

R E C L A M I N G M E

MODULE: 2, CLASS 13

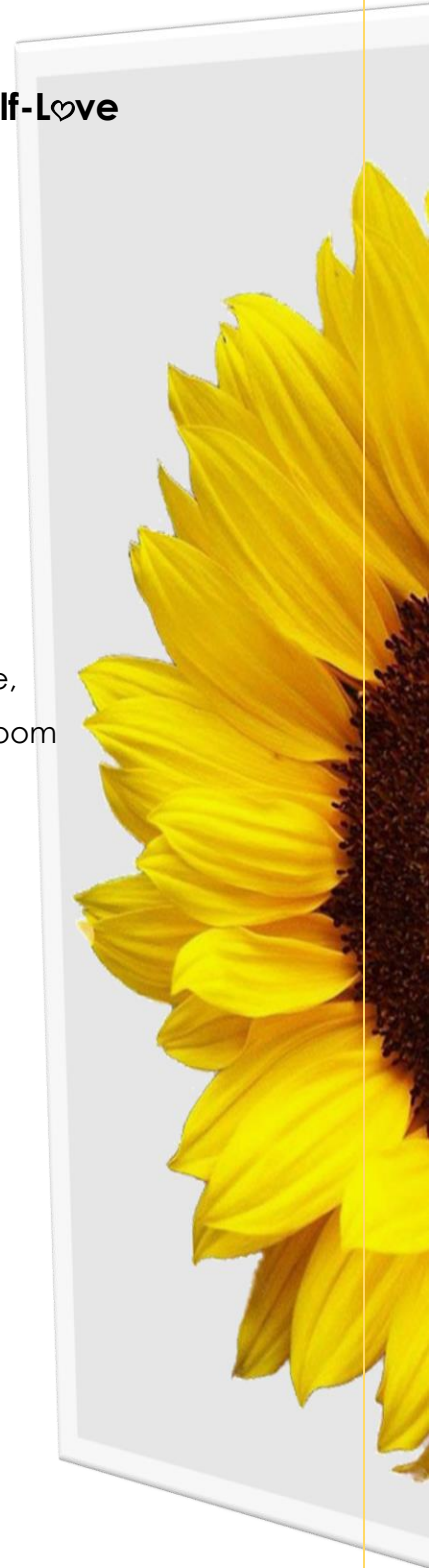
Class Title: From Narcissistic Perfectionism to Self-Love

(Healing From Abusive Expectations)

Learning Objective: To bring awareness to the Perfectionist Silent Rules Narcissist (aka Abusive Expectations) put on their victims, and how to create your own rule book that will set you free.

Agenda:

- **Class Welcome by the WIN Facilitator.** Attendees introductions (name, how long in the program, how you heard about us. Review of Classroom procedures. Instruction on In-Class communications. Class Announcements
- **Breathing / Centering Exercise.**
- **Dr. Tracy Teaching On-Line.**
 - Opening by Dr. Tracy
 - Reclaiming Me Test with Facilitator
 - What is Narcissistic Perfectionism
 - Signs, Causes and Examples
 - Steps to Healing.
 - Life Work for Home Overview.
- T-Tool with Class Facilitator
- Take Aways
- Closing



RECLAIMING ME

Take Aways



FROM NARCISSISTIC PERFECTIONISM TO SELF-LOVE

- This test identifies the symptoms of Narcissistic Abusive Expectations -

DO YOU...

- Have someone in your life who expects a lot of you.
- Have someone who person places unreasonable demands on
- Has someone who expects sex all the time.
- Have a partner who has stopped having sex with you.
- Has someone who demands constant attention.
- Has someone who makes you feel guilty when you take time for yourself.
- Has someone who gets passive aggressive if you spend time or money on yourself.
- Has someone who expects you to drop everything for them.
- Has someone who values you based on how much you earn.
- Has someone who expects your body to be perfect.
- Has someone who gets upset when you get upset at something they did wrong.
- Have someone who doesn't have boundaries with their family or friends.
- Has someone who gets angry when you complain about anything.
- Have someone who expects you to put everything else aside to tend to their needs.
- Has someone who expects you to spend all their free time with them.
- Have someone who no matter how much you give, it is never enough.
- Have someone who keeps a "score card" about what you have not done for them.
- Has someone who keeps a score card for what they HAVE done for you.
- Has someone to constantly finds fault in everything you do.
- Have someone who makes you feel guilty if you don't fulfill their needs.
- Have someone in your life who expects you to make them happy.
- Have someone in your life who doesn't give you a vote on family details.
- Has someone who believes "My way or the highway."
- Has someone who has crazy rules and expects you to follow them without complaint.
- You are subjected to constant criticism, and you are constantly berated because you don't fulfill all this person's needs.
- Have someone who changes the bar on what they expect from you.

From Narcissistic Perfectionism to Self-Love

Life Work for Home

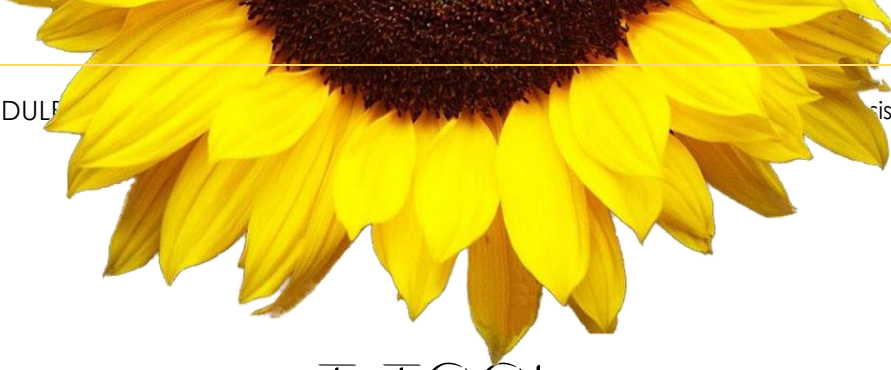
#1: Emotional Healing: This week make a list of all the impossible rules your Narcissist has on you. Once this list is identified, line item by line item, ask yourself, "How does this make me feel? In what world would this be considered normal?"

#2: Your Physical Healing: This week, begin to write your own rule book. Here are the rules. 1) Every rule in your new Rule book can only be written by you. 2) Every rule must be giving, and not life taking. 3) Every rule must be written in pencil, which means you have the right to change it the second it stops working for you.

#3: Your Spiritual Healing: This week, ask Spirit, God, Universe, the Divine or your Higher Power to bring to light all the areas that you are not separate from your Narcissist.

#4: Using Science - The life limiting rules in Abusive Expectations keeps us from enjoying life. Using your T-Tool, let's live decisively and identify the "You" you want to be, free from the chains of rules. When it comes to Rules, what don't you want anymore? And more so, "What do you?"

sistic Fatigue? And more so, what DO you want in caring for yourself?



T-TOOL

Learning to Live Life Decisively!

Contrast
"I DON'T WANT"

Clarity
"I DO WANT"

Contrast "I DON'T WANT"	Clarity "I DO WANT"

TOOL - How do you discover what you want?
Ask yourself "What feels good?" or, "So, what DO I want?"