

Breaking Free from Narcissistic Situations

"Your Story"

A life coaching manual sample by Eric Casaccio



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Disclaimer

This e-book sample is part of a life coaching manual and is not intended as a substitute for the advice of a physician or other licensed healthcare or mental health providers. The reader should regularly consult with a physician or other licensed healthcare or mental health providers in all matters relating to their physical or mental health, particularly with respect to any symptoms that may require medical or psychological attention, diagnosis, or treatment.

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The Coaching Process



Welcome to the *Breaking Free from Narcissistic Situations* coaching manual example, and congratulations on taking the first step to disengage and move on from your situation with a narcissist. Before starting, we must cover how to properly navigate the life coaching process with your ‘breaking free’ manual sample. Taking action requires inner-strength, and that strength often has the power to reveal answers that are already within you.

First and foremost, the life coaching process is not about going back into your past; instead, it focuses on where you are now and how to move you forward. Coaching is not meant to change you; instead, it is designed to bring you clarity and awareness by utilizing coaching models along with powerful, potent questions. Coaching is not meant to heal you, but healing can certainly happen along the way.

Before beginning each coaching model chapter, it is recommended to spend at least five minutes focusing on bringing yourself into the now. Making yourself present within the moment can release anything that may be blocking you. Allow yourself to get comfortable, close your eyes, take a deep breath in through the nose for five seconds, hold it for a few moments, and then exhale from the mouth. This breathing method should be done at least three times or more. Feel free to get creative and design whatever personal process works best for you.

The entire manual is designed as a workbook. While reading from a digital platform, it is advised that you have a notebook and pen or print a hardcopy of this chapter to work from directly. As you will see, the “Your Story” model contains a title, description, directions, diagrams, powerful questioning, and concluding actions or rewards for yourself.

You will notice the model already has a list of potent questions. Use these questions as a starting point, and do not hesitate to come up with more. As you expand into your questions and answer them relating to your particular goals, it is again suggested to have a notebook and pen with you.

Remember, life coaching is about moving you towards a higher level of functioning. Therefore, your specific questions should begin with What? How? When? & Where? Versus Why because asking yourself “why” does not help you move forward. The questioning process is all about discovering transformative possibilities. So, have fun with your powerful questioning and embrace your concluding actions and rewards.

Embrace this empowering journey and rediscover your true authentic self. You deserve it.

Let’s do this!

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Your Story

Everyone has a different story
yet everyone feels the same.



The stories about your involvement with a narcissist can consume your mind, body, and soul. These memories can often become an unhealthy obsession—an emotionally abusive storyline you can't stop thinking about.

Your fixation on every painful detail may make you sound like a broken record to others. You may feel as if you are trapped in a never-ending horror movie.

This coaching model focuses on bringing clarity and awareness to “your story” and hopefully will give you the ability to shift your narrative towards a more hopeful future.

Time to write the story that works best for your life!

Directions

- On the following page, review the ‘Pyramid Illustration’ symbolizing your story.
- Choose which character resonates with you right now. Feel free to choose more than one.
- Answer the powerful, potent questions.
- Create and answer your specific personal questions related to your empowerment goals. Remember to begin each query with What? How? When? & Where? Versus Why?

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Pyramid Illustration



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Potent Questions

What character (or characters) resonate most with you today? Who are you on the pyramid?

What can you start doing right now to avoid being any of the characters on the pyramid?

What did you learn about your story?

How can you see your story transforming in a positive way?

With no emotional limitations, what would it be like to write a journal entry about “Your Story,” read it once, and then safely burn the pages in the sink?

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Forwarding Actions and Rewards

Congratulations on discovering more about your story and how to move forward from it.

To celebrate, go out and purchase a stylish journal and write in it daily! ☺



To conceptualize how the entire e-book works, the following page contains a complete table of contents from the *Breaking Free from Narcissistic Situations E-Book Manual*.

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