

THE NARCISSISTIC ABUSE CYCLE



They discard you,
or you go No Contact

.....

or they suck you back in



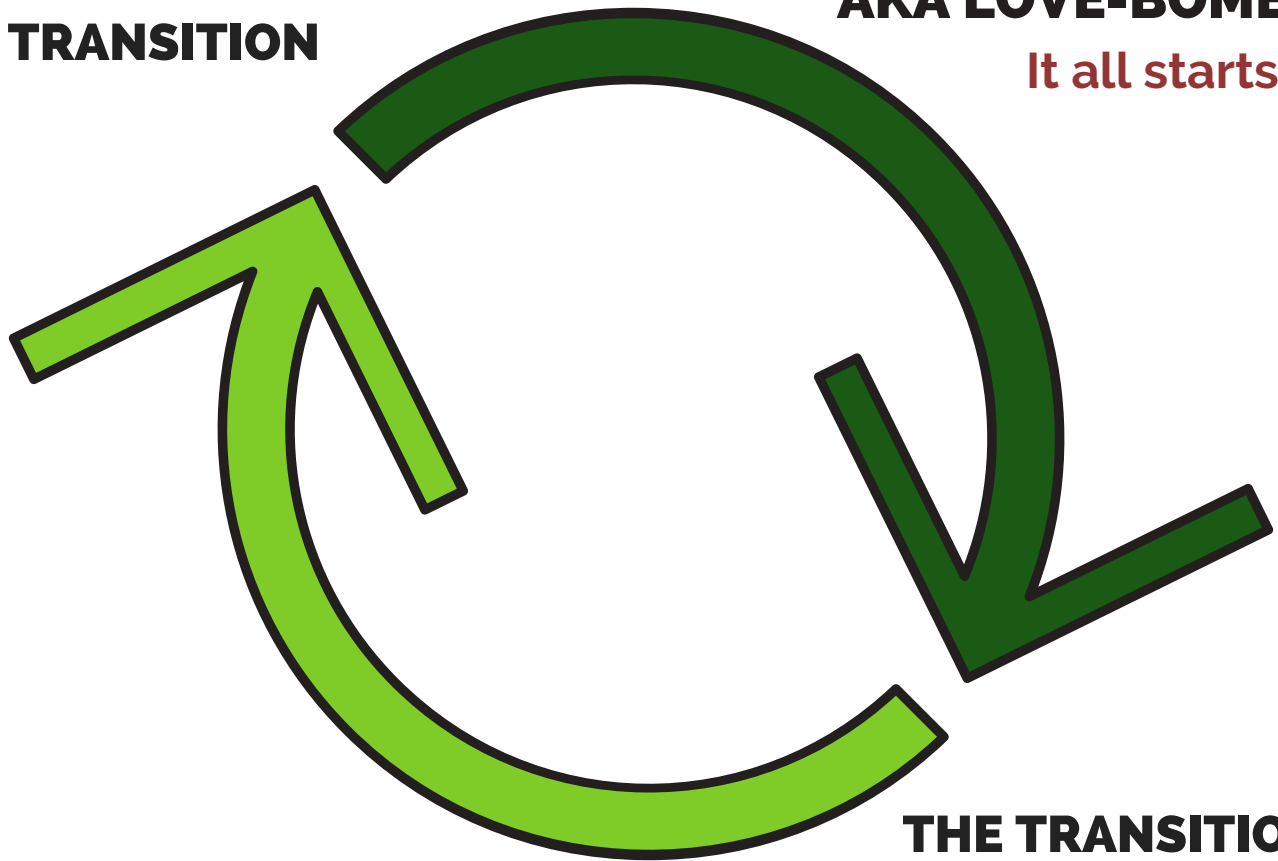
flattery, gifts, praise, approval,
gushing, attention, rewards,
acts of perceived kindness

IDEALIZATION

AKA LOVE-BOMBING

It all starts here

THE TRANSITION



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You set a boundary,
you call them out,

they met a new source of supply,
or you don't give them what they want

DEVALUATION

criticism, cruelty, disapproval,
degradation, rejection, rage,
triangulation, silent treatment

