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The Narcissism Files: A Survivor's Exposé

AUTISTIC
ELLE 

The Narcissism Files: A Survivor's Exposé

The care wasn't about love. The vulnerability was never real. The fights weren't about me. Looking back, it's hard to tell her kindness from her cruelty. They both served only her.

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1. Every Text, Every Email, Every Receipt

Five years of chaos - documented, damning, and entered into evidence.

2. Is My Lesbian Girlfriend a Misogynistic Dude?

She didn't love women. She loved the perks of being loved by one - and the power to punish when it wasn't enough.

3. The Insecure Tyrant

She felt inadequate at the restaurant and ineffective everywhere else. And she was always angry she could never make me feel that way about myself.

4. Gaslighting as a Love Language

She didn't ask for what she wanted. She engineered it. Her words built a path, building scenes instead of sentences. My job was guessing right.

5. Queen of Control, Master of Nothing

Her grip was never tighter than when she could feel you witnessing her mediocrity. That was something she couldn't let slide.

6. The Jealousy Olympics

She knew. Depriving me of love, support and even decency was only crippling if she was the only source I had.

7. Sabotaged Restaurants & Stolen Dreams

She wanted my failure more than she could want her own success. Self-loathing is a hard thing to push past.

8. Losing My Lawyer to My Narcissist

They've never met. She filed a countersuit, cried poverty - and the man who had promised to help me became her best advocate.

9. Unhinged at 3 A.M.

Engaging didn't calm her. Agreeing didn't satisfy her. Kindness didn't soften her. And silence didn't stop her. The 70+ hours of rage texts that made it easy to finally leave.

10. The Offer She Laughed At: Courtroom Chaos

There were other ways through this. Solid options that all favored her interests over mine. She wanted the spectacle.

11. When Apologies Are Weapons

“Sorry” wasn’t remorse. It was the reset button she hit so she could hurt me again, always with a clean slate and a clear conscience.

12. Everyone’s Performer, My Private Hell

Laughing it up with friends or stripping me of every shred of dignity behind closed doors – both seemed to feed her soul.

13. She Swore She’d Die Without Me: Another Unfortunate Lie

Her favorite stage was melodrama. Her favorite storyline was her own victimized helplessness. She’d say or do anything to keep me off-balance.

14. She Hates Herself. The One Thing She Got Right.

It was all rigged in her favor. The town loved the restaurant, I did far more than my share of the work, the future could be anything we wanted. It all made her angrier everyday.

15. The Dumpster Fire Didn’t Kill Me

She set the fire. I survived it. Now I’m telling the story - all of it. And I’m bringing evidence that a judge could accept.