

The No Contact Rule



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Helen Mia Harris is a registered therapist but offers her insights and advice for guidance only. All dates, place names, titles and events in this account are factual. However, the names have been changed in order to protect privacy and respect patient confidentiality.

The Importance of the “No Contact” Rule



Hello, Helen Mia Harris here.

Breaking free from a toxic relationship where your level of love, desire, passion and commitment isn't being reciprocated is one of the hardest things you'll ever have to do.

After all, feeling needy, anxious and desperate every time you see or talk to your love interest can be incredibly disempowering and emotionally painful.

But there is a solution – if you want it.

Indeed, this invaluable strategy will allow you to reclaim your own sense of self-respect, confidence, inner strength and self-worth, just as it did for me 23 years ago.

It's called the “**No Contact Rule**”, and I guarantee that if you follow it, you'll be able to finally break free from all of the emotional pain, loss, confusion, disorientation, grief and heartache that you've been feeling for so long.

But I must warn you, keeping to this rule will take a lot of internal strength, as love withdrawal symptoms are experienced as a deep feeling of grief, sadness and loss, made worse by the fact that the beloved is very much alive, but has chosen for one reason or another NOT to reciprocate your love and affection.

My Story

The *only* way I was able to begin to “let go” and survive the emotional trauma and loss I went through over 20 years ago, was by literally implementing the “NO CONTACT” rule – and following it.

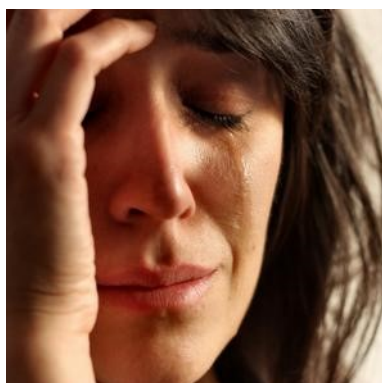
It wasn't even a matter of choice, as I knew that every time I came anywhere near the man that I was romantically merged with, I instantly fragmented, losing all sense of self.

Most of all, I had to deal with the humiliation and realization that he could not reciprocate my love, yet no matter how much rejection and abandonment I felt, he would keep me “dangling”.

He would keep me hooked, continually saying that he didn't want to lose me, that if only I'd except that we should only see each other every other weekend and was less passionate, then “maybe” we could have a future together!

Needless to say, the more I heard this, the more desperate and shattered I'd become, the more I'd “need” him, and the further he would flee in the opposite direction.

It felt like something I had no control over. He had the control, not me.



And separation felt like a knife through the heart. Think Cathy and Heathcliff, Tristan and Isolde, Romeo and Juliet. I was unable to even imagine a future without him, as I counted down the days, knowing that on the 14th day the two weeks would be up and I'd be able to see him. I'd survived the “every other week” sentence, and now I could breathe again. **This on/off dance went on for several years.**

I'd spend days trying to get my life back together, hiding what was happening to me from work colleagues and family, and constantly telling myself things like; “this time I won't phone him”, “this time I'll *pretend* I don't need him”, but then out of nowhere I'd fall back into the “loop”, and almost immediately I would plummet into despair and powerlessness once again.

All it took was one phone call or a letter through the mail box, and I was instantly hooked.

The craving and longing for him had such a hold over me.

Everything about him felt so familiar; his natural scent, his face, his voice, his body. It all had a powerful and inescapable pull, as if I were him completely and utterly attached to him, yet at the same time, I knew deep down that this craving was destroying me. It was literally toxic to my body and my soul.

Of course, like many people in this position, there were brief moments when I felt I was in complete control of my emotions.

I'd promise myself that I would be stronger this time... that I wouldn't cry... that I'd take back the power and **act aloof**.

But then just as before, the power would instantly shift as I gave myself over to him, and out of nowhere the ground beneath me would fracture, ending any glimpse of security or safety. I'd fall deeper and deeper into what felt like a vortex of anxiety and fear, as if he were my oxygen and without him I couldn't breathe.

If any of this sounds familiar to you, then you MUST follow the “No Contact Rule”.

Because if you don't, believe me when I say, the person of addiction will continue to have a hold over you.

They will keep coming back for more, because although you might not know it, they NEED you as much as YOU need them!

But up to now, you've probably been blaming yourself for what's happening, without realizing that THEY play a huge part in this on/off dance too.

You are in it together, yet *you* are the one left powerless, suffering intolerable emotional pain, whilst they are probably going on with their everyday life, “knowing” that you are “there” whenever they choose to see you next.

But when you start to see this, and apply the “No Contact Rule”, something quite miraculous occurs.

As the shift in your behaviour begins, the person of addiction starts to “realize” that the spell they had over you is no longer working.

Ironically, and sadly, I have seen many people stuck in this addicted “love loop” who have implemented the “no contact rule”, and very quickly, the man or woman of addiction has just “scurried away”, so there were never any real promises in the first place.



The “love addict” had their life on hold, believing that “one day” the other person would be ready to reciprocate their love, but in reality, deep down they knew that it was never going to go anywhere, yet *they* couldn’t let go of YOU.

When you understand the dynamic taking place between you and the love avoidant during this insidious love addiction dance, you are half way there.

But if you’re unable to recognize what the other person is doing to you, or needs from you, there will never be a resolution. **You will never be free.** You have to gain back control in order for you to move from feeling utterly powerless and broken, to becoming “self-empowered” and capable of reclaiming your own life again.

In many ways, all those years ago, I had lost any sense of my own identity, because prior to meeting him I was a capable, confident, emotionally strong, intuitive and happy woman.

And ironically, that was the woman he was drawn to in the first place.

Yet within one month I had become a shadow of my former self. It was as though someone had injected a drug into me which made me undergo a complete personality change.

And this happened because of a few simple words that he said to me within a few weeks of us meeting, which were; ***“Helen, I want to be with you, but I don’t want a commitment or anything too serious”.***

Of course, I hadn’t even asked for that. But having fallen deeply in love with him, just hearing those words made me feel incredibly fragile and vulnerable. And from that point on, I began to “sensor” who I really was, hiding my desire, joy and passion from him, for fear that he’d think I was too needy; no longer the strong and independent woman that he’d been attracted to in the first place.



And it took me a long, long time to accept the irrefutable “truth” that there was no future with this person.

And this is the key...

You need to be strong enough to say “enough is enough”, and have the courage and self-respect to cut the cord that keeps you bound together.

If you don’t, you could end up like Sue, a former client of mine.

We were discussing her relationship in my practice during a 1-2-1 session, and the fact that she felt like her NEED for her boyfriend at the time was turning her into a powerless, pleading, begging, weak, and “slave-like” person.

Here’s what she said to me...

“I feel like a pathetic worm. We had an argument about his emotionally cut off behaviour and he was about to leave. Before I knew it, I was lying on the kitchen floor crying, holding onto his leg and begging him not go. He just left me there and walked out.”

And here’s another true story from another former client of mine, called Beth.

Here’s Beth’s story in her own words...

“I’d had an on/off kind of relationship with Ben for many years, but it was killing me. He persisted in seeing me for a few days, and then disappearing, then returning again, then closing down on me, then saying “maybe” we could have a future together, and then saying we couldn’t because I was too needy.

Of course, after hearing that, I’d plead and beg him to stay, and the more I did that the further away he would go, both physically and emotionally. Then there were all the phone calls back and forth, the text messages and face time, until finally I found the courage to break it off and say “no more”.

I knew the relationship wasn’t going to work, and I also knew that I was very sick. My addiction to him was overpowering, as the more he rejected me, and the more he would disappear for weeks at a time and switch off his phone, the more panic stricken I would become. I knew I had to “prize” myself away from him, as the feelings of grief were worse than if he had actually died, because I knew he was very much alive, but clearly didn’t want me.”

So what happened?

Well, over several months, Beth saw her GP (just to monitor her levels of anxiety, panic and depression caused from the acute loss and abandonment), she visited a homeopath, took up palates and yoga, and returned to her career in the care profession.

As time went by, and she still hadn't heard from Ben, she slowly but surely began to put him to the back of her mind and move on with her life. Everything was going in the right direction...

... Until suddenly, completely out of the blue, Ben called.



Apparently he'd found her on Facebook and saw how well she was doing, and wanted to take her to dinner the following week.

Beth, forgetting in an instant everything that she'd been through in the past, and letting the power of her emotions take control, became so excited at the thought of him "wanting" her again, that she agreed immediately.

She believed that it would be different this time. "I'm stronger now", she told herself. "I won't be weak. I will act more confident and independent, and I will show him that I don't need him anymore.

As Beth recounted her story, I immediately noticed how **Beth was "preparing" a new identity; a "fabricated and false self"** to impress upon Ben just how strong she was after their time apart.

Just being herself wasn't enough for her. There was a clear movement away from her own authentic individuality and secure sense of self, and a move towards a "performance", an act if you will, in order to guard against an anxious, vulnerable and insecure self which she knew would frighten Ben away.

It was clear to me that as soon as she'd heard from Ben, she was immediately hooked by a negative attachment bond.

She was like a teenager again, swept up by the all-too familiar (but transient) feelings of anticipation, excitement and longing.

So what happened next?

Beth and Ben rekindled their romance over dinner, and then spent two days together which were dominated by ecstatic intimacy, intense desire and passion.

But sadly, on the third day, Ben had become emotionally “shut down”, and within a few days, he left under the exact same circumstances as before.

Beth, pleading with him not to leave, was devastated by his rejection once again.

She was back to square one, unable to go to work, and crying in bed, feeling completely heartbroken and in a state of intolerable grief, desertion and abandonment.



Now, I’m telling you this story because it perfectly sums up EXACTLY why I feel so strongly about the “no contact” process.

For your own self-respect and self-worth, I want to give you all the tools you need to ensure that you NEVER ever feel as humiliated and degraded by another person as this woman felt.

In fact, the story I describe above is not unique to that one person. Many different people have told me that they’ve ended up wailing on the bathroom or kitchen floor, while the person of addiction makes a swift exit.

Yet a few days will go by, and they’ll establish communication again, and the whole process repeats itself.

So this is a warning to you...

If the “no contact” rule isn’t put in place by YOU (and followed), this is what could happen (if it hasn’t already). And this repetitive and damaging cycle will continue for many years until your own identity and integrity is completely eroded, and there’s nothing left of YOU.

And I’m sure that’s NOT what you want.

Remember, emotionally healthy and mature individuals don’t create what I have mentioned above at the expense of another individual.

In fact, the person of addiction NEEDS you as much as you need them, because your attention; your “supply” of love fuels them. They need to know that you adore them and hold them in high acclaim.

But when you begin to implement the “no contact” process, the love avoidant soon realizes that they are not as important as they believed they were. They are not *the* most important thing in your life.

And when this happens... when this “supply” is cut off, the power loop switches and shifts to THEM feeling rejected and pushed away instead (unless of course, they are married, in another relationship or have chosen to be completely alone).

And at this point, something incredible happens.



You realize that you no longer have the same feelings as you did. You realize that you have been “toyed” with for far too long, and you don’t deserve it.

And this realization; this “reawakening” gives you the power and the strength to put more emotional and physical distance

between the two of you.

So how do you do this?

How do you ensure that you’re able to follow the “no contact” process, and more importantly, stick to it?

Well, here are my 5 BIGGEST NO CONTACT RULES to follow...

My 5 “No Contact” Rules to Follow

RULE #1: Without meaning to state the obvious, no contact literally means NO CONTACT! In order for this to work, you need to avoid any kind of connection with the other person, and anything and everything that will conjure up thoughts or memories of the person of addiction. I knew one person that couldn't ever go back to the same town where her beloved lived for fear of bumping in to him. She knew that she couldn't see his face again. It really worked.

RULE #2: No contact means respecting yourself, caring for yourself, understanding everything about your addiction, and knowing that the other person is, quite literally, a drug that you absolutely must avoid.

RULE #3: No contact means no phone calls, texts or emails, and no more time spent looking at his or her Facebook posts or other social media pages. This will only torment you from afar and trigger your longing for love and a relationship, and of course, there's always the possibility of seeing them with someone else, which will do you no good whatsoever.

You must cut contact, and let them go. You need to do this for your own sanity and your own chances of self-healing and recovery. Whatever you do, don't leave any gaps for him or her to creep back into your life. Stay strong and persist with your own recovery. This will challenge you like nothing else has ever done, so be sure to constantly remind yourself why you are doing this.

RULE #4: No contact means not going to a gathering, meeting or event where it is possible that he or she might be. Again, I knew someone who was desperately trying to stick to the no contact rule, yet managed to find out exactly what events and social gathering the person of addiction was going to, and would then disguise themselves (if it was a large event) in order to just get a glimpse of that person from afar. This was no good for her, not healthy, and prolonged her agony for years longer than necessary.

RULE #5: Of course, I understand that if the person of addiction is a work colleague, for example, then there is often no way to physically avoid them, and therefore cutting contact is much more difficult. In this instance, try to keep contact to a bare minimum. Keep emails as short as possible. Answer in monosyllables. Keep it professional and business-like and offer nothing emotional. Keep your tone one dimensional and keep to the bare basics of communication or exchange.

If the pair of you are inextricably linked, like in the example above, and communication, for whatever reason, has to continue, then you may want to set up a plan that all communications are via a third person (if you can find a third person willing to help you in this way). This will give you a sense of control, and very soon you will begin to discover how the person of addiction is losing their spell over you. They will cease being able to affect you in the same way.

And always remember, the more you don't respond to them, the more the person of addiction will lose interest, as they will feel your strength and know that they can't persuade you any longer – because it was your “attention” that kept them connected to you in the first place.

The reason for sticking rigidly to these 5 rules is so that you can “energetically” clear this person from your life in every way possible.

You need to remove their scent, their voice, their look and their presence, because if you don't, the moment you set eyes on them again, you will waver. You will convince yourself that “this time it will be different.”

It won't.

Finally, never forget that your love interest knows everything about you.

They know your weaknesses, your frailties, your vulnerabilities, your insecurities, your passionate nature, your adoration for them, your obsession to be with them, the fact that you always sacrifice yourself for them, your ability to make THEM feel special, etc.

And when this “supply” is severed, they will do everything they can to recreate your need for them.

Staying strong and resisting their demands will be one of the hardest things you will ever have to do, so whenever you feel like they may be breaking through your defences; whenever you feel as though you're weakening, continue to ask yourself this...

Do I really want to be with someone at the expense of myself, my health and my sanity?

Is love supposed to feel like this?

The answer is no.

“Just think of the trees: they let the birds perch and fly, with no intention to call them when they come and no longing for their return when they fly away. If people’s hearts can be like the trees, they will not be off the way.” -- **Langya Puerto Vallarta**

“How Long Should I Continue to Use the No Contact Rule?”



You should stick to the “No Contact Rule” for an absolute minimum of 30 days.

And what’s more, I’m not just talking about avoiding contact with the beloved, but also resisting the temptation to proactively look for other partners in an attempt to cope with the feelings of “cold turkey”.

So make sure that you refrain from looking at online dating sites, dating agencies, or visiting bars and clubs in a search for the relationship that you desperately crave.

The fact is, you WILL have a happy, mutually loving relationship in the future.

But you must recognise that your addiction has a compulsive element to it, and it’s vital for your future health and happiness that you learn how to take control over it now. YOU need to be the one in the driving seat.

You cannot allow your addiction to love to continue to control *you*, because if you do... if you break the no contact rule too soon, you will find yourself plummeting back into feelings of rejection, despair and abandonment.

Who Is The No Contact Rule For?

- Couples (married or not) in a co-dependent relationship (insecure, anxious attachment) and relationships that seem impossible and painful
- Individuals experiencing co-dependency, toxic/inflammable love, rejection, insecurity, abandonment, anxious attachment, possessiveness, jealousy, heartbreak, obsessive love, etc.

- Individuals who feel they can't leave their partner, and have become trapped in patterns of behavior which are damaging and destructive to themselves and others
- Individuals who experience unfaithfulness, infidelity and dishonesty, yet can't find the courage to leave
- Individuals experiencing narcissistic abuse – who return time and again to damaging and abusive relationships
- Individuals that are addicted to online dating/dating agencies in the quest for the “perfect relationship” (this is indicative of people who find it hard to be alone, and subsequently go from one relationship after another)
- Individuals trapped in an on/off relationship, dominated by insecure attachment

Who Is The No Contact Rule NOT For?

WARNING! The “No Contact Rule” Is NOT For Everyone

You should NOT try to implement the “No Contact” rule...

- **If you have tried to implement the “no contact rule” but are experiencing panic attacks, separation anxiety, heart palpitations, profuse clamminess, sweating, fear, dizziness or acute love withdrawal symptoms.** If you are experiencing any of these conditions, do NOT continue with the process (it would also be wise to consult your GP).
- **If you are using the “no contact” process in order to get a positive reaction, win your love interest back, make your significant other jealous, gain control over him/her in order to make them want you more, etc.** Remember, the “no contact” rule isn't a tool to be used to “manipulate” the other person into contacting you. It's to allow you to break free from their toxic grip for good, become more independent, emotionally stable, and build self-esteem, self-respect, and self-worth. Never ever forget, if someone isn't reciprocating your love and affection, it does NOT mean you are unlovable and unworthy of having a fulfilling relationship.
- **If you are in an emotionally or physically abusive relationship.** If you “cut off” the emotional supply of contact that has kept things stable and

balanced, it could mean that it will throw your partner/love interest into a state of anger or rejection, as they NEED you to always be there for THEM. If this is the case, seek professional help as your partner/love interest may not be able to deal with you “cutting off” from them.

- **If you are married with children.** Of course, if you are living under the same roof and have children to look after, the “no contact rule” will only course more disruption, and could potentially affect the children. In this situation, it would be wise to seek professional help.

So as you can see, it’s important to bear in mind that the no contact rule might NOT be the right approach for you.

Ultimately, you need to be doing it for the right reasons, and you need to be ready to deal with the consequences.

After all, if love addiction is an attachment disorder which affects our thoughts, feelings and behaviour, then imposing a “rule” could potentially have the opposite effect, reinforcing separation anxiety, obsession, panic, and other classic symptoms of love withdrawal.

What To Do If You’re Not Yet Ready For The No Contact Rule



If you don’t yet feel ready to cut all contact with the beloved, here are a few things you can do to prepare yourself...

Firstly, try to “step away” from the relationship and observe it from afar. Put yourself outside the relationship as if you are “observing” what is happening through a camera lens.

Don’t react, just observe. And don’t absorb what’s going on. I say this because if you absorb and “**react**” when it comes to your communication and disputes, you will be immediately drawn back into a feeling of powerlessness and helplessness once again.

Instead, stand back, be calm and watch from afar.

Look at what is happening; be mindful and ask yourself; “is this relationship good for me?” “Is it healthy?”

If the answer is no, then it’s crucial that you find the strength to prize yourself away from this debilitating and negative “love loop” in your relationship, and understand that you CAN and WILL survive alone.

And crucially, try to understand everything you need to know about your attachment, love addiction and co-dependency. Read my e-book, *“Why Can I Not Let Go”*. It will explain exactly why you feel the way you do, why you’ve ended up where you are, and why you haven’t yet been able to break free.

As you watch your relationship from afar, use affirmations such as “I am good enough”, “I am loveable”, “I am worthy of my own self-respect”, “my life is no longer at the mercy of one person who I feel totally humiliated by”, etc.

The idea here is to shift your powerlessness and your feelings of unworthiness, and transform the way you view yourself, what you’re capable of, and what you deserve.

You are not weak and powerless. You are not a victim.

Remember, the more you identify with being a victim, the more you will feel powerless and helpless.

In my counselling practise, I have heard some of the most remarkable and prominent men and women say things like; “I have everything”. “I run a huge business”, “I’m a CEO/lawyer/solicitor/actress/actor/accountant/dancer, etc., but never ever before have I felt so diminished, so weak, so humiliated, so shameful, so utterly devastated...”

And this is why I’m writing this e-Book.



You see, unrequited love; and a passion, desire and longing that isn’t reciprocated can literally destroy our own sense of self-worth and self-esteem, leaving the most capable and proficient people completely overwhelmed by rejection and abandonment and paralysed by grief.

But you can survive this, and most of all, what you’re feeling now is only a temporary emotional state, and it **WILL** pass.

Especially if you're able to implement and follow the "no contact rule", because it will allow you to return to your own authentic self, and help you to build a whole new concept of self-identity and individuality.

And it will actually increase your capacity for love that will be mutual, richer and deeper than ever before.

I know as well as anyone that when you are in the midst of this debilitating emotional pain, it's incredibly hard to ever imagine a life without all the hurt and helplessness.

But it's vital that see this as a whole new chapter in your life; a healing process that will bring about a transformation, rather than simply viewing it as "coming down" from an addiction to love.

For far too long, you've been in limbo, waiting and hoping to move forward with your life, but constantly thwarted, rejected and abandonment by another.

But remember, just because this person has "rejected" you, it doesn't mean that you are unloved and unwanted.

You feel like this because of what's happened to you in the past, and it's not your fault.

As I explain in "*Why Can I Not Let Go?*" you may have experienced a lack of nurturing, attention and neglect in early childhood (not necessarily with your primary caregivers) and a deficit of support, security, mirroring, love and nurturing, which are all completely necessary for healthy emotional, cognitive and behavioural development.



The sense of feeling invisible in your early childhood and teenage years has subsequently reinforced your need to fill a deep ache in your heart because you never feel validated, and as a result, you will typically display a longing to attach yourself to someone who will fill this void.

Of course, both men and women can experience abandonment, rejection, neglect and lack of validation during childhood, so much so that when they are propelled into that euphoric feeling of romantic love they immediately attach and hold on

tight to that *one* person in order to ease and soothe a lifetime of unfulfilled emotional needs.

They entwine themselves with the person that feels so very familiar, so right, so like themselves, and become so attached that it literally feels like the beloved is their source of oxygen, and that there's no way they can live or breathe without them.

But it doesn't need to be like this.

And the more you understand your addiction to love and the reasons behind it, the more you will feel in control of your own life, and the more self-empowered you will become.

And then suddenly, you will wake up one morning and the beloved will no longer be the first thing on your mind.

You will have broken free from this most debilitating affliction of the heart, and you will finally be capable of finding the healthy, mutually loving relationship that you truly deserve.

8 Tips to Help You Cope While You Are Following the No Contact Rule

- 1. Do something you are passionate about.** Choose something that gives your life meaning and purpose. Remember, this has happened to you as you have “projected” all that you are, and all your passion onto the person of addiction.
- 2. Remember that it's OK to be alone.** If you've been stuck in a destructive relationship cycle, it's BETTER to be alone for a while. And don't worry, you *will* survive the pain of romantic love withdrawal.
- 3. Know that you CAN survive without the person of addiction.** Love withdrawal can feel as if a part of your body has been amputated. But believe me, YOU CAN SURVIVE THIS!
- 4. Each day give yourself at least three things to do that will reflect your new-found independence.** Doing this will strengthen your ability to take care of yourself, and build emotional self-reliance.

- 5. Make choices that impact the way you live in a POSITIVE way.** Don't allow yourself to play the role of victim. Instead, make decisions that reflect your strength as a man or woman.
- 6. Whenever you feel like your weakening, and that you need your "fix", remind yourself WHY you are following the no contact rule.** Remember, you are doing this because you do not deserve to be treated the way you have been. You do not have to feel like this anymore, and very soon, you will be free if you continue the process.
- 7. Forgive yourself if you are stuck in self-blame cycle.** It is not your fault. You are good enough as you are, and just because he or she didn't return your love, it doesn't mean that you are not a lovable and worthy person. You are. (Remember, when we fear losing someone or something, it is usually to do with our own lack of self-worth and a false belief that we are not lovable, not validated and not worthy, and therefore why would anyone want to have a relationship with us?)
- 8. Focus on self-care and self-generosity.** Many of my clients ask me; "but what do I do about the pain I'm in? How do I survive it, because I can't live like this?" Many of these people are going "cold turkey", so to speak. They are in the midst of dealing with intense withdrawal symptoms, and literally can't get out of bed. They may stop eating, stop exercising, and even stop going to work. The grief, loss and overwhelming sadness that consumes them is akin to a light being switched off in their life.

And the answer I always give is that they absolutely **MUST** focus on selfcare and self-generosity. You need to concentrate on becoming **YOU** once again, as this is the only way you will ever break the chains that are keeping you locked to the beloved.

Activities and hobbies like Yoga, Pilates, walking, running, swimming, and general forms of exercise are crucial. Eating good healthy food that's nutritious for your body and soul is vital too, as are things like meditation, massage, homeopathy, alternative therapies, and of course, reading everything you can about your addiction.

The Importance of Being Honest



One final point I'd like to make is that when applying the "no contact rule", it's vital that you're honest with yourself, because when you are honest and authentic with yourself, and even with the other person, you stand a far better chance of getting the results you want.

You see, if you're completely honest with yourself and your love interest/estranged partner, there exists the opportunity to find peace, as you have said and done everything you need to do for your own sense of emotional wellbeing.

When you are honest, and you use the "no contact rule" for authentic reasons (rather than trying to manipulate the other person), I truly believe that the "beloved" will listen to you (if prior to you implementing no contact, you explain to them why you're doing what you're doing.)

When we are honest and just able to speak our truth without any expectation, something can truly shift in the most dysfunctional communication.

This is all about you sharing your truth and honesty without any agenda whatsoever.

I say this because when we are powerless in a relationship, we often fabricate things, play games for fear of vulnerability and shame, act stronger than we actually are, and put up barriers to hide our true feelings.

But when we are honest, there is no hiding place, and the closer we can get to understanding *why* we have hidden so much to protect ourselves, the more we feel we have control over the devastating emotional states we find ourselves in.

Many people who are caught in these devastating on/off relationships feel that they truly have so much to give. They feel the most passionate longing for this one person, so much so that they feel as though they might spontaneously combust if this love isn't "let out".

But of course, this *is* the problem.

As long as the other person feels just how much you're prepared to sacrifice yourself for them, and how desperate and attached to them you are, they've immediately (and perhaps unknowingly) rendered you powerless.

So you may ask, “How will I ever be able to express all of this love I have inside of me?”



And my answer is; when the time is right, and you are able to recognize that you can have a life of your own, and love and be loved authentically, then the right person will come along.

They will be attracted to YOU and who you are, because you will not be sacrificing your life for them. You will be independent, self-empowered and free, and they will see that.

If you have to become a “false you” and “act” differently, then this person is probably not right for you in the first place.

Remember, you are worthy.

You are loveable.

And you should *never* forget that.

Finally, I want you to know that if you are experiencing feelings of rejection and abandonment right now, **you are not alone.**

Many people have gone through this, or are going through it as you read this book.

But none of us deserve to, and I never want you to underestimate the severity of this kind of emotional abuse/attachment, whether the person of addiction is fully aware of their actions or not.

We all have a responsibility to act with integrity, and to respect another person is to value who they are, their humanity, and acknowledge the suffering that each and every one of us can inflict upon another, especially if we are intimate with that person.

This lies at the core of the NO CONTACT RULE, because if your relationship/love interest isn't giving you what you want, then you need to find the strength to walk away.

You deserve “mutually fulfilling love”, not to be in a constant state of feeling unlovable, rejected and abandoned.

If you're looking for a proven, step-by-step program to help you bypass painful emotions and emerge emotionally free and self-empowered, then take a look at my “**Surviving the Addictive Love Cycle**” Program here:



The advertisement features a dark blue background. On the left is a portrait of Helen Mia Harris, a woman with blonde hair wearing a blue top. To her right is a purple flower-like logo. Text next to the logo reads: "HELEN MIA HARRIS Expert Marriage, Relationship and Couples Therapist". Below this, it says: "Expert in helping people with Loss of Love, Love Addiction, Love Withdrawal, Co-dependency, Heartbreak, Rejection and Jealousy." and "www.lovingtoomuch.com". On the right side of the ad is a smaller image of a woman with arms raised in a field, with text: "The Love Addiction & Heartbreak Recovery Programme Your journey from heartbreak to emotional freedom The Complete Online Recovery Programme Created by the UK's leading relationship expert, Helen Mia Harris". Below this is a testimonial: "I just wanted to let you know how much your recovery programme is helping me. I cannot put into words how happy I am that I found you. I never even understood until now why I am the way I am and I finally see a light at the end of the tunnel. It's the first time anyone has ever understood what I'm going through; an addiction to love and it makes me feel like I'm not alone and not crazy. With much gratitude and appreciation." Yolanda

www.lovingtoomuch.com



Best Wishes,

Helen Mia Harris x

MBACP Registered, MNCS Accredited Relationship Therapist, Marriage Coach & Love Addiction Specialist www.helenmiaharris.com