



Cinder *Ella*



Conversations

Session 4

You're Not Crazy
- You're in a Battle



CinderElla No More and CinderElla Success Story Coaching Programs, CinderElla No More Academy, CinderElla No More Masterclass Series, and CinderElla Conversations Group Series

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Welcome!

Here's what we'll be focusing on today...

Session 4: You're Not Crazy - You're in a Battle

What to Expect:

Narcissistic relationships don't just wear you down emotionally. They often leave you spiritually confused and disoriented. In this final session, we'll explore how these dynamics are part of a much bigger spiritual battle, aimed at your identity, confidence, and calling.

Why It Matters:

The enemy loves to twist the truth and use guilt, fear, and confusion to keep you stuck. But Scripture reminds us that God is not the author of confusion and clarity is one of the most powerful weapons you have. This session will help you recognize spiritual warfare when you're in it and begin reclaiming your peace, authority, and sense of direction.





You're In A Battle

Recognize the Spiritual Battle Behind the Confusion & Reclaim Your Authority

If you've ever felt like your mind was spinning, your prayers were powerless, or your faith must be broken... I want you to know: you're not crazy. You've been in a war.

Narcissistic Abuse Is Not Just Relational Dysfunction

- Few realize it but narcissism isn't only relational (and other forms) of abuse...
 - It's often the delivery system for spiritual assault.
- Scripture gives us a lens to recognize this for what it is:
 - *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Eph. 6:12*
 - *God is not the author of confusion but of peace... 1 Cor. 14:33*
- When someone attacks your sense of self, rewrites history, uses Scripture to guilt you, and makes you doubt your discernment...
 - that's not just "toxic."
 - ★ That's **strategic warfare**.
- Think about this...
 - What if what you assumed was emotional instability... was actually spiritual interference?





You're In A Battle

Compare What You Experienced To How Scripture Describes the Enemy's Tactics

Narcissistic Tactic

Enemy Strategy (in Scripture)

- | | |
|-------------------------------------|---|
| • Gaslighting, twisting reality | • Father of lies (Jn 8:44)
• Blinds minds (2 Cor 4:4) |
| • Fear based control | • Prowls like a lion (1 Peter 5:8)
• Spirit of fear (2 Tim. 1:7) |
| • Weaponizing guilt and scripture | • Masquerades as angel of light (2Cor 11:14)
• False teachers (2Cor 11:13) |
| • Flattery and love bombing | • Smooth words deceive the hearts of the naïve (Rom. 16:18) |
| • Accusation & shame | • Accuser of Believers (Rev. 12:10) |
| • Pride, arrogance, lack of empathy | • Lovers of self... boastful, abusive (2Tim 3:1-5) |
| • Isolation and division | • Divisive, self-serving speech (Rom. 16:17-18) |

-
- The narcissist may not realize they're being used — but when pride, deception, and manipulation rule a person, the enemy doesn't have to work very hard to gain influence.
 - Reference Judas (Luke 22:3), Peter's moment of confusion (Matt. 16:23), and false teachers as biblical examples of people being used by the enemy.
 - When you start seeing these behaviors through a spiritual lens, it changes everything.
 - You realize — the battle wasn't just about your relationship. It was about your clarity, your calling, and your voice.





You're In A Battle

Clarity and Truth is a Weapon

3 Steps to Fight Back:

1. Recognize the Source of the Voice

- Is it God's voice, your voice, trauma's echo, or the enemy mimicking your voice?
- The enemy often sounds like you... using your own fears, wounds, and guilt as a script.
- "Did God really say...?" – Gen. 3:1
- "Even Satan disguises himself as an angel of light..." – 2 Cor. 11:14

2. Align with Truth, Not Just What Feels Familiar

- Familiar does not equal true.
- The enemy loves to reinforce false beliefs with half-truths.
- Use *Scripture* as the plumbline to cut through fog.

3. Reclaim Your Authority

- You're not helpless. You've been given spiritual authority.
- "I have given you authority... to overcome all the power of the enemy." – Luke 10:19
- "Submit to God. Resist the devil, and he will flee." – James 4:7

💡 **Practical Tip:** Start asking: "Who told me that?"

- Every thought that brings shame, fear, powerlessness, or confusion deserves interrogation.





You're In A Battle

Rebuilding Peace and Direction in the Aftermath

- Peace doesn't come from perfect circumstances — it comes from clarity of alignment with God's voice.
- Invite Holy Spirit to retrain your discernment
 - *Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.*
1Jn 4:1
 - *Test all things; hold fast what is good.*
1Thess 5:21
 - *If you cry for discernment, and lift your voice for understanding, if you seek her as silver and search for her as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God.*
Pr 2:3-5
 - *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.* James 1:5
- Keep a journal of lies they're uncovering and truths they're replacing
- Expect that healing clarity comes in layers, not all at once — and that's okay.
- This isn't about "winning a debate" with the narcissist.
 - *It's about reclaiming peace in your own soul. You don't have to live under spiritual confusion anymore."*

Handwriting practice lines consisting of 18 horizontal dashed lines.





You're In A Battle

You're Not Disqualified - You're Being Equipped

- This battle was never about just surviving. It was about who you are becoming.
- You have more discernment now.
 - More courage and more hunger for truth.

Wear Your Armor Daily

- Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people
Ephesians 6:10-18

- No weapon formed against you shall prosper... This is the heritage of the servants of the Lord... *Is 54:17*

**The very ground the enemy used
to try to destroy you
is the ground God will use
to establish your authority.**





Extra Notes

Two columns of horizontal dashed lines for writing notes.





Discussion Group Guidelines

Group Discussion Guidelines

This is a sacred space—one where honesty, compassion, and the Holy Spirit are always welcome.

Let's agree together to honor the space and each other by holding to a few simple guiding principles:

Speak from your own story

You don't need to have the right answer or deep insight.
Just share what's real for you.

Listen to understand, not to fix.

We're not here to give advice or rescue anyone.
Listening is the greatest gift we can offer each other, but it's also good
to share from your story if it offers insight and encouragement.

Hold confidentiality with care.

What's shared in this group stays in this group.
Trust grows when we protect each other's stories.

Let the Holy Spirit lead.

We invite God into every conversation and trust that He's guiding
what needs to be shared—and what doesn't.





Let's Talk About It

Discussion Question 1

When you look back at your experience through the lens of spiritual warfare, what patterns or tactics stand out to you now that you couldn't fully see before?"

- Was it confusion? Fear? False guilt? Isolation?
- How did it affect your relationship with God or your sense of self?

Discussion Question 2

Have you ever mistaken the enemy's voice for your own inner critic or even for God's voice?

- What messages kept you stuck? What truth are you beginning to see more clearly now?

Discussion Question 3

What would it look like to start reclaiming your peace and spiritual authority right where you are now?

- Is there a small mindset shift, boundary, or truth you feel God nudging you to walk in today?





Your Biggest Takeaway

What Impacted You the Most in this Session?

How will you use this insight?

Q&A Time

What questions would you like to ask?

Have you joined our
private chat in GroupMe?





My Gift To You



Complimentary, Private, 45 minute Coaching Session

We'll discuss your unique situation, your goals,
and some potential options and resources to help you
heal and move forward in wisdom.

Choose a day and time
for your private Zoom session

calendly.com/annette-chesney/coaching-conversation

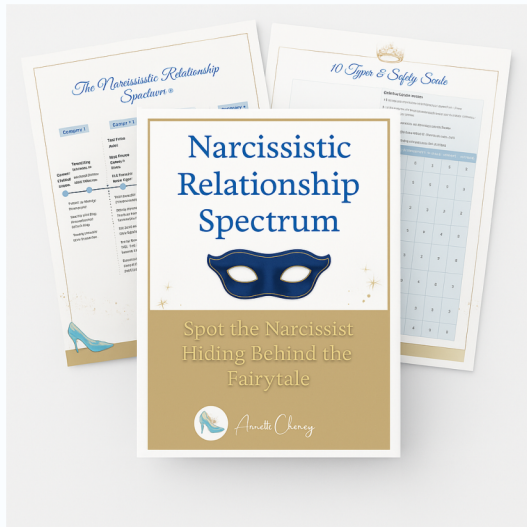




Want to Keep Exploring?

Here are 3 Free Resources To Support Your Journey

This group was created as a safe place for clarity, connection, and discovery. If you'd like a little extra encouragement between our sessions, here are a few free resources I've created for women on this same path.



✦ Narcissistic Relationship Spectrum

Still wondering where your experience falls on the spectrum of narcissistic behavior?

Download this printable guide to learn about **10 types of narcissists**, **how they operate**, and **what kind of risk they may pose in 5 key areas of life**.

Learn More: annettechesney.com/spectrum/

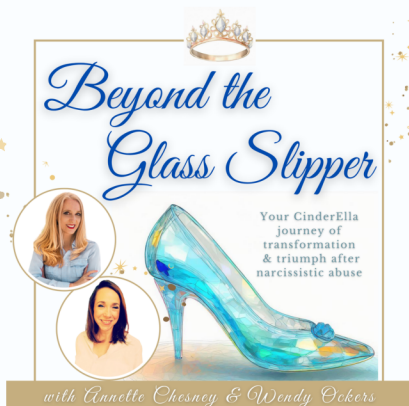


✦ Glass Slipper Reflections

A gentle, grace-filled devotional delivered to your inbox once a week.

Each email includes a short reflection, biblical encouragement, and a journal prompt—designed to help you process your story and hear God's truth about who you really are.

Learn More: annettechesney.com/devotional/



✦ Beyond the Glass Slipper Podcast

Whether you're wrestling with confusion, untangling lies, or rebuilding confidence—this podcast was made to speak into those quiet in-between moments when you need to remember who you are and Whose you are.

Available on your favorite podcast platforms, including Spotify, Apple Podcasts, Amazon Music, iHeartRadio, PlayerFM and more





In Case We Haven't Met Before...

Snapshot of My Professional Experience

- 15 years vocational ministry as a pastor with two different churches.
- Highlights:
 - Launching and leading small group ministry, recovery ministry, growth track, discipleship, and leadership training
 - Developed and led churchwide events and team retreats
 - Directed staff team in professional counseling center
 - Pastoral counselor
 - Stage speaking, message series, bible study & curriculum writing
 - Consultant to other churches launching recovery ministry
- Launched my coaching and training business in 2009
 - Leadership development and building healthy, strong teams for small business owners.
 - Personal growth & business development workshops, courses, coaching (1:1 and group)
 - Restoring life and leadership after narcissistic abuse
- Creator & host of ***Beyond The Glass Slipper Podcast*** (formerly *NeverNarc Podcast* and weekly *Glass Slipper Reflections Devotional*).
- Creator of ***CinderElla No More*** and ***CinderElla Success Story*** Coaching Programs, ***CinderElla Masterclass Series***, and ***CinderElla No More Academy*** (membership)
- Worked with startup online entrepreneurs as staff with *Michael Hyatt & Co* (now *Full Focus*)
- Coach with *Sell Your Smarts* helping experts in a number of industries develop and fill their coaching programs.



Annette Chesney
Narcissistic Abuse Recovery Specialist



If it weren't for Annette I'd still be in an abusive marriage, believing the lies, thinking there was something wrong with me, and feeling so hopeless. Annette guided me through the healing process and gave me tools to rediscover who I am, how much I have to offer with God as my partner, and begin creating a new life for myself.
Elizabeth M.



For 20 years a narcissist who happened to be my husband's best friend was wreaking havoc on my marriage and everyone around him. Once Annette explained what narcissism was all about, everything made sense. She helped me tremendously and I was able to deal with my situation from a Christian perspective. Many wounds were healed and much needed boundaries were set. Thanks to Annette, my husband and I are now aware of what these people do, and we avoid anything that will allow this troublemaking into our lives. Annette was a godsend at the perfect time.
Barbara B.

Snapshot of My Education

- Graduate of Liberty University
 - Psychology & Christian Counseling
- School of hard knocks experiencing narcissistic abuse (both male and female, in marriage and work relationships)
- Years of research - Narcissistic Personality Disorder & other personality disorders, narcissistic abuse syndrome, survivor stories, & personally coaching women (1:1 & groups)
- Additional training through membership in American Association of Christian Counselors, International Christian Coaching Association, & Biblical Counseling & Spiritual Formation Network, along with numerous Church Leadership Conferences.



NOTE: I am a coach, not a licensed therapist, though I do have experience in the counseling field.