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Relationship Coach of the Year 2017

Be Educated, Empowered & Enlightened!

11 Signs You've Loved A Narcissist and/or A Psychopath

Lies, deception, secrecy, and an uneven power structure lead to betrayal or *love trauma*. It doesn't matter if you entered the relationship feeling confident in yourself and proud of your accomplishments. By systematically applying a medley of seduction, infuriating and crazy-making techniques, a perpetrator – whether he's a narcissist, sociopath, and/or psychopath - can swiftly groom to disempower his victim.

This grooming leads to dramatically DAMAGING your self-esteem, self-image, and sense of security.

A malignant narcissist or a psychopath does not share his power but rather dominates the girlfriend, wife, or partner, demanding control. The victim's reality is under the control of a person other than herself.

Therefore, emotional and psychological abuse is strategically used and underlies ALL abusive relationships. The abuser's best interest is to keep you feeling as worthless and powerless as possible



by toying with your emotions.

By not caring about your well-being or honoring your needs, by not offering his strength or protection, by controlling further with the use of jealousy, the perpetrator sends the message "You are not good enough" and "You need me".

Feelings of worthlessness and powerlessness lead to low self-esteem, translating to a woman feeling ugly, stupid, fat, and/or lazy and even producing poor body image even when a woman knows intellectually she is none of these things.

Read the full article by Jianny Adamo

11 Signs of Love Trauma: When Good Women Love A Narcissist



**2017 Golden Mouse Awards Honoree
Named by Women in Ecommerce**

Jianny Adamo
LMHC, LPC, MA



Founder, Fearless Love Relationship Coaching and Counseling, specializes in supporting couples to increase understanding, intimacy and passion; to recharge the love that brought them together. She assists singles interested in preparing to meet the love of their life and create healthy relationships.

Jianny supports individuals to recover from grief, loss, abuse and divorce to promote a quicker path to wholeness and happiness. Jianny is writing her book -

Love Trauma:

7 Tango Lessons for Recovery From Emotionally and Sexually Abusive Relationships With Narcissists, Psychopaths and Other Toxic People.



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Our mailing address is:
25 Seabreeze Ave. Suite #402A
Delray Beach, FL 33483

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