



FREE GUIDE

You Are Not Crazy

*Understanding Emotional and Narcissistic
Abuse
in Your Relationship*

This guide is written for you.

The African woman who is tired, confused, and quietly wondering if it is her.



A Note To You Before You Begin

Sister, before you read one more word, I want you to take a breath.

What you are about to read is not easy. Some of it will feel familiar. Some of it will put into words the exact things you have been feeling but could never explain. Some of it may even make you cry.

That is okay. Let it.

You have been carrying something heavy for a long time. Maybe you have been telling yourself that all relationships are like this. Maybe you have been told that you are the problem. Maybe you have stayed silent because in our culture, you do not talk about what happens inside your home.

But something brought you here today. Something in you is searching for answers.

That something is important. Do not ignore it.

This guide will not tell you what to do. It will not rush you. It will simply help you see things clearly perhaps for the first time.

Read it slowly. Read it honestly. And know that whatever you feel as you read, it is valid.

You are not crazy. You are not too sensitive. You are not the problem.

You are a woman who deserves to understand what is happening to her.



MODULE 1 | YOU ARE NOT CRAZY

What You Are Feeling Is Real

Right now, you feel confused.

One minute, things seem okay. He is talking to you. He is smiling. There is peace in the house. And you think maybe I was exaggerating. Maybe things are fine.

Then the next minute, everything shifts. His face changes. His voice gets cold. Something small happens and suddenly the whole atmosphere in the room is heavy. You can feel the tension before he even speaks. And you walk on eggshells again, wondering what you did wrong this time.

So you replay everything in your head.

Did I say something wrong? Did I do something wrong? Was I too loud? Too quiet? Did I embarrass him? Did I push him too far?

You try to talk to him about how you are feeling. You try to explain yourself. But somehow, by the end of the conversation, you are apologising. You are the one who ends up feeling guilty even when you are not even sure what you did.

This is exhausting. And it is confusing. Because you cannot figure out what the truth is anymore.

This Is Not Normal Relationship Stress

In our communities, we are taught that marriage and relationships require sacrifice. We are told that love is hard work. We are told to pray harder, to be more patient, to be a better woman.

And so many of us go back to our knees every night, begging God to help us be better when the truth is, it is not our behaviour that needs to change.

Yes, all relationships take work. Yes, no man is perfect and no woman is perfect either. But there is a difference between a relationship that is imperfect and a relationship that is damaging you.

Normal relationship stress looks like two people disagreeing. It looks like working through difficult seasons together. It looks like arguments that get resolved, apologies that come with changed behaviour, and two people who both take responsibility for their part.



What you are experiencing is different.

What you are experiencing is a pattern of confusion, self-doubt, and emotional instability that did not exist before this relationship or that has gotten steadily worse over time.

Emotional manipulation does something specific to a person. It slowly disconnects you from your own reality. It makes you question what you saw, what you heard, what you felt. It makes you doubt your own mind so much that eventually, you stop trusting yourself completely.

This is not a sign that you are weak. This is not a sign that you are crazy. This is the natural result of what happens when someone consistently makes you question your own experience.

What African Women Are Often Told

Our culture does not always make this easy.

We are raised to be strong. To endure. To hold the family together. To not air our problems outside. We are taught that a good woman keeps her husband happy, that difficulties in marriage are part of life, and that the children need their father in the home.

Some of us have mothers who stayed through things they should not have stayed through. And so we tell ourselves that if our mothers survived, we should survive too.

Some of us are afraid of what our families will say. Some of us carry the weight of cultural expectations, of not wanting to be the one who failed at marriage. Some of us genuinely love the man and cannot separate him from his behaviour.

All of these things are real. All of them are valid. And none of them mean you have to keep suffering in silence.

"You are not crazy. You are responding to something that is not right."



Pause and Ask Yourself:

- When did I last feel truly at peace in this relationship?
- Do I spend more time defending myself than feeling loved?
- Have I started to believe that I am the problem?

MODULE 2 | WHAT IS REALLY HAPPENING IN YOUR RELATIONSHIP

Emotional Abuse vs Normal Relationship Issues

Let us talk plainly.

Because one of the most confusing things about emotional abuse is that it does not always look like abuse. It does not come with bruises you can show people. It does not come with a single dramatic moment that you can point to and say, that is what is happening to me.

Instead, it comes slowly. Quietly. Over months and years. It hides behind normal relationship moments. And by the time you realise something is wrong, you have already been so deeply affected that you do not even recognise the person you used to be.

What A Healthy Relationship Actually Looks Like

In a healthy relationship, two people disagree. They argue. They hurt each other sometimes because they are human.

But in a healthy relationship, there is respect. Even in arguments, neither person tries to destroy the other. Issues get resolved. Apologies are sincere and they come with actual change in behaviour. Both people take responsibility. Neither person consistently feels like the problem.

In a healthy relationship, you feel seen. You feel heard. You feel safe enough to say what you feel without wondering if there will be consequences. You might not always agree, but you know that your voice matters.

What Emotional Abuse Actually Looks Like

Emotional abuse is not always loud. Sometimes it is very quiet. Sometimes it looks like nothing from the outside.

It shows up in the way he dismisses you when you try to talk. Rolling his eyes, sighing heavily, leaving the room, or telling you that you are overreacting. It shows up in how he uses your weaknesses against you. The things you shared in vulnerable moments. Things you told him in trust. He stores them away and brings them out when he wants to hurt you.



It shows up in how nothing is ever his fault. Every problem in the relationship comes back to you. He may admit something in the moment, but then slowly he reframes the story until somehow you were the one who caused it.

It shows up in control. Control over money, over where you go, who you talk to, what you wear, how you spend your time. Sometimes this control is dressed up as care. I just worry about you, he says. I just want to protect you. But over time, you realise that you have gotten smaller and smaller. You ask permission for things you used to just do. You check his face before you make decisions. You edit yourself constantly.

It shows up in emotional withdrawal. When he does not get what he wants, he goes cold. The silence fills the house like a punishment. You start trying to fix things just to bring the peace back even when you did nothing wrong.

It shows up in public versus private. In front of others, he may be charming, funny, well-respected. People like him. Which makes it even harder to explain what happens behind closed doors. You already know that if you said something, people might not believe you.

This is not just relationship problems. This is a pattern. And patterns tell the truth.

The Cultural Layer That Makes It Harder

For African women especially, there is an added layer to this.

Many of us grew up watching our mothers give and give and give. We were taught that a woman who holds her home together is a strong woman. We were taught that marriage comes with suffering. We have aunties and grandmothers who will tell us to go back, to pray more, to try harder.

And some of us have internalised the idea that if we talk about our relationship problems, we are being disloyal. We are airing his dirty laundry. We are failing our family.

But sister, keeping silent has not made things better. It has only made you smaller.

"Emotional abuse leaves no visible marks, but it damages everything that cannot be seen."



Pause and Ask Yourself:

- Are my feelings regularly dismissed or mocked?
- Do I feel like I am always the one apologising, even when I did nothing wrong?
- Does he treat me differently in public than in private?



MODULE 3 | WHY YOU FEEL CONFUSED, ANXIOUS, AND UNSTABLE

The Emotional Rollercoaster

There are moments when he is wonderful.

He brings you food. He holds your hand. He is attentive, loving, present. He says all the right things. He reminds you of the man you fell in love with. And in those moments, everything inside you relaxes. Your shoulders drop. You breathe again. You think this is who he really is. This is why I stayed. This is why it is worth it.

But then something happens.

Maybe you said something he did not like. Maybe he had a bad day. Maybe you cannot even identify what changed. But the warmth disappears. The silence returns. The tension fills the house again. And you are back to walking on eggshells, wondering where the kind man went and what you did to chase him away.

Why The Good Times Are Part of The Problem

This cycle, good, bad, good, bad, is one of the most powerful things that keeps a woman in an unhealthy relationship.

It is not the bad moments alone that keep you there. It is the hope that the good moments bring.

When someone hurts you consistently and then shows you kindness, your brain does something automatic. The kindness feels even more powerful because of the pain that came before it. You hold onto that kindness. You chase it. You tell yourself that if you can just figure out what triggers the bad version of him, you can keep the good version close.

And so you spend enormous energy trying to manage his moods. You study him. You adjust yourself. You become a version of yourself that is always on alert, always monitoring the atmosphere, always trying to prevent the next storm.

This is exhausting. And it is not love. It is survival.

What This Does To Your Body and Mind

When you live in this kind of constant uncertainty, your body changes.



Your nervous system stays in a state of low-level alarm. Even when things are calm, some part of you is waiting for the other shoe to drop. So you cannot fully relax. You cannot be fully present with your children, your friends, your work, yourself.

Some women describe it as feeling like they are always braced for impact. Even on good days, there is an underlying anxiety. And when the good moments come, instead of just enjoying them, you feel a strange sense of dread because you know, somewhere inside, that it will not last.

Over time, your body becomes conditioned to this pattern. The tension and relief, over and over again. You feel anxious when things are too calm. You feel relieved by small kindnesses that would not even register in a healthy relationship. Your baseline shifts.

This is not love. This is emotional conditioning. And it is not your fault.

What Our Culture Tells Us About Emotional Pain

In many African homes, we are not taught to pay attention to emotional pain. We are taught to push through. To be strong. To not let things affect us.

So when we feel anxious, confused, or like we are losing our mind, we tell ourselves to pull ourselves together. We go to church. We pray. We serve others. We keep busy.

And while prayer is powerful, and service is beautiful, none of these things will heal what is happening to you if the source of the damage is still active in your life every single day.

Your feelings are not weakness. They are information. They are your body and your soul telling you that something is not right.

"You cannot heal in the same environment that is breaking you."



Pause and Ask Yourself:

- Do I feel more anxious than peaceful in this relationship?
- Do I find myself managing his moods more than living my own life?
- When something good happens between us, do I feel hope or dread?



MODULE 4 | THE DIFFERENCE BETWEEN LOVE AND CONTROL

This Is Where Many Women Get It Wrong

He loves you. You know he does.

He says so. He has done things for you. He has provided for you. He has been there in hard times.

And so you hold onto this: he loves me. And because love feels like the answer to everything, you tell yourself that love will fix it. That his love is enough. That your love is enough.

But sister, love and control can exist in the same relationship. And one does not cancel out the other.

What Real Love Feels Like

Real love makes you feel safe. Not safe in a locked-door way, but safe in a being-yourself way. You can say how you feel. You can disagree. You can have boundaries. You can have opinions and ambitions and needs. And even when there is friction, you do not feel like your safety depends on managing his reactions.

In real love, your partner's goal is to see you grow. To see you thrive. To see you become more yourself, not less. Real love does not shrink you. It expands you.

Real love does not require you to be quiet about your pain. It does not punish you with silence when you speak up. It does not weaponise your vulnerability or use your past against you.

What Control Looks Like In Our Context

Control in an African relationship can be very easy to miss, because it is often wrapped in things that look familiar and even reasonable.

I just want to know where you are, but what he means is you must report your movements at all times, and there will be consequences if you do not.

I am your husband, I know what is best, but what he means is your opinion does not count, your choices do not matter, and you should simply obey.



You should not be so close to your friends, but what he means is he wants to limit who you talk to, so that there is no one to tell you that what you are experiencing is not okay.

I provide for you, so you owe me this, but what he means is your obedience, silence, and submission are payment for his financial support.

None of these are love. They are control dressed in familiar language.

Why You Stay And Why It Makes Sense

You may stay because you believe this is just how African men are. How your father was. How the men in your family were. And if your mother stayed, and your aunts stayed, then maybe this is just what you do.

But this thinking is a trap. Just because something is common does not mean it is right. Just because it is familiar does not mean it is healthy.

You may also stay because leaving feels like failure. In our culture, a woman who cannot hold her home together is judged. People will ask what she did wrong. They will say she did not pray enough. They will blame her first.

But you are not failing. You are surviving. And there is a difference.

"If you feel like you are losing yourself in this relationship, that is not love working on you. That is control taking from you."

Pause and Ask Yourself:

- Does he support my growth, my friendships, my personal goals?
- Do I feel free to say no to him without fear?
- Have I become smaller in this relationship, quieter, more afraid, less myself?



MODULE 5 | WHY YOU KEEP QUESTIONING YOURSELF

How Your Confidence Has Been Broken Down

You were not always like this.

There was a version of you that trusted herself. That knew her own mind. That had opinions and said them. That felt settled in who she was.

Maybe that woman feels very far away right now. Maybe you have forgotten what she felt like. Or maybe you can still see glimpses of her in moments when you are with people who love you, or alone, or when you remember who you were before this relationship.

That woman is still in you. But she has been under attack.

How It Happens Step By Step

It does not happen all at once. That is why it is so hard to see.

It starts small. He corrects the way you tell a story. He rolls his eyes at your opinion. He says you are overreacting to something that genuinely hurt you. You feel confused, but you push it down.

Then it happens again. And again. Over time, his voice becomes the loudest voice in your head. When something happens, before you even process your own reaction, you are already hearing his judgment. You are too sensitive. You are too emotional. You make everything a big deal. You are always the problem.

And eventually, you start to believe it.

Not because it is true. But because when someone tells you something enough times, in enough ways, your mind starts to absorb it. This is called gaslighting and it is one of the most damaging forms of emotional abuse because it does not just hurt you, it makes you doubt the part of yourself that would recognise the hurt.

The Cultural Message That Makes It Worse

In African communities, women are often praised for being selfless. For not complaining. For putting others first. For being strong.

And this is beautiful but it can also be weaponised.



When a woman who has been raised to doubt her own needs meets a man who is constantly telling her that her feelings are wrong, the cultural message reinforces his message. Do not be selfish. Do not be difficult. Put your family first.

And so you silence yourself. Not just because of him. But because everything around you has told you that your voice matters less than peace.

It is not your fault. But now you know.

Reclaiming Your Voice Starts With This

You do not need to make any big decisions right now.

But you do need to start allowing yourself to have your own experience again.

When something hurts you, you are allowed to acknowledge that it hurts. You do not have to immediately question yourself. You do not have to immediately wonder what you did wrong. You can simply say, inside yourself: that hurt me.

That is where it begins. In the quiet, private spaces of your own mind. Taking back your right to trust your own feelings.

"You have been told so many times that you are wrong that you stopped trusting when you were right."

Pause and Ask Yourself:

- Do I second-guess my own feelings and memories when he disputes them?
- Have I lost confidence in myself since being in this relationship?
- When did I last feel truly like myself?



MODULE 6 | WHY YOU FIND IT HARD TO LEAVE

This Is Deeper Than Just Being Strong

You have probably asked yourself more than once: why am I still here?

Maybe you have asked it with frustration. Maybe with shame. Maybe with genuine confusion because part of you knows something is wrong, and yet every time you think about leaving, something pulls you back.

Let me be very clear about something.

You are not still here because you are weak. You are still here because you are human.

The Attachment That Makes Leaving Hard

You love him. Or you love who he was. Or who he can be. You love the version of him that shows up in the good moments. And that love is real.

When you have been through things with someone, when you have shared a bed, built a home, raised children, buried pain, weathered storms, you are not just attached to the person. You are attached to a whole life. A whole story. A whole version of your future that you imagined and hoped for.

Leaving means letting go of all of that. Not just the man. The dream. The hope. The years you invested. The children who need both parents. The family who will have opinions. The community that is watching.

This is enormously hard. And it is supposed to feel hard. That is not weakness. That is love in a complicated situation.

The Cycle That Keeps You Hoping

After the bad seasons, the good moments come. He is sorry. He is kind. He tries. And hope rises in you again, because you want so much for things to be different.

So you stay. And you tell yourself that this time it will be different. That the worst is behind you. That the man you saw in those kind moments is the real him.

But then the cycle repeats. And you are more confused than before, because you gave him another chance, and he seemed to change, and now you do not understand why it went wrong again.



This cycle is not random. It is part of the pattern. The temporary changes are not real change. They are the mechanism that keeps you in the relationship.

What African Women Carry That Others May Not

For many African women, leaving a relationship is not just a personal decision. It is a public one.

It involves your family. Your in-laws. Your church. Your community. Your children's school. Your status. Your finances.

In many of our cultures, a woman who leaves her marriage, especially without good enough reason, faces judgment. She is seen as the one who gave up. Who failed. Who abandoned her duty.

And if there is no physical violence, if he provides financially, if he has not done anything, people will not understand. They will tell you to go back. To try harder. To pray more.

This weight is real. And it is one of the reasons why many African women stay far longer than they should, carrying damage in silence, maintaining appearances in public while falling apart in private.

You are not failing your family by seeking your own wellbeing. You are modelling for your children what they deserve in their own future relationships.

"You are not just trying to leave a person. You are trying to let go of everything you believed this love could be."

Pause and Ask Yourself:

- Am I staying because I am genuinely happy, or because leaving feels too hard?
- What am I afraid will happen if I choose myself?
- What message am I sending my children about what love looks like?



MODULE 7 | WHAT YOU NEED TO START SEEING CLEARLY

The Beginning of Your Awareness

You do not have to have all the answers right now.

You do not have to know what you are going to do, or when, or how. You do not have to have a plan. You do not have to be ready.

But what you do need to start doing is seeing things clearly without minimising, without excusing, and without letting his version of reality replace your own.

Watch The Pattern, Not The Promises

He can say he will change. He may even believe it in that moment. But you have seen promises before. You have heard apologies before.

What you need to watch is not what he says. It is what he consistently does.

Patterns do not lie. Words lie. Good days lie. Hope can lie. But patterns, consistent repeated behaviour over months and years, tell you exactly who someone is.

So start watching the pattern.

Does he take responsibility truly, consistently, not just in the moment? Does the behaviour change after the apology, or does the same thing happen again? When you raise an issue, do you feel heard, or do you end up defending yourself? Does he treat you with the same respect in private as in public?

Trust Your Body

Your body knows things that your mind is still trying to convince itself of.

That tightening in your chest when he walks in. That anxiety when you hear his car. That sense of relief when he is not home. That feeling when you are with people who love you freely, that lightness, that laughter, that ease, and how different it feels from how you are at home.

Your body is speaking. Start listening to it.

You Are Allowed To Trust Yourself

You were created with instincts. With intuition. With wisdom.



It has been slowly trained out of you in this relationship. But it is still there. It is what brought you to this guide. It is what has been whispering to you all along.

You are allowed to trust yourself again.

You do not need his permission to see things clearly. You do not need anyone to validate what you are experiencing. You have been living it. You know it.

And now, perhaps for the first time in a long time, you are letting yourself see it.

"Clarity does not come all at once. But every moment you choose to see the truth, you become a little more free."

Pause and Ask Yourself:

- When I am honest with myself, not with him, not with my family, what do I know is true about this relationship?
- What would I tell my daughter if she came to me with this same story?
- What do I need right now to start taking care of myself?



You Are Not Meant To Do This Alone

Take a moment and really sit with everything you have just gone through in this guide.

Not just what you learned. But what you have started to see.

Because for the first time in a long time, things are beginning to make sense.

You are no longer just reacting. You are beginning to understand patterns. You are starting to see clearly what has been happening to you in that relationship.

And I want you to hear this very well.

You are not crazy. You were never crazy.

You were responding to confusion, manipulation, and emotional inconsistency that was never meant to make sense.

And now, slowly, you are coming back to yourself.

But let me be honest with you.

Understanding all of this is powerful. But doing this alone is hard.

Because there will still be moments. Moments where you start to doubt yourself again. Moments where you miss him. Moments where you start to question everything you have learned here.

There will be days when you feel strong. And days when you feel like you are slipping back.

That does not mean you are failing.

It means you are human. And you are healing.

And this is exactly why the course exists.

Because healing in isolation is one of the hardest things to do.

The course is a safe, structured space for women like you. Women who have started to see the truth. But who need support as they rebuild themselves.

Inside this space, you are not explaining yourself to people who do not understand. You are surrounded by women who get it. Women who have lived it. Women who are also



choosing themselves.

This is not a space for chaos. This is not a space for reliving pain without direction.

This is a space for clarity. Growth. Accountability. And emotional rebuilding.

You will have guidance. You will have structure. And most importantly, you will not feel alone anymore.

[Start the Full Course](#)

You have already taken a powerful step by being here.

Now the question is not whether you can see the truth.

The question is... will you continue this journey, or will you go back to what broke you?

**You do not have to go back.
And you do not have to do this alone.**

You are not crazy. You are not too much. You are not the problem.

You are a woman waking up. And that is everything.

