

QUANTUM TRUTHS TO HEAL YOUR LIFE

How To Do No Contact *The Quantum Way*



Melanie Tonia Evans

QUANTUM ABUSE HEALER AND ASCENSION EXPERT

No Contact The Quantum Way

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Melanie Tonia Evans is neither a qualified psychologist nor a qualified counsellor and offers her insights and advice for guidance only.

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CHAPTER ONE

Introduction



Melanie Tonia Evans
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Welcome back, dear soul.

I want to say something important to you before we begin.

This eBook matters so deeply, because No Contact, or empowered Modified Contact, is essential for recovery. Energetic No Contact is also vital, and applies even if the narcissist has been gone for decades. You will soon receive healing concepts that will change forever how you heal.

I know this not only from my own Quantum recovery, but from humbly walking beside thousands of beautiful souls since 2007, as they've found their way back to themselves after narcissistic abuse.

Before we continue, let's gently recap what we explored together in the Quantum Truths To Heal Your Life After Narcissistic Abuse eBook.

You now understand, more deeply than before, what Narcissistic Personality Disorder (NPD) really is, how you came to be so unknowingly bonded to it, and how, underneath it all, this has been a battle for your soul.

You may have heard No Contact described as: block them and try to move on. In time, you will get better. Often, sadly, this is not the case. There's so much more to it than that. True No Contact, done gently and completely, becomes something far more beautiful, a real reclaiming of your energy, your nervous system, and your soul, from the space this person has been living in inside you.

In this eBook we are going deeper into everything you've already begun to claim.

Let's continue together!

CHAPTER TWO

What We'll Cover Together

Now it's time to plan how to detach from the narcissist, and begin healing back to wholeness, so you can move forward into your true Thriver life, free from abuse.

In this eBook, we'll gently take you through:

- 01 How to clear the narcissist from your emotional, mental, psychic, and physical space, making room for your abuse-free life, even amid custody, property, or legal battles.
- 02 How to overcome the addiction that makes holding No Contact so hard to maintain.
- 03 How to achieve real No Contact, solidly, from the inside out.
- 04 How to achieve Modified Contact, if shared custody, a business, or anything else means full No Contact isn't possible right now.
- 05 How to leave without fearing what they might do next.

◆ And please know, everything here applies to any significant narcissistic person in your life, not only a partner, including family members, associates, bosses, friends, therapists or group leaders, organisations and institutions (literally anyone at all!)

These principles apply even if you are still confused about whether you are dealing with narcissism, or wonder if you may be the cause of some of the problems.

Before we go any further, I want to pause here with you for a moment.

To truly achieve No Contact, or healthy Modified Contact, you first need to see clearly just how deeply enmeshed you've become with this person, not just emotionally, but physically, financially, and spiritually too.

These bonds rarely stay as their own wounds. They tend to weave through every part of your life, often without you even realising how far they've reached.

So before we go into how to release these bonds, let's gently get honest about where they currently sit for you.

SELF-ASSESSMENT

How Enmeshed Are You?

For each statement below, score yourself from 0 to 4.

0 Not at all	1 Rarely	2 Sometimes	3 Often	4 Almost always
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Physical Enmeshment

I still live with, or regularly spend time in the same physical space as, this person.	☐
I struggle to sleep, eat, or feel calm in my body when I know I might see or hear from them, or when they pull away from me.	☐
I keep items, gifts, or reminders of them close to me, even when they cause me pain.	☐

Sexual Enmeshment

I still feel a strong sexual or physical pull toward this person, even when I know it isn't good for me.	☐
I have continued, or felt tempted to continue, sexual contact with them since trying to create distance.	☐
I feel like part of my sense of desirability, intimacy, or sexual identity is still tied to them.	☐

Emotional Enmeshment

I still feel a strong emotional pull toward them, even when I know the relationship was harmful.	☐
--	--------------------------

I find myself checking their social media, or seeking any information about what they're doing, or looking at my phone to see if they have called or messaged.

☐

I still hope, somewhere inside, that they will change, or that we'll reconcile.

☐

I feel a physical craving or withdrawal-like symptoms when I try to stay away from them.

☐

Financial Enmeshment

I am still financially tied to this person, through shared accounts, debts, property, or dependency.

☐

I have made financial decisions out of fear of their reaction, rather than what's genuinely best for me.

☐

I feel trapped or unable to leave, in part, because of money.

☐

Spiritual Enmeshment

I still feel like part of my identity, purpose, or worth is tied to this person or the relationship.

☐

I have lost touch with my own spiritual practice, intuition, or connection to Source since this relationship began or intensified.

☐

I feel a sense of emptiness or loss of self that I can't fully explain, beyond just missing them.

☐

Add up your total score, out of 64.

YOUR RESULT

0–13 **Light enmeshment.** You have already reclaimed significant ground.

14–26 **Moderate enmeshment.** Real progress, with some strong threads still to release.

27–39 **Considerable enmeshment.** This bond still has a strong hold on your body, mind, and energy.

40–52 **Deep enmeshment.** This is a powerful trauma bond, and it deserves real, dedicated healing.

53–64 **Profound enmeshment.** Please be gentle with yourself. This level of bonding is common after prolonged narcissistic abuse, and it is absolutely healable.

-  Wherever your number landed, please let it settle gently. It isn't a verdict on you. It's simply showing you, clearly, how far these bonds have reached, and that in itself is powerful information, because you can't release what you haven't yet been willing to see.

CHAPTER THREE

Why Breaking Away Is So Vital

In the Quantum Truths To Heal Your Life After Narcissistic Abuse eBook, we explored a great deal about narcissists, how they are hard-wired to be the way they are, and why they act the way they do.

Why does it matter to revisit that here, while we talk about No and Modified Contact?

Because when you are living through emotional, mental, spiritual, physical, or financial abuse, it's time to face some hard truths, truths about why pulling away from an abuser, and turning inward to love and heal yourself, isn't just helpful. It's necessary.

Understanding what you're truly dealing with is what makes breaking away from enmeshment not just possible, but something you can trust with your whole heart. This isn't only about protecting yourself.

Breaking away can be soul-saving, and life-saving.

This is your soul talking to you.

Your number one mission, right now, is to feel whole and solid on the inside, especially when someone else is hurting you. From that place of wholeness, you can make choices that grant you real safety and relief.

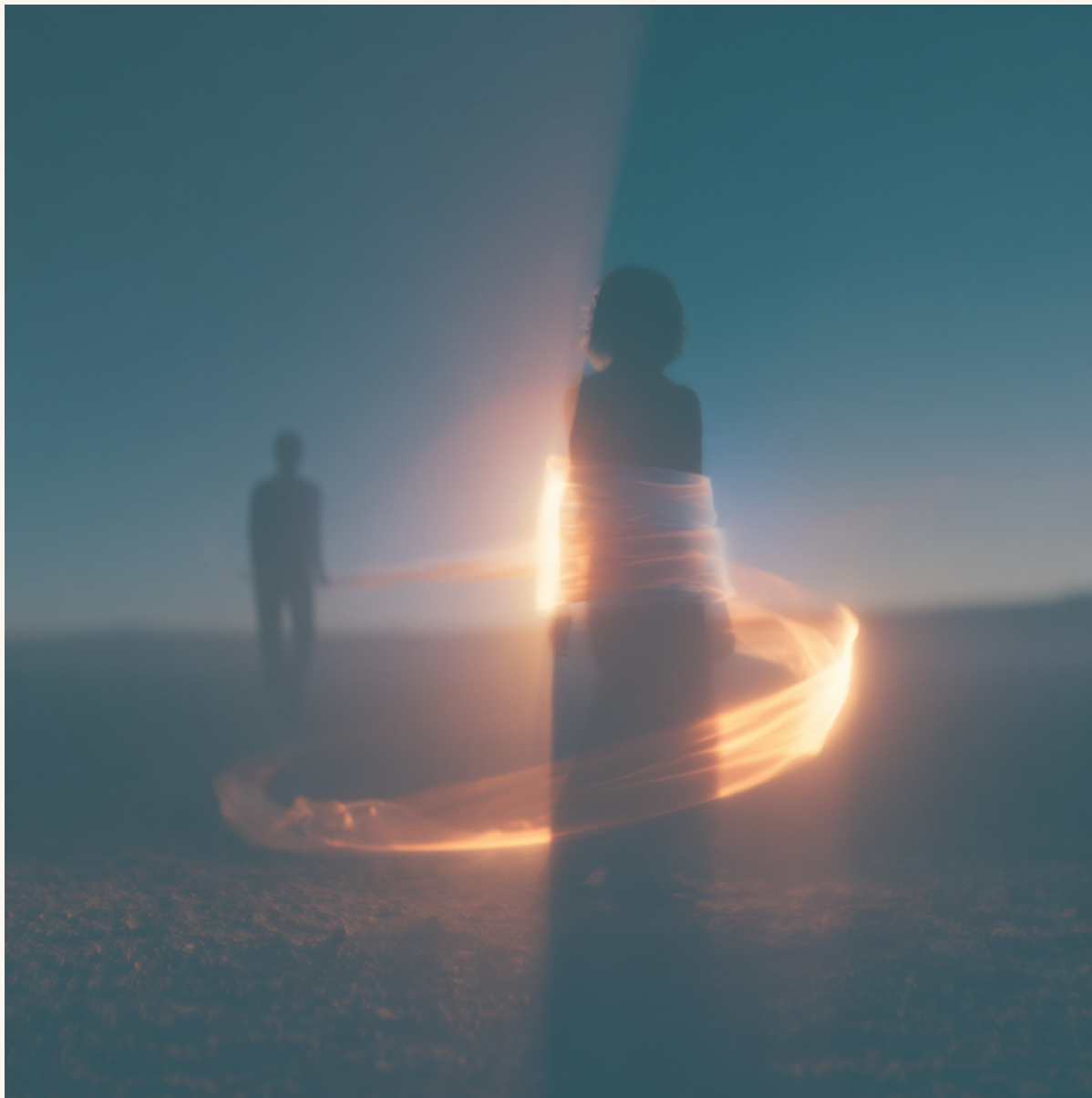
Most crucially, No Contact, or strict Modified Contact, is the best decision you can make to stop hurting yourself. It also creates the critical space and time you need to heal the inner trauma bonds and abuse programs that have been keeping you sick, stuck, and hooked.

This takes time, commitment, and focus. And if that feels almost impossible to do right now, that in itself is a strong sign you need to detach.

Trying to control another person's behaviour to feel more in control of your own emotions simply doesn't work. It makes you feel more out of control and completely hands them control over you.

This is the trap of co-dependency: seeking relief and love from someone outside yourself, when what you actually feel, underneath it all, is traumatised and unable yet to look after yourself.

- ◆ Now let's go deeper and explore how and why we get hooked and enmeshed to the very people who traumatise us most.



CHAPTER FOUR

How We Get Hooked

So much of what keeps us enmeshed looks, on the surface, entirely practical. Children. Property. Business. Money. Security. And these things are real, they matter, and they absolutely can make untangling from a narcissist genuinely complicated.

But here's what I've learned, over close to two decades of walking beside thousands of people through this exact process. There is something deeper going on in every single one of us, something that has nothing to do with logistics at all.

I have worked with people who had no children with this person, no shared property, no business, no financial tie of any kind, nothing practical standing between them and walking away completely. And still, they could not let go. Still, they felt as hooked, as stuck, as unable to release this person as anyone facing a custody battle or a joint mortgage.

Why? Because the deepest enmeshment was never about what you'd lose on paper. It's about something happening in your body and your nervous system, called intermittent reinforcement, and it is one of the most powerful, and most misunderstood, forces at play in narcissistic relationships.

Intermittent reinforcement is what happens when love, attention, or approval isn't given consistently, but unpredictably.

Sometimes you're adored. Sometimes you're discarded. Sometimes you're showered with affection. Sometimes you're punished with silence or cruelty.

And your nervous system, unable to predict which version is coming next, becomes hyper-focused on this person, constantly seeking the connection, constantly bracing for the withdrawal.

Continually experiencing the highly addictive chemicals of adrenaline (happening in times of threat) and dopamine (experienced in times of relief).

This isn't a character flaw. It's actually the exact same mechanism that makes gambling so addictive.

The unpredictability itself hooks you far more powerfully than consistency ever could. And it throws you straight into anxious attachment, a state where your nervous system genuinely believes it needs this person's approval to feel safe, even while a part of you knows, clearly, that this person is the source of your pain.

So if you've been telling yourself the only reason you can't let go is the children, the money, the business, I want you to gently consider this. Even if every practical tie were removed tomorrow, that pull you feel would very likely still be there.



SELF-ASSESSMENT

How Trauma Bonded Are You?

A QUIZ ON INTERMITTENT REINFORCEMENT

The following quiz will help you understand this at a deeper level.

For each statement below, score yourself from 0 to 4.

0	1	2	3	4
Not at all	Rarely	Sometimes	Often	Almost always

I find myself craving contact with this person, even when I know it will hurt me. ☐

The good moments with this person feel more intense, more special, or more meaningful than good moments with anyone else. ☐

I have found myself more drawn to them after a period of coldness, cruelty, or distance from them. ☐

I replay the good times more than the bad times, even though the bad times were real and significant. ☐

I feel a physical sensation, a pull, a tightness, a restlessness, when I try to stay away from them. ☐

I feel like my existence would be lifeless, or empty, without this person in it. ☐

I feel like I'm going mad, because I know I should stay away, and still I can't. ☐

I have broken No Contact with this person many times. ☐

I feel clear that I'm leaving, and then I find an excuse to stay, or to return. ☐

I have lied, or found ways to sneak around, to see or contact this person without others knowing. ☐

I believe I have a "fated love" with this person, and that I will never love another the way I love them.

I find myself waiting, hoping, or checking for some sign of them reaching out.

I feel a high or relief when they show me affection or approval, out of proportion to what's actually happening.

I struggle to explain to others, or even to myself, why I can't just walk away.

Even without children, property, money, or any practical tie, I know I would still feel pulled toward this person.

Add up your total score, out of 60.

YOUR RESULT

0–12	Light trauma bonding. Your nervous system has held onto relatively little of this pattern.
13–24	Moderate trauma bonding. There's a real pull here, worth taking seriously.
25–36	Considerable trauma bonding. This bond has a strong hold on your nervous system.
37–48	Deep trauma bonding. This is a powerful addictive attachment, and it deserves real, dedicated healing.
49–60	Profound trauma bonding. Please be especially gentle with yourself. This level of bonding is common after this kind of relationship, and every part of it is healable.

I want to be completely honest with you here. I had a lot of property and financial entanglements myself, very, very serious ones. But if I'm honest about the deeper truth, I would have scored a full sixty out of sixty on this exact quiz. I was every single one of those things.

And what I discovered, the hard way, was that being able to truly hold No Contact was never going to come from managing the practical entanglements alone. It was going to come from fully addressing and healing those trauma bonds themselves. That was the only way through, from a level of trauma bonding and addiction so severe that I was, quite literally, dying.

And nearly did as you remember from the sharing of my story in the Quantum Truths To Heal Your Life After Narcissistic Abuse eBook.

And what I also discovered, as a combination of doing my own trauma bond healing and getting truly clear about who he was, was this. He was a catalyst for my healing. He never had the capacity to heal, or to be a safe, healthy presence in my life. Through his abuse, I was being cracked open to come home to myself.

CHAPTER FIVE

What You're Really Dealing With

- 01 A narcissist is not wired for harmony, teamwork, or deep abiding love. Their primary driver is narcissistic supply, attention, admiration, control.
- 02 Once cracks appear, they widen. Cruelty escalates over time, it does not soften.
- 03 There's no genuine remorse or repair. You're blamed for reacting to their behavior. They lack real empathy, they cannot step into your shoes or see anything from your experience, especially the moment they're being questioned or held accountable. In that moment, it's pure defense, not understanding.
- 04 They resist genuine cooperation. Cooperation feels like submission, a threat to the ego's need to stay on top. Staying separate and in conflict lets them remain superior, defended, and in control.
- 05 Kindness is often strategic, a deposit made to be cashed in later.
- 06 You are held to a standard that is impossible to meet, and that shifts whenever it suits them.
- 07 When you can't supply enough attention, they'll seek it elsewhere, leaving you feeling discarded.
- 08 Apparent remorse rarely leads to real change. Reconnection almost always leads back to the same patterns, often with escalated control or a cruel exit designed to protect their ego.
- 09 Change requires radical personal responsibility, facing and healing inner wounds. A narcissist's False Self exists specifically to avoid ever doing this.
- 10 Anyone who gets close to their true, wounded self is treated as a threat, and may be attacked, emotionally, financially, or otherwise.
- 11 You may feel called to save them, to love their inner child back to health. But the more you try, the more you enable the exact patterns keeping them stuck, and yourself depleted.
- 12 A narcissist doesn't want to be healed by you. They want supply. Trying to love them into wellness only offers you up as a source to draw from.
- 13 A narcissist has no desire to genuinely admit their wounds, confront them and heal them. Any declaration of doing so is flimsy and short-lived.

SELF-ASSESSMENT

How Intense Is the Narcissistic Behavior You're Experiencing?

Now, go back through each point in the list above. For each one, score it from zero to four.

Zero is never, one is occasionally, two is sometimes, three is moderately, four is most often/always.

-
- | | |
|------|--|
| 0–10 | Light narcissistic behavior patterns. What you're experiencing may be occasional friction or a few concerning traits, rather than an entrenched pattern. It's still worth staying honest with yourself about what you scored high on. |
|------|--|
-
- | | |
|-------|--|
| 11–21 | Moderate patterns, worth taking seriously. These behaviors are showing up with some regularity. This is a real pattern, not a one-off, and it's worth paying close attention to how it's affecting you. |
|-------|--|
-
- | | |
|-------|---|
| 22–32 | Considerable narcissistic behavior, a real and consistent pattern. You are dealing with genuine, repeated narcissistic behavior. This is not your imagination, and it is not something you're overreacting to. |
|-------|---|
-
- | | |
|-------|---|
| 33–42 | Severe narcissistic behavior, deeply entrenched. This is a heavy, consistent pattern that will not simply improve with time, patience, or love. Please take what you're carrying seriously, and be gentle with yourself. |
|-------|---|
-
- | | |
|-------|---|
| 43–52 | Extreme narcissistic behavior, this is about as damaging as it gets. You are living with one of the most severe expressions of this pattern. If this is your score, know that what you've endured is real, and healing from it is absolutely possible. |
|-------|---|
-

Add up your total score out of 52.

CHAPTER SIX

What Every Healthy Relationship Actually Requires

Now that you've got a clear, honest picture of the narcissistic behavior you've been living with, let's talk about something bigger than the diagnosis itself.

Because here's the truth. Even if someone isn't a narcissist, if they don't have the emotional capacity a healthy relationship requires, the relationship still isn't going to work.

Every healthy, lasting relationship, romantic or otherwise, runs on a small set of real ingredients. The ability to repair after conflict. Genuine vulnerability. Real intimacy, not just proximity. Truthfulness, even when it's uncomfortable. The capacity to be emotionally real, rather than defended or shut down. And values that genuinely align, how you each want to live, what matters to you both.

If someone doesn't have access to these things, whatever the reason, there is no real possibility of a healthy relationship with them. A narcissist takes this to the most extreme, entrenched level there is. But the deeper truth is this: it was never really about the label. It's about whether this person actually has what it takes to meet you in a real relationship.

Let's find out.

SELF-ASSESSMENT

Do They Have What It Takes?

A QUIZ ON RELATIONAL CAPACITY

Score each point below from 0 to 4. 0 = never, 1 = occasionally, 2 = sometimes, 3 = often, 4 = always.

This person is willing to hear my concerns, without shutting down or turning it back on me.

This person respects my boundaries.

When conflict happens, this person is willing and able to repair with me afterward.

This person can be genuinely vulnerable with me, letting me see who they really are underneath.

There is real intimacy between us, emotional closeness, not just proximity.

This person is truthful with me, even when the truth is uncomfortable.

This person can be emotionally real with me, rather than defended or shut down.

I feel I can trust this person.

This person treats me with genuine respect, in words and in actions.

This person is committed to the health of the relationship itself, not just to getting their own needs met.

This person's core values, how they want to live, what matters to them, genuinely align with mine.

Add up your total score out of 44.

YOUR RESULT

- | | |
|-------|---|
| 0–9 | Very little relational capacity present. This is a significant mismatch. The basic ingredients for a healthy relationship, trust, respect, repair, vulnerability, are largely absent. No amount of love from you can manufacture what isn't there. |
| 10–18 | Limited capacity. The basic ingredients for a healthy relationship are mostly missing. There may be flashes of connection, but they aren't reliable enough to build something healthy on. |
| 19–26 | Moderate capacity. Some real ingredients are there, though not consistently. This person has some genuine capacity for connection, but it's inconsistent, and inconsistency in these areas takes a real toll over time. |
| 27–35 | Strong capacity. This person largely has what it takes. The foundation for a healthy relationship is mostly present, even if there's room to grow. |
| 36–44 | High relational capacity. The foundation for a genuinely healthy relationship is present. This person has real access to the ingredients, trust, respect, vulnerability, truthfulness, that make lasting connection possible. |
-

Taken together with the quizzes before this one, you now have a real, honest picture of what you're dealing with, regardless of who this person is in your life. You may have scored high on enmeshment or trauma bonding and low here on relational capacity, or some other combination entirely.

Whatever the pattern, this clarity matters. It's giving you a genuinely powerful, honest basis for deciding whether No Contact, or Modified Contact if No Contact isn't available to you, is the path forward.

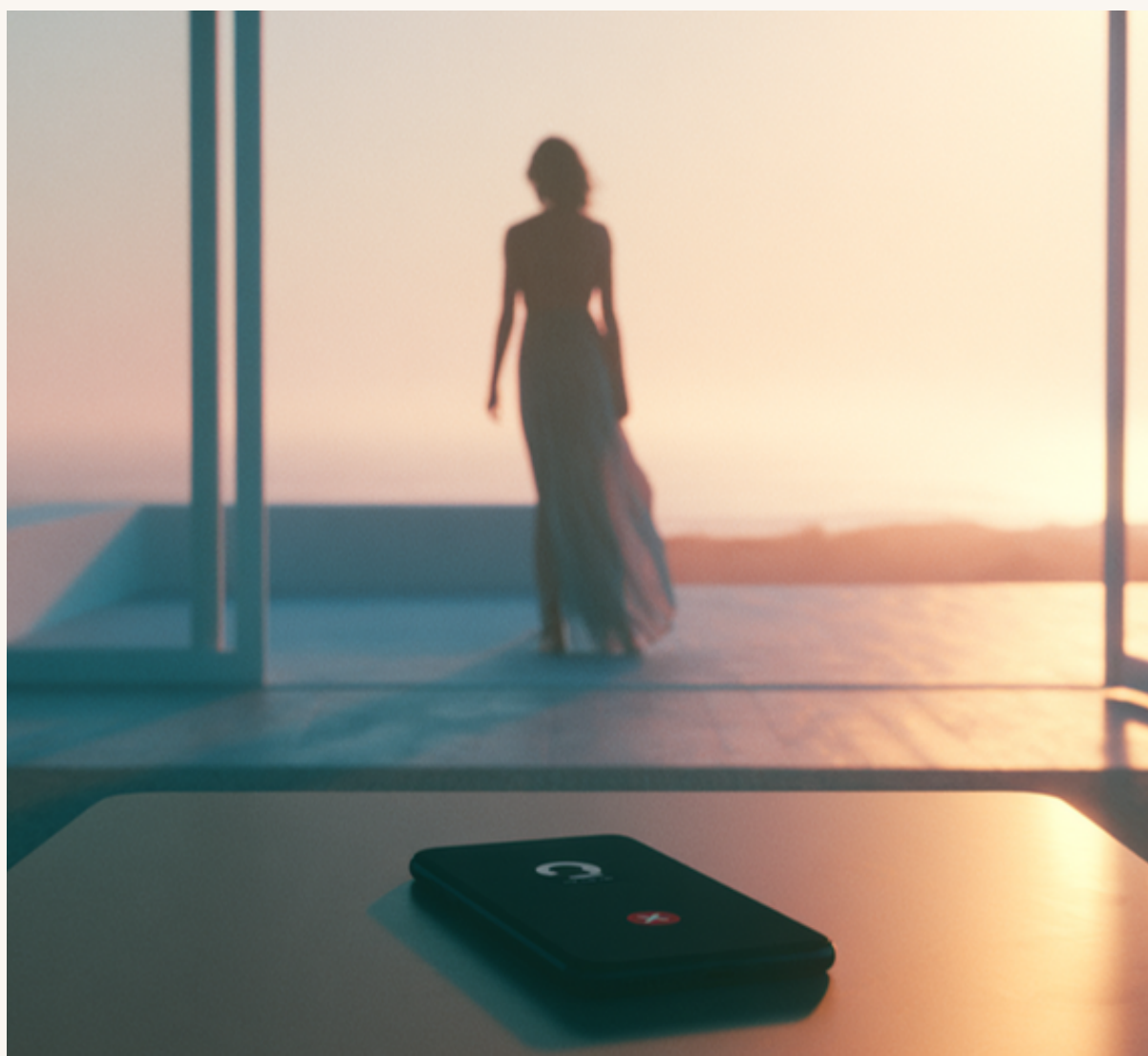
Now we're going to go into the details of exactly how to do that. But before we do, please know this. As insightful as this knowledge is, unless you do the inner work on yourself, your brain will default back to finding ways to stay connected to the very thing that is destroying you.

This is simply how trauma bonds work!

- ◆ That deeper detachment work, from the trauma itself, is exactly what we go into **in the Free 16-Day Narcissistic Abuse Recovery Course**.

So once you finish this eBook, it's vital that you connect with those emails as soon as you can. Make sure you store them all securely in a folder, so you can work through them sequentially.

Now let's start exploring No (and Modified) Contact, what it is, what it isn't, what it does, and how to work with it.



CHAPTER SEVEN

The Biggest Myth About No Contact

There's a common misconception about No Contact, that the act of getting away from the narcissist, in itself, is the healing. Nothing could be further from the truth.

What actually tends to happen is something I call “Aftershock”.

Once you have the space and the time you didn't have before, all the trauma from yesterday, last week, last month, ten years ago, can hit you like a freight train. While you were in survival, tied up in the fight, you simply didn't have the room to feel it. Now, you do. And it's common to feel worse before you feel better.

On top of that, the addiction underneath the trauma bond kicks in, and it can feel exactly like a drug addict going without their drug. This is the point where most people break No Contact.

So here is the real truth about No Contact. It is not the healing itself. No Contact makes the space for the healing. It's what finally allows you to turn inward, and get serious about tending to the trauma bonds and wounds you'd unknowingly been avoiding the whole time you were tied up in the fight, focused on the narcissist instead of yourself.

Knowing this changes everything about how you approach it. No Contact isn't a single moment of walking away; it's a boundary you hold, moment by moment, with both the narcissist and yourself whilst also turning inwards to heal.

So let's get completely clear on what that actually looks like.

CHAPTER EIGHT

What No Contact Actually Means In Practice

Boundaries With Them

- ◆ No taking, reading or responding to any calls, texts, emails, or direct messages from them on any platform.
- ◆ No "just one message" to tie up a loose end, clarify something, or get the last word.
- ◆ Block their number, and block them on every platform you're on.
- ◆ Don't answer unregistered numbers or unknown text messages, just delete.
- ◆ No contact through a mutual friend or family member acting as a go-between.
- ◆ No in-person visits, "accidental" run-ins you engineered, or showing up where you know they'll be.
- ◆ The only exception is a genuinely necessary third party channel, a solicitor, a monitored co-parenting platform, or a contact centre, when children or legal matters require it. (This is where Modified Contact comes in, and we'll go into exactly how to do that.)

Boundaries With Yourself

- ◆ No checking their social media, their profile, their stories, who they're following, or who's following them.
- ◆ No looking to see if they've moved on, or who with.
- ◆ No asking mutual friends what they're up to, how they're doing, or what they've said about you.
- ◆ No driving past places you know they'll be.

- ◆ No re-reading old messages or looking at old photos "just to check how you feel."
- ◆ No googling them.
- ◆ No keeping tabs through their friends, family, or workplace, even indirectly.
- ◆ No leaving small digital doors open, muting instead of blocking, keeping an old account to "just look" occasionally.

I want to be honest with you about why this second list matters just as much as the first.

The narcissist not contacting you is only half of No Contact. The other half is you not chasing information about them, whether that's through their accounts, through people who know them, or through your own memories.

Every one of those is still a form of contact, even though they're not the one initiating it. And every one of those is a way your own nervous system keeps the trauma bond alive, feeding itself just enough to stay hooked.



The Deeper Truth About No Contact: Energetic No Contact

There is a level of No Contact that goes far deeper than blocking a number or staying off social media. It's what I call "Energetic No Contact", and it's the level most people never even know exists.

I have seen people, even forty years down the track, who still carry the narcissist alive inside them. There's been no physical contact in decades, yet their nervous system is as affected as though it happened yesterday. In many cases, these people are more broken down now than they were the day the relationship ended, because they have never actually gone free. They just got sicker and sicker.

Here is the truth I want you to really sit with. Narcissists are, in every real sense, psychic vampires. There are people walking this planet right now who are still feeding off the life force of victims they haven't spoken to in months, years, even decades. Distance and time alone do not end this. Only healing the wound that allows the connection ends it.

I've witnessed something else, too, something I couldn't begin to count the number of times I've seen it happen. When a client or a Narcissistic Abuse Recovery Program (NARP) member finally clears the narcissist out of their system, whether through personal healing work with me, or, particularly, through Module 9 of the [Narcissistic Abuse Recovery Program™](#), the narcissist will often make contact again, sometimes after years, even decades, of total silence.

I believe this happens because on some level, even if they couldn't explain it or aren't consciously aware of it, they feel the energetic supply drop away, and some part of them tries to re-establish it.

To me, this proves what's actually happening underneath it all. A narcissist is a being with no life force of their own. They have been feeding on yours, through the exact wounds inside you that allowed them to hook in, in the first place. And it's only when those wounds are found and healed that the feeding finally, truly stops.

PRACTICE

How To Achieve Energetic No Contact

- 01 Know that willpower alone isn't enough here. This bond wasn't created at the level of thought, so it can't be undone by thought alone, and that's not a failing in you, it's simply how these bonds work.
- 02 Look for the wound, not just the person. Every energetic hook exists because of a real trauma inside you, often one that existed long before this narcissist ever came into your life. The narcissist found that wound, they didn't create it.
- 03 Allow yourself to feel what you've been avoiding feeling. The rage, the grief, the shame, the fear, whatever you were fighting or fixing instead of feeling while you were caught in the relationship. That avoided feeling is exactly where the bond lives.
- 04 Instead of giving in to the urge to check on them or contact them, or to research, think about, or talk about narcissists endlessly, turn inward instead. Sit with the uncomfortable feelings that arise in your body, meet them there, and learn how to apply inner healing processes to gently release those charges out of your body. (Healing with NARP™ makes this shift supported and fast.)
- 05 Turn this experience into fascination with your own inner being, your healing, your growth, your expansion. This is where real freedom is found.
- 06 Work directly with your energy and subconscious mind, not just your thoughts. This is inner work at the level of the nervous system and the subconscious, which is exactly what your Free 16-Day Narcissistic Abuse Recovery Course, arriving in your email inbox is all about.
- 07 If you're in the middle of settlement, custody battles, or any legal proceedings with a narcissist, know this. Whatever fear you're holding energetically tends to attract more of what you fear. When you can gently release that fear, and show up in your own authenticity, unattached to outcomes, that's often when people discover the bond breaking in a completely different way, opening the door to real wins, results, and freedom, in situations that once felt impossible.

- 08 Don't be alarmed if the narcissist resurfaces after a real shift, even after years of silence. This is common, and it's a sign the work is real, not a signal to reopen the door.
- 09 Keep going, wound by wound. Energetic No Contact isn't always one single release, for most people it happens in layers, each one freeing up more life force that was tied up in the bond.

- ◆ You now have the full picture, No Contact with them, No Contact with yourself, and Energetic No Contact underneath it all. For many of you, this is exactly the path forward, full, clean, uncompromised No Contact.

But for others, life doesn't allow for that, not straight away, and sometimes not for some time. You may share children with this person. You may be in the middle of a property settlement, a business you can't simply walk away from, or ongoing legal proceedings that require some form of communication. This doesn't mean you're doing this wrong, or that healing isn't available to you. It means you need Modified Contact instead, and there is a real, workable way to do this.

I want you to know, from real experience, not theory, that I have seen thousands of people in my community over the last twenty years, and right now, presently, having incredibly successful recoveries and genuinely thriving while doing Modified Contact. This includes people in shared custody arrangements and other of the most difficult circumstances. Full healing is still absolutely available to you, no matter what that may be.

Modified Contact: When Full No Contact Isn't Possible

Now let's get into some distilled information about Modified Contact within this eBook.

Modified Contact means every interaction is stripped back to the bare minimum necessary, and nothing more. Not a check-in, not a friendly aside, not an emotional exchange of any kind. Purely the practical matter at hand.

- ◆ Where possible, keep communication in writing, rather than by phone or in person. Text or email, not calls. This gives you a record if you ever need one, and it removes tone of voice and real-time pressure from the equation.
- ◆ Use a third party channel wherever you can. A solicitor, a mediator, or a monitored co-parenting platform such as Our Family Wizard (<https://www.ourfamilywizard.com>) designed for exactly this purpose. This creates distance, structure, and often a paper trail that protects you.
- ◆ If children are involved, look into parallel parenting, rather than co-parenting. Parallel parenting means you each parent independently during your own time, with minimal direct interaction, rather than jointly making decisions together in ongoing conversation. Handovers happen at a contact centre, a public place, or through a third party, not in a way that opens the door to conversation.
- ◆ Have clear, non-negotiable rules for yourself around what you will and won't discuss. Children's logistics, yes. Anything about your personal life, your relationships, or your feelings, no.
- ◆ Keep every exchange as brief and neutral as possible. You are not required to explain yourself, defend yourself, or respond to provocation. A short, factual reply is a complete reply.
- ◆ Expect this to be tested. A narcissist will often use necessary contact as an opportunity to try to reopen emotional connection, provoke a reaction, or gather information. Knowing this in advance means it won't catch you off guard when it happens.

And remember, Modified Contact done well is still a form of No Contact. You are still withholding your emotional life, your energy, and your availability from this person. You are simply doing it within a structure that circumstances require.



You now know what real No Contact, and real Modified Contact, actually look like, with them, with yourself, and energetically. So let's take an honest look at exactly where you stand. Because you'll be doing one or the other, here are two separate quizzes, choose whichever one applies to you.

QUIZ ONE

How Well Are You Doing With No Contact?

0 never · 1 occasionally · 2 sometimes · 3 often · 4 always

Boundaries With Them

I have zero contact with this person, no calls, texts, emails, or messages on any platform. ☐

I have blocked them, and I don't answer unregistered numbers or unknown messages that could be them. ☐

I haven't reached out to them "just this once," to tie up a loose end or get the last word. ☐

I don't communicate with them through a mutual friend or family member. ☐

I don't engineer "accidental" run-ins, or show up where I know they'll be. ☐

Boundaries With Myself

I don't check their social media, or anyone else's, to see what they're doing. ☐

I don't ask mutual friends or family for updates about them. ☐

I don't drive past, or arrange to be near, places I know they'll be. ☐

I don't re-read old messages or look at old photos to check how I feel. ☐

I don't google them. ☐

I resist the urge to research, think about, or talk about narcissists, or this narcissist, endlessly. ☐

Energetic No Contact

When uncomfortable feelings about this person come up in my body, I sit with them rather than reaching for my phone.

I'm actively doing inner healing work to release the charge this person still holds in my system.

I notice fear about this person, and I actively work to release it rather than let it run me.

I feel my focus shifting toward my own growth, healing, and expansion, rather than toward this person.

I trust that if this person resurfaces after real inner shifts, it's confirmation the work is real, not a reason to reopen the door.

Add up your total score out of 64.

YOUR RESULT

- 0–13** **Early days.** You're just beginning to build these boundaries, and that's exactly where you're meant to be right now. Be gentle with yourself, this is a process, not a single decision made once.
-
- 14–26** **Building momentum.** Some real boundaries are in place, others are still a work in progress. Notice which areas are hardest for you, that's exactly where your healing work needs to go next.
-
- 27–39** **Solid ground.** You're holding No Contact in a real, consistent way, physically and personally. The energetic layer may still need attention, that's often the deepest and last to fully release.
-
- 40–52** **Strong No Contact.** You're holding firm boundaries across most areas of your life. Keep tending to whatever's left, particularly at the energetic level, as this is where lasting freedom is found.
-
- 53–64** **Powerful, embodied No Contact.** You are living this at every level, physically, personally, and energetically. This is exactly the foundation real healing is built on.
-

- ◆ If you're doing full No Contact, that score gives you a real, honest picture of where you stand. But if your situation calls for Modified Contact, because of shared children, property, business, or legal proceedings, here's the version built specifically for you.

QUIZ TWO

How Well Are You Doing With Modified Contact?

0 never · 1 occasionally · 2 sometimes · 3 often · 4 always

Boundaries With Them

I keep contact with this person to the bare minimum necessary for the practical matter at hand.

When I do have to communicate, I keep it brief, neutral, and purely practical.

I don't respond to their attempts to trigger or hook me.

I don't allow them to arrive at any time or day they want, there are agreed-upon pickup and drop-off times, or business dealings, and I don't let them bend these without a formal agreement change.

When they're uncooperative, or create friction and waves around joint assets, responsibilities, or children, I let go rather than fight to force accountability. I focus on what I can control and allow them to face the natural consequences of their actions.

I use a third-party channel, a solicitor, a mediator, or a monitored platform, wherever one is available to me.

I haven't reached out to them beyond what's genuinely necessary, to tie up a loose end or get the last word.

Boundaries With Myself

I don't check their social media, or anyone else's, to see what they're doing.

I don't ask mutual friends or family for updates about them.

I don't delve into their personal life or new relationship, or ask my children for details about it.

I don't do co-parenting dinners or engagements with this person and the children.
At any necessary functions or events together, I stay in my own space. ☐

I don't scan my children for signs of disappointment, or dig for ways to find out how the narcissist may be mistreating them, or what's happening in their world at the other house. ☐

I get on with the business of giving my children a healthy, soul led, happy, expansive, empowering life, regardless of what goes on in the narcissist's parenting. ☐

I resist the urge to research, think about, or talk about narcissists, or this narcissist, endlessly. ☐

I've stopped expecting this person to be kind, reasonable, decent, or to do the right thing financially. I focus instead on becoming sovereign and financially free myself, living my own life fully, and modeling that same empowerment for my children. ☐

Energetic No Contact

When I'm triggered by what the narcissist is or isn't doing, rather than retaliating, pushing back, or trying to hold them to account, I go within, do my inner healing and releasing, align with my truth, let go, and allow them to meet the consequences of their own actions. ☐

When uncomfortable feelings about this person come up in my body, I sit with them rather than reaching for my phone. ☐

I'm actively doing inner healing work to release the charge this person still holds in my system. ☐

I notice fear about legal, custody, or settlement matters, and I actively work to release it rather than let it run me. ☐

I feel my focus shifting toward my own growth, healing, and expansion, rather than toward this person. ☐

I trust that if this person resurfaces or attempts to reopen connection beyond what's necessary, it's a sign to hold my boundary more firmly, not to soften it. ☐

Add up your total score out of 84.

YOUR RESULT

- | | |
|-------|---|
| 0–16 | Early days. Modified Contact is genuinely hard to hold, especially early on. You're just beginning to build these boundaries within a structure you didn't fully choose, and that takes real courage. Be gentle with yourself. |
| 17–33 | Building momentum. Some real boundaries are in place, others are still slipping. Notice where contact tends to spill beyond what's necessary, that's exactly where to tighten the structure around yourself. |
| 34–50 | Solid ground. You're holding necessary contact to the minimum, and keeping it neutral. The energetic layer may still need real attention, that's often the deepest work. |
| 51–67 | Strong Modified Contact. You're holding firm, healthy boundaries within a genuinely difficult structure. Keep tending to what's left, especially at the energetic level. |
| 68–84 | Powerful, embodied Modified Contact. You are proof that full healing and thriving are absolutely possible even within ongoing necessary contact. This is real freedom, held within real constraints. |
-

Wherever you landed on either of these quizzes, I want you to know something important. This is not a test you pass or fail, it's a mirror, showing you exactly where your growth edge is right now. Every single person doing real recovery work moves through these stages, and the areas where you scored lowest are not your failures, they're simply where your healing is asking to go next.

Whether you're holding full No Contact or navigating Modified Contact, the same truth applies. The physical and personal boundaries matter enormously, and the energetic work underneath them is what ultimately sets you free.

Keep going.

You are so much closer to that freedom than you realize.

FURTHER RESOURCES

Parallel Parenting

Regarding Modified Contact, I also want to include here a couple of extra resources to help you...

What is parallel parenting? This style of parenting starves the narcissist of narcissistic supply and stops your children from being put in the middle. It is much healthier and more powerful for you and your children to take this parenting path. I have very helpful resources on this style of shared custody, which you can access below.

[Parallel Parenting – The Evolutionary Way To Co-Parent With A Narcissist](#)



[All People Co-Parenting With A Narcissist Need These Tools](#)



[Parents Empowering Themselves for their Children's Sake](#)



FURTHER RESOURCES

Modified Contact Boundaries

Also to assist your boundaries with Modified Contact.

RESOURCE

[How To Set Boundaries With A Narcissist If You Can't Go No Contact Part 1](#)



RESOURCE

[How To Set Boundaries With A Narcissist If You Can't Go No Contact Part 2](#)



Why Leaving Feels So Terrifying And How To Do It In An Empowered Way

Before we finish here, I want to acknowledge something else. If you've found yourself struggling to fully commit to No Contact, or to hold Modified Contact as cleanly as you'd like, one of the real reasons behind that may simply be the terror of leaving a narcissist in the first place. And if that's true for you, I want you to know, that is completely, perfectly understandable.

Leaving a narcissist rarely feels like a simple decision, even when every part of your logical mind knows it's the right one. The reasons are numerous, daunting, and may even feel impossible. Many narcissists have programmed you to feel terrified of leaving; that's not weakness, that's the unhealed trauma bonds firing off in your body.

So to close this eBook, I want to leave you with my article and video that will genuinely help with exactly that.

ARTICLE & VIDEO

You can see this here: <https://blog.melanietoniaevans.com/preparing-to-leave-a-narcissist-7-things-you-must-know/>



CLOSING

In Conclusion

Dear soul, look at how far you've traveled through these pages.

In the first eBook, you came to understand what really happened to you, why it happened, and who the narcissist actually was, a wounded, unsafe presence, never a reflection of your worth.

In this eBook, you've gone deeper still. You've faced the truth about No Contact and Modified Contact, seen exactly where you stand with real, honest clarity, and started the profound work of energetic release that no willpower alone could ever achieve.

This is enormous work you're doing. Please don't underestimate it.

- ◆ And this is exactly why I created the **Free 16-Day Narcissistic Abuse Recovery Course** that's waiting for you next. Because everything we've explored here- the boundaries, the trauma bonds, the energetic ties- needs a structured, gentle, guided path forward to actually become embodied in your life and your nervous system.

Keep an eye on your inbox over the next days. Each email builds on the last, and each one is designed to bring you one step closer to full freedom.

I promise you, with everything I have lived and witnessed, this is true Thriver Recovery is real, and it is possible for you too.

With so much love,

Melanie