, you've got broad shoulders, you're smart, you look good, you're into what I am. That'll do.

### **Meagen Gibson**

Such a good point. I am cutthroat about my shoes, and especially at this age, I'm just intolerant of anything that brings me discomfort. And part of the problem, too, with the wounds you suffer and the blisters that you get, if we want to go with this shoe analogy from a narcissistic relationship, they don't come up on the surface. They're all internal. It's not anything anybody can see or notice unless we're talking about, in your case, like losing a ton of weight and shaking and all of that, eventually your body will get your attention from the inside out. But wouldn't it be nice if narcissists came with blisters on your feet? They could alert you to the dangers ahead.

### **Melanie Tonia Evans**

But you know what, Meagen? And this is the thing, and this is my thriver orientation, people may think I'm crazy, people in my community doing the work don't. I am so grateful for every part of what happened, even going to the edge of destruction. Because what happened was I turned inside and came home to me and source. Somebody could look in on my life and offer me 50 billion, trillion actually, dollars to go back to life before that, and they can't have it. I wouldn't take any offer. No.

All that stuff that I was trying to get or find outside of myself, was to try to feel the way I feel now without having to have any stuff. Yet ironically now I now choose and show up in a way, and the opportunities come that match what I am on the inside. And it is a 10th as hard as it used to be.

### **Meagen Gibson**

Yes. Something you said earlier, I want to circle back to, that we need to mature and we can't be adult emotionally children walking around looking for people to fix us or complete us and that type of thing.

And I know from experience that you can be self partnered, as you call it, and very much in ownership of your life and have an experience with a narcissist that those reactions happen. Where you have the very adult seated, self partnered part of yourself that sees that, that interaction that just happened, and you're like, wow, that was a lot of red flags and boundaries. But then the inner child part of you that gets activated, that adult child that's still walking around inside of us, that gets activated.

## **Melanie Tonia Evans - [00:25:32]**

I love that question. And I really have to take this quantum. Okay. I really do. Because the thing is from a logical point of view, when we still have trauma inside of ourselves, it's massively confusing because you think, is this me? Is this you? Am I overplaying this? Do I have a right here? It's just really hard to work out.

I'm such a purist with Quanta Freedom Healing, and I'll just say how I work my life, and I have for years now. If I get triggered into something confusing or difficult, all I have to do is literally do a Quanta Freedom Healing process on it where I'm targeting the trauma in my body, whether it be my heart, my solar plexus, wherever. And I go through the visualization, meditation process, the Quanta Freedom Healing. I load it up and let it go. I bring in the light of source to replace it, which is the process, because I can't work it out, Meagen. I can't. I don't have infinite consciousness. Where my consciousness bandwidth is when I'm in trauma is only within the bandwidth of that trauma. I can't think my way out of it, and actually, none of us can.

So when I let that go and I bring in source, then I know once the pain is gone, the space opens and the light comes in, it's infinite intelligence. This is what saved my life and changed it. And this is how it thrives in my life. Get out of this stuff and into their true self in record time. It really works. Then I know what to do.

And then it may be that I go to that person and say, you know what, I actually did overreact, and that was a wound that was triggered, but how awesome was this? Because I was just able to let that go and bring it in. And now I'm really solid here. So what an awesome interaction that was. Or it could be, I actually need to take a stand, and I need to say, what you've done is inappropriate, and it's not okay, but rather me go, you do this, and you do that, victimhood. I say, look, my values on this actually are, and I state them. And we can hang if you're prepared to meet me there. If you're not, that's okay. We're not a match.

Or it could be somebody has tried to talk me out of an investigation or something that doesn't feel right for me, or I want their reference or I want their whatever. And they've tried to convince me that I'm not trusting and I'm paranoid or I'm whatever, which is very narcissistic. And I get very clear. And I say, look, that's my line. No truth, no proof. I don't take a step further until you show me that. If you don't want to, fine but no deal.

So you just get more and more and more solid in your truth and your values and also your self ownership when you're acting like a twit. Because we all get triggered and don't put our best foot forward. It's human.

## **Meagen Gibson**

How many times a day do I get triggered? Enough. If we're honest.

## **Melanie Tonia Evans**

We call it tourette here. It's a little tics episode, but they get less and less and less. And it's really beautiful for the people that you're walking and you're growing with who do have capacity and desire, for you to say, honey, that was my stuff. And everybody around me heals and up levels. So we're all walking this evolved. My whole team do it. The people in my life do it. It's so beautiful and honest.

## **Meagen Gibson**

I love the responsibility and the self ownership part of it, it's getting out of victimhood. It's that everything that's happening to me or my triggers are not all on everyone else. I have a responsibility here to walk through life owning what's mine in my reactions, being responsible for it, getting faster, recognizing it, and repairing faster with those that I've overreacted to.

### **Melanie Tonia Evans - [00:29:58]**

Exactly. But a lot of new age people, a lot of people in narcissistic abuse take way too much responsibility because the narcissist is telling you, you're the one that's fault, you're the one that's defective. And I was there too. And a lot of people are there. We're lifetime students of personal development trying to fix ourselves, to fix our relationships. Whereas what we really need to do is bring source in, stand solid, and stand true, and say no, no more.

### **Meagen Gibson**

And I was just going to say and that's where connecting to the source and really what you've been talking about comes in. Because in these narcissistic relationships, you're just constantly questioning.

### **Melanie Tonia Evans**

Absolutely.

### **Meagen Gibson**

You have no idea who you are, what your values are anymore, because it's all been questioned or attacked or belittled or whatnot. And so having to get something outside of yourself that you're not trying to think your way through until you can trust yourself a bit more, especially, sounds like the key.

### **Melanie Tonia Evans**

Exactly. And we have to get out of our heads and into our bodies. Because this is the thing, the more traumatized you get, the more your head goes in the fast range beta brain wave, which is anxiety and cortisol and adrenaline and trauma whereby you can only think in the bandwidth of the trauma.

This is the whole problem. If we're trying to get out of our trauma through thinking, learning, researching, talking, these are all functions at the cognitive brain, which is only 5% of the equation. 95% of your life from 30 years onward is coming from your subconscious somatic emotional programs in your body. So it's a game changer. When we stop talking, listening, researching, we cut that off, put it under our arm and come breathe and open up and do the right inner work here. Because once the body shifts, the brain will automatically follow. It's not a battle anymore.

### **Meagen Gibson**

Yes. I heard somebody say the other day, people were asking her questions like, how do I know? How do I know? And it was very much a thinking brain thing. And she said, I want you to pause and get in your body, and what feels warm? Even if it's as simple as, I've got these two conflicting emotions or reactions to something. Which one feels warm? Which one feels like the direction that would feel like an embrace? And go in that direction.

### **Melanie Tonia Evans**

Exactly. And the problem with trauma, and this is what I never realized until my breakdown. When I had that breakdown and the epiphany, I knew that the greatest mission was to get the trauma up and out and create space for wellbeing. It's like the puss in a wound.

And I say to people, Debbie Ford had a beautiful expression, the late Debbie Ford, she said, "Unless you do your shadow trauma work, you're putting ice cream on top of poop".

### **Meagen Gibson**

I think that's an excellent illustration. Everyone gets that. I totally understand that.



### **Melanie Tonia Evans - [00:32:57]**

It's like trying to drive a Ferrari into a garage and there's a rusty old wreck in the pass. And this is where the whole law of attraction, like the whole new age movement, well just visualize what you want. But the problem is you're going to keep defaulting back to the poop and the rusty old wreck, no matter what you try to build on top of it, because it can't get in there.

And then you think you're defective and you're a failure, and what's wrong with me? And I'm mental. And why can't I get it through my head to get away from this person? When you have massive emotional lace traumas in your body, they're very, very, very powerful. You have the trauma, and think of the emotion connected to it. Energy and emotion is what's fueling up and powering up that belief system. The people I love abandon me, betray me, invalidate me, annihilate me. There's so much power in that emotion. It is super glued in your inner identity as your core.

And then what does your subconscious do? It generates the validity of the emotional belief to the letter. So this is why you keep going back. That's why you keep choosing the people. And you feel incredibly attracted to them. The people I love annihilate me, leave me, replace me, betray me. They're the people who are hot to you.

### **Meagen Gibson**

They feel safe because it's what you've always known.

### **Melanie Tonia Evans**

Exactly. And your subconscious belief system has no sense of right or wrong. It just replicates the belief.

So, how you think. So this is why, let's say, the people I love betray me sexually with other people. Even when you get the warning signs, like you could be sitting at a restaurant and they're eyeing off other people, but your brain will give you the cognitive dissonance, it's tricking you into, oh, no, I missed that. Yeah, all men do that. You will come up with the reasons and the excuses to stay connected to the emotional program.

That's why you've got to change the emotional program in your body. And then you would be sitting with somebody like that. And of course, you haven't had sex with them for 3 months because you look after yourself and you're chasing their character. You see them doing that, it feels off in your body, and you go, you know what? That's my old pattern. I'm not going there. I'm prepared to lose it all, to get it all. I'm prepared to lose it all, to get it all because I know more once I align with my truth, and I live it, source delivers, flourishes and nourishes me in regard to who I am being, who I'm choosing beyond measure. So every time I say no, three more yes doors open, and it's such a beautiful way to live.

### **Meagen Gibson**

I'm so glad you keep bringing it back to that connection to source, because I know that changing that, becoming conscious of those patterns at first, even though you're like, I know that I've just got to go to what's familiar because that feels safe, the things that actually are safe sometimes feel scary and really unsafe. All the nice people, especially for women, they see a nice guy and they're like, that's not attractive. Or maybe that's just me. There's no danger or intensity. And so that can actually feel much more destabilizing to make good choices and to go with safe, caring individuals for a little bit.

And if you're not also connected to source, I'm sure that can just be how people end up going back into other similar patterns, because it's just so familiar. So safe people making choices that are good for our health and our relationships can sometimes feel destabilizing if you're not connected to source, as you've said.

## **Melanie Tonia Evans - [00:36:42]**

And this is a pattern that so many people are involved in with narcissists, as I was, like the bad boys are exciting, and that's where you get your chemical high. And there's a lot of gorgeous men in our community healing, and their attraction has been the racy, sexy girls, even though they're beautiful guys and they get emptied out by these kinds of women.

So what's going on there? Well, first of all, it's definitely about that love code thing that I was talking about, which is the people I love hurt me, and they're the types that are going to do it. So you're attracted it's familiar, it's been your program, but there's more to it than that. There is, absolutely, it's like a poker machine. You get with somebody who is malfunctioning, and narcissists are a roller coaster.

So let's get back to the shoe analogy because it's a really, really good one. You're with a narcissist, and they're very painful. There's so much trauma. So imagine walking around in your shoes, and you've got all these rocks and sharp stones, and then you empty out your shoes and your feet feel the best they've ever felt in your life. The high of relief is massive.

Poker machines are the same. People are losing money, losing money. Then they get the jackpot, and the relief is a massive endorphin hit. And without knowing it, you literally get addicted to it. So when the narcissist goes from abhorring you to adoring you, and there's all this stuff.

And I was a love junkie. I really was. Even though I would go years on my own because nobody showed up. And that was really my traumas, not allowing it to. And then, of course, Prince Charming came along, and that was my narcissistic experience. And a lot of people have had that.

But what I now know, and I did enough work on myself and got very clear about the values and things. And I did the inner work, I put the values down of a kind, gentle, honest man who's still very masculine and tough, but he's gorgeous and he's honest and he adores me properly.

And when I was writing those things down and getting clear about my values, I was getting a ton of resistance. Like, I'm not going to be sexually attracted to this. What if I screw it up? What if I'm bored? So I really did a lot of the inner work on that stuff, and I let go of the traumas of the narcissist. So my inner love code wasn't, the people I love do this to me, all that unresolved stuff, that went. And then I visualized myself in the future, and I cleared and cleared and cleared the blocks, and then nice people started lighting up for me.

And I was having beautiful dating experiences, multiply. Because you need to multiple date, a whole other discussion, but with really good quality men. And then it was really up to me to say, okay, well, you guys have got the values I'm looking for, I think, but now is it going to be somebody spiritual who thinks the way I do and who can fit into my life? And that's what started our romance and that relationship.

But I remember right from the early days of dating him, I actually said to him one night, I said, "Hanging out with you is like putting on a cozy jumper".

## **Meagen Gibson**

That's what it should feel like.

## **Melanie Tonia Evans**

It wasn't like the butterflies. It was cozy. And you know what? When I got with him, when we really came together, he was already my best friend.

And what I've done in the past with narcissists and even other relationships, I'm like, oh, yeah, you're hot and it's chemical. And I'd wake up next to them in bed, and I look at them and think, I actually

don't like who you are. You're not a nice person. And then, of course, I'd go into overdrive trying to change them to be a nice person. Whereas this time I chose a nice person.

**Meagen Gibson - [00:41:19]**

From the start.

**Melanie Tonia Evans**

From the start.

So that's what I teach people to do. And I'm so excited because, as you know, I've got a thing coming up with that... But all of the NARP work and all of our community is about getting out of the old programs into these new ones that work.

**Meagen Gibson**

Thank you for setting that up so nicely. So for people who are, they've either been in a narcissistic relationship in the past or they're in one now, or they're fresh out of it trying to get back into healthy relationships, how can they find out more about you and your work?

**Melanie Tonia Evans**

Okay, well, come over to [melanietoniaevans.com](http://melanietoniaevans.com)

And I cannot suggest enough to get onto my 16 day free course. And there's massive resources. They're all free. There's no obligation. So it's two very comprehensive e-books that are going to really help you get clarity and really set you up. So, okay, where do I go from here?

And there's a free webinar that you can connect to through the 16 day free course. I can't recommend that enough. Because I am a real purist in regard to doing the quantum inner energetic work within your being because, without any exaggeration, what I found is it fast tracks healing, probably 50x, if not more. It just helps so much.

So come into my free webinar, check that out. That's in that free course. If you're really ready to go and you're like, what you're saying makes sense, I want to heal this, come into NARP, that's the signature program that has changed people's lives beyond description. And usually even from the first healing you're going to get that kind of relief where you think, oh my God, this is going to work. You'll get release straight away.

So that's [melanietoniaevans.com](http://melanietoniaevans.com). N-A-R-P. So it's Narcissistic Abuse Recovery Program. It's fully guaranteed, you're not risking anything and plus you get this amazing 24/7, 365 day community of support. Whether you're trying to coparent, whether you've got court cases coming up, whether you're being stalked, whether you still feel madly in love and addicted, everything you can imagine we have the best minds in narcissistic abuse recovery in the world to help you break free from and also to win in court. Things like custody property settlements. We have wins all the time in our community. We show you how to do it.

**Meagen Gibson**

Powerful stuff Melanie Tonia Evans, thank you so much for being with us today.

**Melanie Tonia Evans**

Well, Meagen, it's always a pleasure. I'll come back anytime. I'd love to hang out with you again. It's such a joy. Thank you for what you're doing.