

From Manipulated to Empowered: Breaking Free from Narcissistic Chains

Kenza Haddock's journey from a background in Islam to discovering freedom in Jesus is a powerful testimony of resilience, faith and divine transformation. In her conversation on the Directed Life podcast with Kap Chatfield, Haddock shares her personal experiences with narcissistic abuse, trauma and how God guided her into a ministry of healing and counseling.

Haddock explains that narcissistic abuse often manifests as repeated patterns of manipulation, control and emotional harm, typically rooted in pride and a hardened heart. She notes, "The true narcissist does not care about being the best in a godly sense. They want power, wealth and control, regardless of the cost to others." She identifies two types of narcissists: the overt, power-driven type, like Pharaoh in the Bible, and the covert, manipulative type, who subtly uses guilt and self-pity to influence others.