

# **32 Poems On Healing From Toxic Family And Narcissistic Partners - Adult Survivors: Inspiring Tales of Overcoming Adversity**

Healing from toxic family relationships and narcissistic partners can be an arduous journey, but poetry has the power to mend wounds, ignite hope, and inspire change. In this collection of 32 poems, we delve into the experiences of adult survivors who have faced these challenges head-on and emerged stronger than ever.

1. "Rising from Ashes"

## Rising From The Ashes

The wear and tear of my past experience  
has ravaged my spirit, body and soul  
Now my life is a mere shallow existence  
with a deep longing to be made whole

I was caught in the beauty of your charm  
and savouring its full pleasure was my goal  
Now I experience a deep sense of alarm  
at the loss of my feeling of control

But with my own inner resolve and firmness  
and the strength I can get from other avenues  
I must overcome this sense of helplessness  
and move on to live my life as I choose

The phoenix bird burns itself to ashes  
whenever it becomes worn out with age  
And from those ashes a new phoenix arises  
and starts a fresh life cycle on a new page

Scorched and burned by my actions of the past  
and having learned from the anguish and pain  
I also will rise from those ashes at last  
and move on afresh with my own life again

(To those dealing with an addiction - drugs, alcohol, etc.,  
and also a broken heart)

*john beharry*



## How To Leave: 32 Poems on Healing From Toxic Family and Narcissistic Partners (Adult Survivors of Toxic Families) by Neela Arnaud(Kindle Edition)

★★★★★ 5 out of 5

Language : English

Text-to-Speech: Enabled

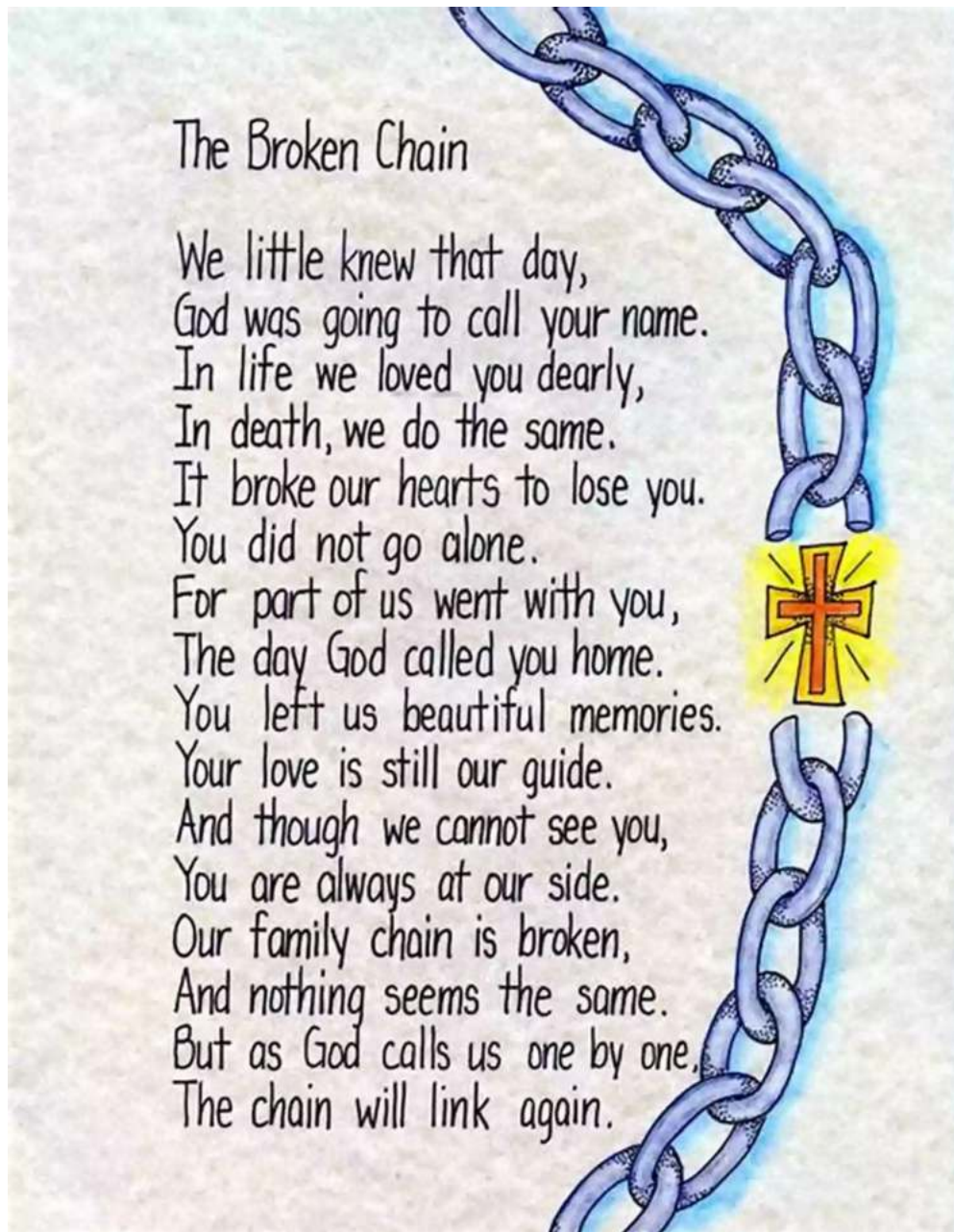
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Alt attribute: Poem image: Rising from Ashes

In this empowering poem, the author shares their journey of transformation, painting a vivid picture of how they rose above the pain and chaos caused by toxic family dynamics and narcissistic partners. The poem serves as a reminder that anyone can find enough strength within themselves to rebuild their lives.

2. "Breaking the Chains"



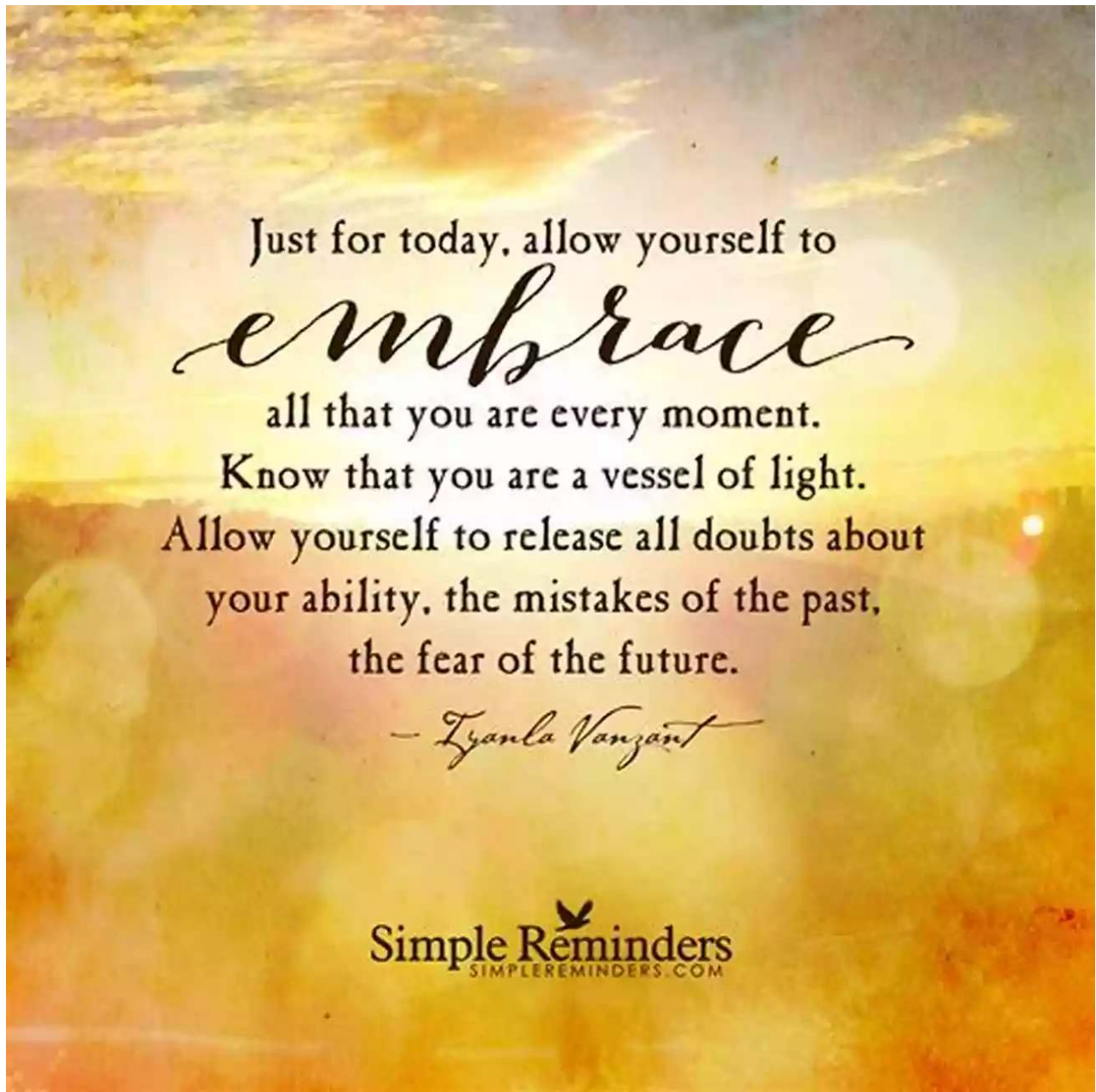
## The Broken Chain

We little knew that day,  
God was going to call your name.  
In life we loved you dearly,  
In death, we do the same.  
It broke our hearts to lose you.  
You did not go alone.  
For part of us went with you,  
The day God called you home.  
You left us beautiful memories.  
Your love is still our guide.  
And though we cannot see you,  
You are always at our side.  
Our family chain is broken,  
And nothing seems the same.  
But as God calls us one by one,  
The chain will link again.

Alt attribute: Poem image: Breaking the Chains

Featured in this poem is the courageous tale of an adult survivor who finally breaks free from the chains of a toxic family and a narcissistic partner. The words encapsulate the liberation experienced when one chooses to reclaim their autonomy and leave behind the toxicity that once held them captive.

### 3. "Embracing Myself"



Alt attribute: Poem image: Embracing Myself

This poignant piece celebrates the journey of self-discovery embarked upon by the author, who learns to embrace their worthiness and individuality after enduring years of emotional abuse from toxic family members and a narcissistic



partner. The poem serves as a powerful reminder that one's strength lies in embracing their true self.

#### 4. "Unveiling My Scars"

### **My Scars**

**My scars are like entries in my diary,  
you could tell how mad I was by looking at the deepened scars,  
you could tell how many times i've hurt,  
you could feel my pain, you could touch my past,  
many end up confused "why"  
& the bad part is I don't know why this method,  
I guess it was because I wanted to punish myself for everything  
bad happening,  
I guess it was because somethimes this world felt like a dream,  
  
like I needed to know I was alive,  
I guess it could also be because I was tired of not being in control  
of the emotional pain I felt,  
the anxiety tearing me up inside,  
the sadness destroying my life,  
I wanted to be in control of something,  
I guess I could go on and on why,  
but the answer is really simple actually,  
"PAIN"**

*Monique Ornelas*

Alt attribute: Poem image: Unveiling My Scars

In this raw and vulnerable poem, the author courageously exposes their emotional wounds inflicted by toxic family relationships and a narcissistic partner. Through their words, they showcase the resilience and bravery of adult survivors who refuse to let their scars define them, choosing instead to heal and grow stronger.

## 5. "Finding Inner Peace"

### **Finding Inner Peace**

Through my head, the thoughts tumbled round,  
But, inner peace, my soul has now found.  
At night in bed, I got little sleep,  
As, into my mind, I was digging too deep.

I took in what my friends were all saying,  
But, in my mind, mixed feelings were playing.  
I did not know the right thing to do,  
As I kept being given different views.

I needed somebody who was a pro,  
Who could advise me on which way to go.  
Seeking advice certainly did me no harm,  
As the riot in my mind, it suddenly calmed.

I stand here now with a happier heart -  
Feeling less burdened than I did at the start.  
Thoughts through my mind no longer churn,  
Now that I know which way to turn.

*Angela Wybrow*

Alt attribute: Poem image: Finding Inner Peace

This insightful piece delves into the transformative journey towards inner peace undertaken by an adult survivor. The poet explores how they learned to detach themselves from toxic family dynamics and a narcissistic partner and found solace within themselves. The poem inspires others to embark on their own quest for inner peace.

32 poems cover a broad spectrum of emotions and experiences, allowing readers to connect with a range of adult survivors who have overcome toxic family dynamics and narcissistic partners. Through their artistry, these authors provide solace and a sense of belonging to those who may have endured similar trials.

Each poem is a testament to the resilience and strength of adult survivors who have bravely stood up against the detrimental effects of toxic relationships. Through their poetic expressions, they encourage readers to heal, grow, and eventually thrive in their lives, despite the challenges they have faced.

Adult survivors can find solace, encouragement, and inspiration within the pages of these poems. These verses serve as beacons of hope, shining a light on the path to healing, self-discovery, and a future free from the oppressive grip of toxic family dynamics and narcissistic partners.

So, let these poems guide you, inspire you, and help you find the strength within yourself to break free from toxic relationships, heal your wounds, and create a fulfilling life as an adult survivor. Join the ranks of those who have conquered adversity and share your inspiring tale of resilience through the power of poetry.

Remember, you are not alone.





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How to Leave is an autobiographical book of poetry written by award-winning poet and Expressive Arts therapist Neela Arnaud (author of the popular Adult Survivors of Toxic Families series). Neela's emphasis on transcending a family legacy of trauma by cultivating fierce self-compassion, self-acceptance, and self-love as a survivor of family abuse and narcissistic abuse is both provocative and inspiring. Her commitment to living and speaking her truth, no matter what the price, adds depth and weight to this thought-provoking collection that is sure to inspire.

### Still Whole

In my family, showing one's emotions  
was considered to be a flaw.

Flagrantly raw,

I was willing to bear their  
pompous, parental scorn

so as to remain true

to that which drove me,

relentless, inherent, untorn.

- By Neela Arnaud

FROM THE AUTHOR: This book of poems bears witness to my journey of learning to leave toxic people and situations as I progressed in my recovery and healing from toxic family abuse, narcissistic abuse, and relational abuse.

It is also a book that reflects my growing ability to recognize various forms of covert and overt abuse and do whatever was necessary to protect my mind, body, heart, and soul so as to keep my self (and spirit) alive.

As an adult survivor of child abuse (including narcissistic abuse, scapegoating, and gaslighting) who now lives with complex trauma (C-PTSD) symptoms, discovering and cultivating creative expression practices - and eventually training to become an Expressive Arts practitioner and facilitator - was likely what saved my life.

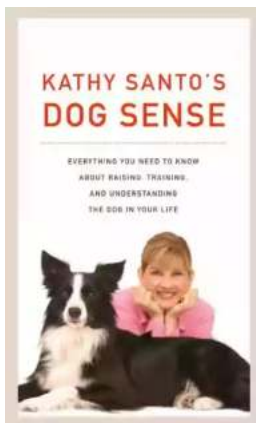
Through poems, drawings, paintings, and dance, I was able to see and hear myself in ways that abusive family and partners had no interest in doing. Most importantly, I began to feel myself and get in touch with my feelings, thoughts, wants, and needs in ways that were not possible when engaging with people who saw me not as a person to be loved, but as an object to be used.

Because my being used as a source of narcissistic supply began at such an early age, my self-development would likely have been twisted and warped beyond repair if I had not began expressing myself through writing and art as soon as I could.

I still possess my first book of illustrated poems, written when I was just six-years old, and my heart aches for this little girl who was so desperate to be seen, heard, and loved.

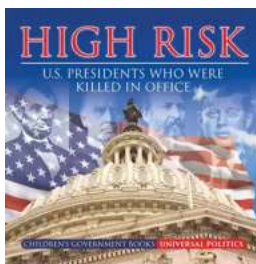
And so I dedicate this book to this brave and courageous girl that still lives on within me, and who expresses her pain, grief, joy, and hope through my creative works. And to the child who lives within you as well, who is begging to be seen, loved, and embraced.

Neela Arnaud, EAFT, is an award-winning poet, essayist, and flash-fiction writer. She is also an Expressive Arts therapist and facilitator trained in both Europe and the United States and is the author of the Adult Survivors of Toxic Families book series and the Adult Survivors of Toxic Families series compilation, Dealing With Toxic People.



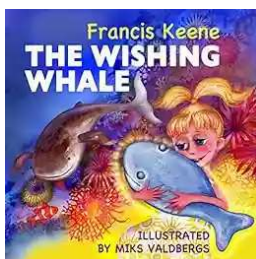
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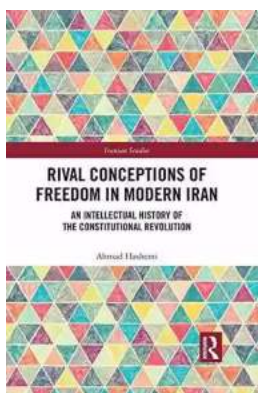
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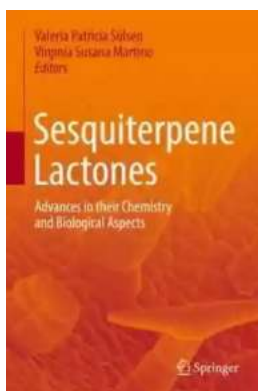
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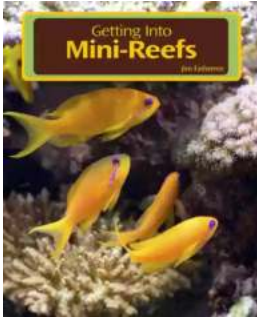
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## Advances In Their Chemistry And Biological Aspects

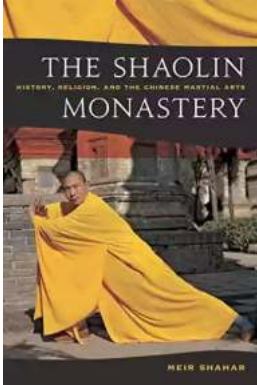
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