

THE BLAME & CONTROL CYCLE

Understanding Narcissistic Abuse &
Scapegoating: A Faith-Based Guide to Healing
and Freedom

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This guide is created to help you understand and heal from the painful cycles of blame and control. Inside, you'll find practical insights, faith-based encouragement, and gentle reminders that you are not alone.

WELCOME

You are not the problem.

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If you have ever felt blamed, controlled, or constantly criticized, you are not alone--and you are not imagining it.

This guide is here to help you name what's happening, break the cycle of shame, and take your first steps toward healing and wholeness.



You are more than a conqueror, and your best chapters are still ahead.

WHAT IS NARCISSISTIC ABUSE?

Definition:

Narcissistic abuse happens when someone uses control, blame, criticism, or manipulation to feel powerful at your expense. It often leaves you feeling confused, anxious, and constantly on edge.

Signs of Narcissistic Abuse

- They never admit fault or responsibility.
- They twist your words to make you look wrong.
- They punish you with silence or anger when you don't meet their expectations.
- They use love, faith, or help as a way to control you.
- They need constant attention, admiration, or loyalty.
- They minimize your feelings and make you question your reality.

Where it Shows Up

Narcissistic abuse is not limited to romantic relationships. It can happen:

- In marriages or dating relationships
- In workplaces with controlling leaders or coworkers
- In families with domineering parents or siblings
- In churches where spiritual authority is misused to shame or control

Effects of Narcissistic Abuse

Living under this kind of control and blame can have deep and lasting effects on your mind, body, and spirit:

- ✓ Chronic anxiety and fear of making mistakes
- ✓ Low self-worth and constant self-blame
- ✓ Emotional exhaustion and burnout
- ✓ Difficulty trusting others or setting boundaries
- ✓ Feeling isolated or believing you are the problem

"Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

— Romans 12:19

Reflection: When you've been blamed, controlled, or betrayed, it's tempting to defend yourself in anger. But God invites you to step back and trust that He sees all things and will bring justice in His perfect time. Releasing the need for revenge is not weakness—it's freedom.

WHAT IS SCAPEGOATING?

Definition:

Scapegoating happens when one person is unfairly blamed for problems, mistakes, or conflicts that are not their fault. This can happen in families, workplaces, friendships, or faith communities, and often becomes a pattern that repeats over time.

Signs You've Been Scapegoated:

- You are consistently labeled as "the problem" or "too sensitive."
- You are punished or criticized no matter what you do.
- Your accomplishments are minimized or ignored.
- You are held responsible for other people's feelings and choices.
- You are singled out while others are excused.
- You feel invisible unless you are being blamed.

Where it Shows Up

Scapegoating can happen anywhere unhealthy dynamics are allowed to flourish:

- In families with generational dysfunction or favoritism
- In workplaces with toxic cultures
- In churches or ministries where leaders avoid accountability
- In friendships built on control and jealousy

Effects of Scapegoating

Being scapegoated can impact every part of your life and sense of self:

- ✓ Deep shame and confusion about who you are
- ✓ Constant overthinking and second-guessing
- ✓ Feeling unworthy or defective
- ✓ Emotional exhaustion from trying to "fix" everything
- ✓ People pleasing

"No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their vindication is from me," declares the Lord.

— Isaiah 54:17

Reflection: Scapegoating can make you feel like everyone believes the lies about you. But God promises that no accusation will have the final word over your life. He will silence every false judgment and restore your dignity. You don't have to carry the shame others tried to place on you.

THE CYCLE OF BLAME

The cycle of blame is a repeated pattern where one person avoids taking responsibility for their own feelings or failures by shifting guilt onto you.

Over time, this pattern can make you feel like no matter what you do, it's never enough—and that you're always the one in the wrong. This is how narcissistic abuse and scapegoating keep you stuck in shame, confusion, and exhaustion.

But recognizing the cycle is the first step to breaking it. You have the right to step out of blame and reclaim your voice and your worth.



THE NARCISSIST FEELS INSECURE.



YOU TRY TO FIX IT, APOLOGIZE, OR
PROVE YOURSELF.



THEY BLAME YOU FOR HOW
THEY FEEL.



THEY CRITICIZE YOU AGAIN.

The Truth:

You don't have to live this way.

FAITH-BASED STEPS TO HEALING

Healing begins when you name the pattern, release what isn't yours to carry, set healthy boundaries, and invite God to restore your identity.

You don't have to do it all at once.

Each small step is a victory.



NAME THE PATTERN



SET BOUNDARIES WITHOUT GUILT



RELEASE FALSE RESPONSIBILITY



INVITE GOD INTO THE PROCESS

The Truth:

It was never meant for you to carry.



A HEALING PRAYER FOR YOU

Lord, I come to You with every wound, every question, and every ache.

You see the places in my heart where blame has taken root, where rejection has left scars, and where isolation has felt safer than connection.

I lift up those who have hurt me—the ones who controlled, criticized, and condemned. I know their actions often come from their own hidden pain and low self-worth. God, I ask that You would heal the root of their brokenness, that they would see the truth of who they are without needing to diminish others. Soften their hearts, and let Your love disrupt every cycle of harm.

For every person reading this who has been blamed, shamed, or silenced. I ask for Your peace to wash over them now. Remind them that what was meant to destroy them cannot stop the plans You have for their life.

Where reconciliation is safe and healthy, bring it in Your perfect time. Where distance is needed, give courage to set boundaries without guilt. Help them release what they cannot fix, and trust You with what they cannot yet heal.

Lord, I also pray for those whose hearts have been wounded by religious leaders or organizations. Remind them that this was never Your heart. That You are still good, still holy, and still waiting with open arms at the altar.

Break every wicked pattern of control and deception that tries to masquerade as love. Expose what is false. Restore what was stolen. Rebuild what was torn down.

Nothing is wasted with You. Even this pain has purpose in Your hands.

Hold each heart close. Replace every lie with Your truth. And lead them gently forward into freedom, wholeness, and peace.

Amen.

YOU ARE NOT ALONE

Healing from narcissistic abuse and scapegoating is a journey—and you are already taking the first brave steps.

✦ Remember:

You are not too much.

You are not too broken.

You are not the villain in someone else's story.

You are loved, seen, and called by God.

He is still waiting for you at the altar.

Nothing you have walked through will be wasted in His hands.

KEEP GOING

This guide is just the beginning. If you're ready to go deeper, I've created resources and support to help you heal with clarity and confidence:

✦ The IMPACT Framework™ Workbook

A faith-based, trademarked framework I developed to help you process grief, trauma, and soul wounds step by step.

✦ Rooted Sessions

One-on-one sessions where we name what has hurt you, identify the root issues, and create personalized tools to move forward.

✦ Reclaiming the Altar™ Intensive

A powerful in-person experience designed to help you heal from spiritual abuse, church hurt, and the misuse of authority.

✦ *You're Exactly His Type (Coming Soon)*

My new book for every person who has felt rejected, overlooked, or disqualified—and chosen by God anyway. You don't have to walk this path alone.

Learn more, explore resources, or book a session at:

✦ NaturallyNatasha.com

REFLECTION PROMPT

Journal

Take a moment to journal or pray about this question:

What part of your story do you feel ready to release to God today?

DATES :

MOOD :

DAILY JOURNALING

Your Thoughts

GOAL

BARRIER TO GOAL

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ABOUT NATURALLY NATASHA

Naturally Natasha™ is a faith-based practice founded by Dr. Natasha Davis to help individuals heal from emotional, relational, and spiritual wounds.

Through compassionate support, biblical truth, and trauma-informed care, Naturally Natasha empowers you to reclaim your identity, process your pain, and walk in freedom.

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May this guide be a gentle reminder that nothing in your story is wasted—and that healing is not only possible, but promised in Christ.