



Gracie Phoenix

**SURVIVOR
OF NARCISSISTIC
ABUSE**

Gracie Phoenix is a US native from Detroit, Michigan with a love for arts, music and culture.

Previously, Gracie hosted an Afro-Caribbean radio show, which has expanded into Afro-Deeziak TV, airing on Comcast, Channel 26 in Atlanta, GA. She has traveled to various countries and interviewed several celebrities for her radio and TV show.

Gracie is also a survivor of **narcissistic abuse**. She had to learn the hard way that everybody is not always who they say they are.

Currently, she is producing a film entitled: Rise From the Ashes. This film is based on a true story about **Narcissism**, the marriage that she suffered through and the journey of how she met her ex-husband.



When Gracie divorced her **narcissistic** ex-husband, she began doing research on personality disorders. She searched Autism, ADHD, Sociopaths and Psychopaths and none of these thoroughly described his personality traits. In the midst of her research, she came across **narcissism**...and the traits were dead on.

Being married to a covert **narcissist**, Gracie always sensed bizarre and unusual behavior from her ex-husband. She felt something was wrong, but she couldn't put a finger on it.

From the beginning, his mannerisms were very difficult to interpret. It started with the "*Silent Treatment*". He would ignore her for hours or days and she couldn't figure out why. She later learned that this is a technique used by emotional manipulators called: "*The Silent Treatment*". This is just one of the many tactics that **narcissists** use to cause confusion and worry in their victims.

Other behaviors or "Red Flags" that Gracie noticed was that he displayed immense difficulty with apologizing or acknowledging his actions. He struggled to take feedback and he would hijack conversations, talking about only himself and his "accomplishments". He also demonstrated an extreme lack of empathy for others.

When Gracie finally decided to save herself and her children from her emotionally abusive marriage that was taking a toll on her sanity, she began to write... She found writing to be therapeutic. Eventually her pages evolved into a script and Rise From The Ashes was born...

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