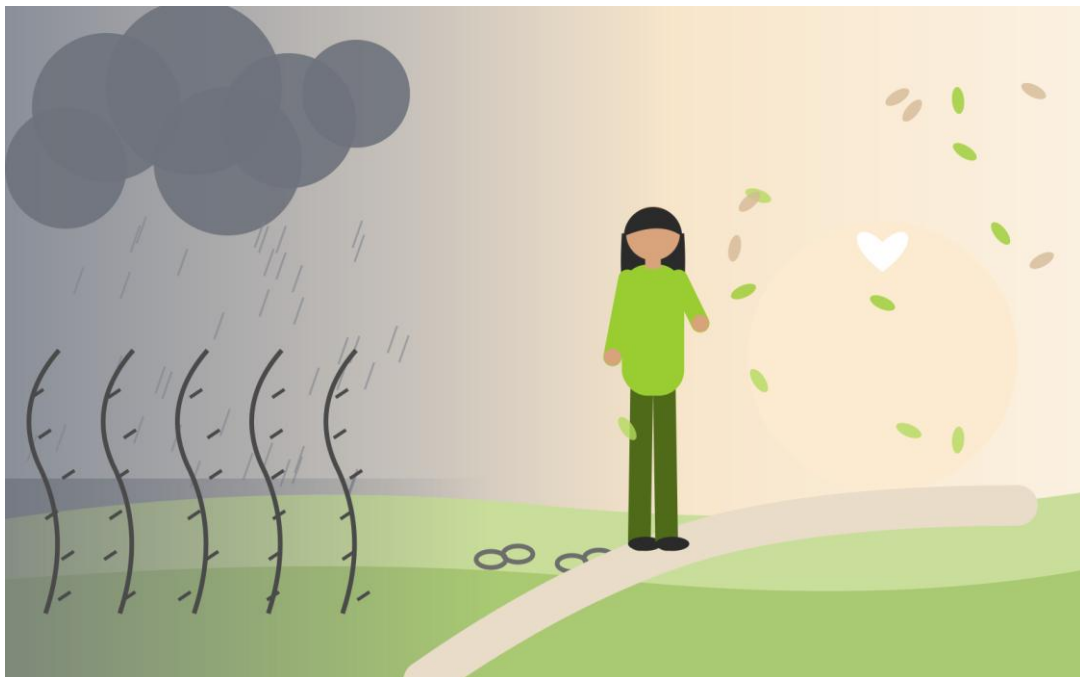




Positive Living
UAE

NARCISSISTIC ABUSE RECOVERY PROGRAM

Healing from Antagonistic Relationships, and Coming Home to Yourself

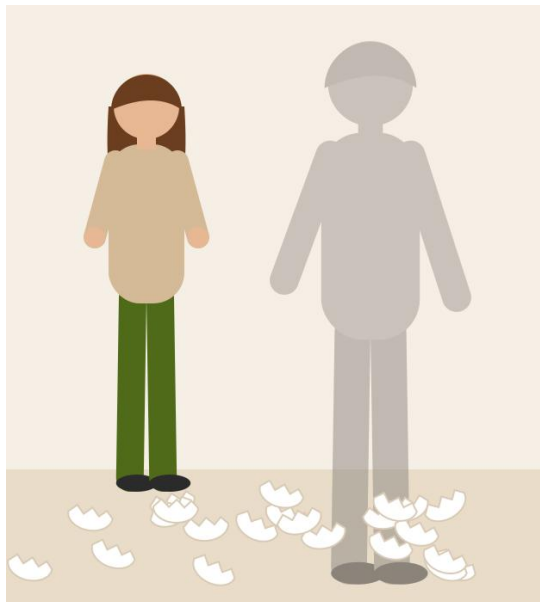


By Luz Maria Villagras Surco
Founder & Clinical Director, Positive Living UAE

Private | Confidential | English, Spanish & Italian | In person or online

Is This You?

You love this person. And yet, around them, you feel smaller every day. You question your memory, apologise for things you did not do, and carefully choose every word to avoid the next reaction. From the outside, everything may look fine. Inside, you feel lost.



You might hear yourself saying:

- "I left, but I cannot stop replaying the relationship and doubting myself."
- "I am not sure if what I experienced is 'bad enough' to call abuse."
- "I stay because I cannot leave financially, legally, or because of my children."
- "Nobody around me understands what I have been through."
- "I have been told I am too sensitive, too emotional, that I overreact."
- "I am a professional who 'has it together' on the outside."

You do not need a diagnosis. You do not need to be certain. If any of this resonates, this program was created for you.

What Is an Antagonistic Relationship?

Antagonistic abuse, most commonly called narcissistic abuse, is one of the most confusing and emotionally destabilising forms of relational harm. It leaves no visible marks, yet the damage to your sense of self, your trust and your emotional wellbeing can be deep and long-lasting. It can happen with a partner, a parent or family member, or a boss or colleague.

What it can look like:

- **Gaslighting:** being told your memory, perception or feelings are wrong, until you stop trusting yourself
- **Emotional manipulation:** love, approval and affection used as tools of control
- **The silent treatment:** withdrawal of communication used as punishment
- **Walking on eggshells:** constantly monitoring your words and tone to avoid their reactions
- **Emotional invalidation:** your feelings dismissed, minimised or ridiculed
- **Trauma bonding:** cycles of idealisation, devaluation and discard that create intense dependency
- **Control:** over your finances, social life, appearance or daily decisions
- **Self-esteem erosion:** a gradual destruction of your confidence, worth and identity

The most confusing part: it often exists alongside moments of genuine warmth and love. That is what makes it so hard to recognise, to name, and to leave.

Common Signs You May Be Experiencing

These are not signs of weakness. They are signs of what your mind and body have endured.

Emotional & Psychological	Physical & Behavioural
● Chronic anxiety and overthinking ● Hypervigilance, always waiting for something to go wrong ● Constant guilt and self-blame ● Deep emotional exhaustion ● Difficulty trusting your own judgement ● Fear of conflict or expressing your needs ● Loss of identity and sense of self ● Emotional numbness	● Sleep problems ● Panic attacks or sudden physical anxiety ● Difficulty making even small decisions ● Isolating from friends and family ● People-pleasing and difficulty saying no ● Feeling trapped or unable to leave ● Fatigue, tension and headaches ● Repeatedly attracting similar relationships

Why it is so common in a fast-paced city like Dubai

- High-stress lifestyles, where there is no time to stop and notice what is happening
- Financial dependency, and life built around one partner's job
- Being far from family and old friends, with a limited support system
- Social image pressure, where everything must look perfect from the outside

A Letter From Luz Maria



To whoever is reading this,

I want you to know something, with every part of my heart:

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

I know this because I have lived it. For 17 years, I was married to a narcissistic, abusive man. I know what it is to question your own reality, to walk on eggshells, and to feel completely alone inside your own home. I know the shame of wondering if it was somehow my fault.

It was not my fault, and it is not yours.

Therapy saved me. It healed my nervous system, my self-worth, and the old wounds that made that relationship feel familiar. Today I am a single mother of three boys, living in peace.

You do not have to leave in order to begin healing. Financial dependency, children, family and cultural pressures are real, and they are not weaknesses. Whether you are still in the relationship, separating, or rebuilding on the other side, there is a path forward.

I see you. I believe you. You are not alone anymore.

When you are ready, I am here.

Luz Maria

*P.S. Read my full story in my book, **The Ugly Truth About Multicultural Relationships & the Effects on Parenting**, available on Amazon UAE.*

The Luz Maria Integrated Method

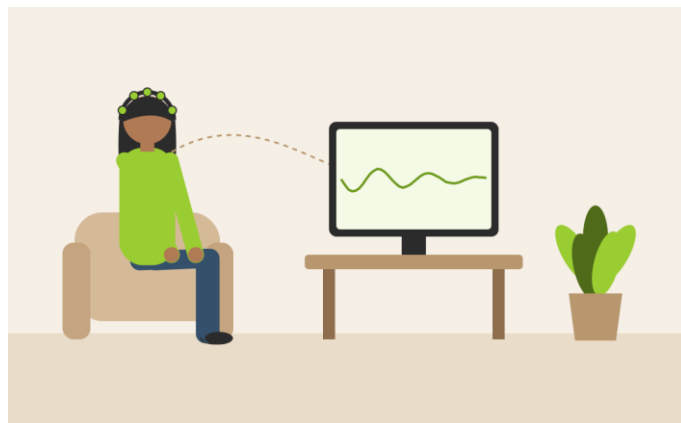
This is not simply about understanding behaviour patterns. After an antagonistic relationship, your brain and nervous system change, in ways that damage your self-trust and your ability to feel safe. This program is about healing the nervous system that was conditioned to survive the abuse. Our methods are holistic, non-invasive and trauma-informed, and we always respect your culture, faith and values.

Approach	How it supports your recovery	What it can feel like for you
Trauma-Informed Psychotherapy <i>Dr. Ramani Durvasula</i>	Our psychotherapists are trained by Dr. Ramani Durvasula, a world authority on narcissistic abuse. A safe, non-judgemental space to name what happened, understand its impact and heal at your own pace.	<i>For the first time, someone fully believes you.</i>
Compassionate Inquiry <i>Dr. Gabor Maté</i>	Gently uncovers the childhood wounds that made the relationship feel familiar. It heals the trauma stored in the body, such as sadness, rage, hatred and mistrust, by allowing you to feel the pain in a safe space and let it go.	<i>You stop asking "what is wrong with me?" and start understanding "what happened to me?"</i>
RTT Clinical Hypnosis <i>Rapid Transformational Therapy, Marisa Peer</i>	Rewires subconscious beliefs such as "I am not enough" or "love is not available to me", and helps break the trauma bond. It also heals addictive and compulsive behaviours.	<i>The pull to go back, or to check their phone, loses its power.</i>
NLP & Inner Child Work <i>Neuro-Linguistic Programming, Richard Bandler</i>	Quiets the inner critic and teaches you to speak to yourself with kindness. Not through shame, but by reframing the subconscious mind so you leave the state of victimhood behind.	<i>"I deserved it" becomes "I deserve respect."</i>
Neurofeedback <i>In-house at Positive Living UAE</i>	Directly calms the nervous system left dysregulated by chronic stress and trauma, reducing anxiety, hypervigilance and sleep problems, after QEEG brain mapping.	<i>Finally sleeping through the night, without jumping at every sound.</i>
Imago Couples Therapy <i>Harville Hendrix & Helen LaKelly Hunt</i>	Only where it is safe and both partners are genuinely committed: rebuilding emotional safety, communication and connection.	<i>Honest conversations without fear.</i>

Your Recovery Journey

Recovery moves through five phases, always at your pace. Each phase builds the safety the next one needs.

Phase 1 • Safety First: Calming the Nervous System



- Understanding what the abuse did to your brain and body: fight, flight, freeze and fawn
- Breathwork, grounding and sleep tools you can use every day
- Neurofeedback, after QEEG brain mapping, to reduce hypervigilance and anxiety
- A personal safety plan, whether you are still in the relationship or have left

Modalities used: *Somatic body work, Neurofeedback*

EXAMPLE

Sara had not slept a full night in two years. With breathwork and neurofeedback, her body slowly began to believe it was finally safe.

Phase 2 • Naming It: Understanding What Happened

- Learning the patterns: love bombing, gaslighting, devaluation, discard and the trauma bond
- Validation: your experience is real
- Releasing self-blame and shame
- Trusting your own perception again

Modalities used: *Trauma-informed psychotherapy, Compassionate Inquiry*

EXAMPLE

For years, Maya believed she was "too sensitive". When she learned the word gaslighting, she cried with relief. She was not crazy.

Phase 3 • Healing the Root: Why It Hooked You



- Uncovering the childhood wounds that made the relationship feel familiar
- Breaking the trauma bond at the subconscious level
- RTT hypnosis sessions with personalised recordings
- Healing and re-parenting your inner child

Modalities used: *Compassionate Inquiry, RTT Clinical Hypnosis*

EXAMPLE

Layla grew up with a father who loved her only when she was "good". Her partner's approval felt like home, even when it hurt. Once she saw the pattern, she could finally choose differently.

Phase 4 • Rebuilding You: Worth, Identity and Boundaries

- Rebuilding self-worth that comes from within, not from others
- Quieting the inner critic with NLP
- Setting healthy boundaries from self-respect, not fear
- Rediscovering your joy, friendships and dreams

Modalities used: *NLP & inner child work, RTT*

Phase 5 • Moving Forward: New Relationships and Co-Parenting



- Recognising red flags early in future relationships
- Co-parenting with a difficult ex while protecting your children
- For couples where both are committed and it is safe: Imago Couples Therapy

Modalities used: *Conscious Parenting, Imago, NLP*

What Healing Looks Like

Recovery is not only possible. For many of our clients, it has been the most transformative journey of their lives. Not because the pain was not real, but because of who they became on the other side of it.

- **Nervous system regulation:** fear and hypervigilance begin to soften
- **Rebuilt self-worth:** your value comes from within
- **Self-trust:** your instincts and perceptions feel reliable again
- **Healthy boundaries:** built from self-respect, not fear
- **Emotional balance:** you feel deeply without being overwhelmed
- **Healed attachment wounds:** you understand and rewrite how you love
- **Broken generational cycles:** these patterns stop with you
- **Emotionally safe relationships:** you finally experience what real love and safety feel like

Your safety comes first

If you are in immediate danger, please call 999 (UAE Police). The Dubai Foundation for Women and Children also offers protection and support. Tell us about any safety concerns at your consultation, and we will help you find the right support.

WHY POSITIVE LIVING UAE

Why Clients Trust Positive Living UAE

- **Over 10 years in the UAE:** deep understanding of the pressures of life in Dubai
- **Lived experience:** Luz Maria is a survivor of narcissistic abuse herself
- **Confidential and safe:** everything you share stays in the therapy room
- **Non-judgemental:** we do not judge or tell you what to do; we help you find your own clarity
- **Trusted reviews:** rated 5.0 stars on Google
- **Mind, body and brain under one roof:** psychotherapy, hypnosis and neurofeedback in one clinic

About Luz Maria

Luz Maria Villagras Surco is the Founder and Clinical Director of Positive Living UAE. She is certified in RTT Clinical Hypnosis (Marisa Peer), NLP (Richard Bandler), Conscious Parenting (Dr. Shefali Tsabary), Compassionate Inquiry (Dr. Gabor Maté) and Imago Couples Therapy (Harville Hendrix & Helen LaKelly Hunt), and is completing her BSc in Psychology at Arden University, UK. She speaks English, Arabic, Spanish and Italian, and is the author of four books available on Amazon UAE.

Our Client Testimonials

Google Review

I'll be honest, for most of my life I was skeptical of psychotherapy. I genuinely believed it was something only people who couldn't handle their own problems needed, and I took pride in working through my challenges on my own. Then life humbled me. Things from my past started catching up with me, affecting my present and threatening my future in ways I simply could no longer manage alone. A trusted friend recommended Positive Living UAE and Luz specifically, and that recommendation changed...



Google Review

She is an extremely empathetic and intuitive couples therapist. She helped us tremendously with our communication and brought us closer as a couple. We also learned many practical tools that have made a real difference in our relationship. She is highly qualified, compassionate, and someone I would wholeheartedly recommend to any couple looking to strengthen their connection and build a healthier, happier relationship..



Shared from Positive Living UAE Google Reviews. Names are withheld to protect client privacy.

Frequently Asked Questions

How do I know if I am experiencing narcissistic abuse?

If you consistently feel confused, guilty, exhausted and unsure of your own reality, and your sense of self has slowly diminished, these are significant signs. A consultation can help you understand your experience clearly and without judgement.

Can therapy really help?

Yes. Trauma-informed therapy, RTT and neurofeedback work together to heal both the psychological and the neurological impact of the abuse. Many clients notice real changes in anxiety, sleep and self-worth as therapy progresses.

Do I have to leave the relationship first?

No. You can begin healing wherever you are. We will always put your safety first and move at your pace.

Can couples recover from toxic patterns?

Sometimes, when both partners are genuinely committed to change and it is safe. Your individual safety and wellbeing always come first, and we will be honest with you about what is possible.

Is everything confidential?

Yes. All sessions are strictly confidential, within professional ethical standards.

How to Begin

The first step is a private, confidential consultation, so your recovery plan is shaped around your story, your safety and your pace.

Call or WhatsApp +971 50 362 4910 to book your consultation

Visit www.positivelivinguae.com for more information

Email luz@positivelivinguae.com with any questions before you book

"You are not the problem. You are not alone. And your healing starts now."

Luz Maria