



Narcissist Cheat Sheet

The narcissist threatens to leave you or stay someplace else for the night. This is what you should do (after having a party)

So the narcissist tells you “I’m leaving you” or “I think I should spend the night somewhere else.” They may not tell you where or with whom.

First of all, this is one case where overreacting is okay. And even good.

Getting angry and jealous as if the narcissist is valuable keeps you safe.

Not caring puts you in danger.

They’ll probably make a statement or proclamation. Suggest there’s someone else or something. React to it like you care and give them what they want.

When you do, you’re not losing anything and giving yourself more breathing room by making them comfortable in their fantasy world.

Always make a narcissist think they have control when you don’t lose anything for it.

In this case, you’re upset they’re thinking about leaving you because you need them so much.

If they’re really leaving, it’s a great thing. Unfortunately, it probably isn’t true and they’re coming right back.

If a narcissist does this and they’re violent, you should break it off and leave right away. Period.

This is a golden opportunity they’ve laid down in their lap. Call their bluff and go all the way with it if you’re sick and tired enough.

Even if they aren’t violent can use this as the start of you two drifting apart.

And you can start getting away from them with this opportunity they've dropped in your lap.

Pressure you into doing something you don't want to do

Most of the time, narcissists operate behind the scenes.

Talking bad about you. Sabotaging things so you don't know about it.

Sometimes though, they really need you to do something. So they hit you with the "hard sell."

You need to do this and you need to do it now. By this time because there's a hard deadline.

They convince you it needs to be done. Or you actually want to do it and just don't know it.

The only problem is, you don't. They just want you to do it.

Say something like:

"I appreciate your concern for me. But I'm going to what's best for me. I've got something else in mind."

Usually they'll ramp up their sales pitch and almost threaten you to do what they want. Judging you harshly if you don't. Like you're an idiot or selfish for not doing it or something.

When they start throwing fighting words your way, I like to say:

"It worries me you're becoming so hostile. Maybe there's another reason you want me to _____ you're not telling me?"

That usually makes them lay off a bit. Because they can't reveal why they're really pressuring you.

If they try anything after that, ignore them. They can only go so far without looking weird.

If you're curious, they usually want you to do something to make them look good. Something they can brag about forever. Like they got you a job or a date or something.

Pretends to not hear you or ignores you outright

Never react to this. Return the favor without overplaying it.

They do this for one of two reasons:

They want you to keep reaching out to them as if they didn't hear you to make you stretch for attention.

(They want to be Clint Eastwood and go for the strong silent type.)

Then shoot down your overtures with a dark remark and get really serious. Probably to get into an unpleasant talk with you or something.

Neither is good. Ignore it entirely. Like you can't hear or notice them not hearing or noticing you.

Lies to your face, or lies about you to other people right in front of you

Narcissists are lying all the time.

There are many instances, especially as time goes on, where you know they're lying to your face.

Since you can't prove they're lying on purpose most of the time, they keep doing it.

Even though they know they're wrong, and you know they're lying, and they know you know they're lying.

I think they just like doing it, because it means "you can't get me. He-he-he-he-he."

Don't just call out their lie. Call out their character in a subtle way.

When you correct them, don't get worked up. Make it look like they're incompetent and it was probably just an accident. Like they're not meaning to lie even though you know they are.

They won't expect this. It'll make them look bad without making you look like you're too eager to correct the record.

When lie to your face, it's to insult you and get you mad enough to have a blow up.

When they lie about you to other people while you're there, it's to make you uncomfortable for looking bad in front of others.

Don't give them the pleasure. Just correct them without getting serious over it.

Makes you feel like you're walking on eggshells and jumping at every little thing they say

So this is the classic narcissist move.

Act like everything is okay and unabusive.

And set up this silence that's so uncomfortable and tense it makes you sick.

They're just waiting to strike, and you know and can't say anything about it.

This is where you should start acting like the *blank-faced person*. Someone who's there but almost entirely unreactive while they go about their affairs.

Narcissists don't want to do with a mannequin. So that's what you should become.

This isn't a healthy thing you should do all the time. But it works mightily well against narcissists.

Practice making an apathetic face. Like the Alexander Technique. Totally relaxed without any tension or emotion whatsoever.

Stand up tall with good posture and always make eye contact with the narcissist when you talk to them. And approach them directly from the front in a non-confrontational manner when you address them.

The mannequin is a sort of neutralizing method the narcissist doesn't know what to do with. You don't threaten them, and you also don't give anything to them.

They also can't call you out on it per se, because it's just natural enough that you can tell them you don't know what they're talking about.

They'll make fun of you, but they can't quite figure out what you're doing.

As you get better at it, you'll ease into it around the narcissist without any abruptness. It'll become natural.

The mannequin or stone-face method is a very reliable way to disarm narcissists. You should use it in most cases except where I say not to.

If you can maintain it when they come after you, it makes your conflicts with them much easier. Especially when used in conjunction with what follows in this guide.

Emotionally assaults you and won't stop. Attacks you out of nowhere

This is an onslaught where they're trying to comfort their meltdown feelings by attacking you.

Poking and prodding you during their impromptu interrogations.

I have a script for this called the Bulwark and redirect method:

YOU: "Why are you doing this?"

NARC: "Because I'm concerned for you. I'm worried about _____ and I need you to _____."

YOU: "Then you should do it a different way. Because you're just creating conflict."

NARC: "I don't mean to, but [DO WHAT I WANT]."

YOU: "It's not going to work by bullying and threatening people. You're acting like a villain. You should just ask instead."

Then go into making suggestions. There's basically always a better way than what the narcissist says to do, because force usually isn't what you use to get people to do what you want.

Bring those better solutions out in the open. The narcissist will be forced to acknowledge them and feel a little bit better because they still got to vent and feel like they're running the show.

And you'll reinforce that they actually care instead of just want to tear you apart.

It's important to reinforce their narrative while challenging their argument and narrative (blank mannequin style).

This way they become less defensive personally and try to perform all kinds of acrobatics to justify their argument. Which usually has no point or isn't justified.

Keep it problem focused. Even though they're the problem. And never show more emotion than them. This will tempt them to keep going forward instead of punish them.

When they get in your head and you can't get them out

There are a few ways this happens.

The first is they're your parent, sibling or close friend and just know how to get under your skin.

Because they know you so well. Narcissists just get better and better at this over time.

Usually it's someone you've known a long time who knows how to hit you right where it hurts the most.

They'll slowly become an omnipotent God in your mind and make you feel insecure at the snap of their fingers.

This is an illusion of course.

What they've done is attached themselves to your emotional energy. Sapping your confidence and feeding off your fear like a parasite.

When they do this, it's best to do the opposite of what you would normally do.

So with something you'd like to avoid, bring it up and talk frankly about it in an apathetic way. Like it doesn't bother you but is something to consider.

Then approach it from an angle that makes them uncomfortable.

So, I don't love to drive. And narcissists bring that up to bother me.

So I start talking about driving, even if I would rather avoid it entirely. Because if I did avoid it they'd start picking at me to get into my head.

Then I mention how they drive out by themselves and no one knows what they're doing during that time. I wonder what they're up to?

Or, they don't "really drive" because they get a company car from their employer who takes care of them.

Now, these comments are a bit asinine. They're not the nicest thing to do. And you can put them more softly.

However, they touch upon the narcissist's fragile ego. Mentioning things like their dependence on a caretaker or their whereabouts at strange hours.

And so they tend to stop right then and there. Because they can't say I'm being mean or anything because I'm not. I'm just making an observation.

You can do this with anything. Education, job, money, friends, family... Whatever they pick at you about. There's usually something that related to it makes them even more comfortable.

You can also ask questions to make them uncomfortable. So:

"Oh, you have a company car, right? So they gave you that care and you don't really have to worry about it the same way. Gosh that's nice."

Again, I'm making the comments asinine to make a point. It is underhanded, but it engages narcissists at their level when nothing else will.

Then they tend to get out of your head because you're speaking their language. And you're defending from their mind games.

The problem with standing up and saying something like "you're doing this to make me uncomfortable" is they wave their hands and get excited at how defensive you're being. Then they keep pressing you. This makes them stop.

How to avoid giving them a narcissistic injury so they don't go berserk

What hurts a narcissist?

Whatever they never wanted their abusive parent to say to them.

“You really are a loser. A nobody. Complete and utter waste of time and human life.”

Or something horrible like that.

You probably already know what they're most afraid of. What they're most sensitive about.

It's what their ego is deeply invested in.

What they're good at, what they brag about, what everyone knows or should know they're great at...

You don't want to disturb it. That's what protects them and makes them supreme in this world.

Reinforce it to make them feel secure. Don't let it be called into question.

The other thing that makes them lose control is if they think they're losing you.

You're a lifeline that must be present all the time to take care of them and prove to them how great they are.

They hurt you when you try to leave because they feel like you're hurting them. Like you're destroying their life and even killing them.

Your unspoken promise to them is to serve as their lackey for the rest of time.

That's why you can never tell them you're going to leave. There's no amicable break up or clean breaking with a narcissist.

You just have to get out of dodge fast.

So you want to reinforce their ego and illusion, make them feel secure as their lifeline by acting under their control and...

Never call them a narcissist. Never reveal it. Never talk about it. It's an insane concept that doesn't exist. And they definitely aren't one.

This triggers narcissists more than anything. If you tell them they're this angry, vulnerable, dependent child who sneaks around and hurts everyone while pretending to be independent and really needs everyone to adore them to feel safe...

You're in for hellfire and possibly violence. They could try to hurt you or worse.

No. No and no. These are the things you don't want to disturb.

Tells you how awful you are

On occasion – or more than that – narcissists will let you know what they really think of you. And how terrible you are. And how ashamed you should be for yourself. Often for no apparent reason.

There are a few ways they do this.

Basically subtle. Where they almost say it under your breath so you get upset.

And not so subtle. Come on strong and start swinging. Telling you all the things you should be doing and how pathetic you are.

Painting a bad scenario and implanting it into your head and telling anyone else who'll listen.

There are no complicated move to pull here. You don't have to do anything. They've already done it for you.

Comedian Martin Short would don a fat suit to play obnoxious interviewer Jiminy Glick.

When anyone would insult him, he'd say "Why thank you. You're too kind." With a straight face. Go watch it.

You don't need to do anything. Least of which feel bad. If you want to make a comment, tell them you're sorry they feel this way, because you are.

There's no point in getting pulled into random provocation with them. So don't.

Treats you like the worst person in the world by overreacting to a minor thing you did or mistake you made and makes you feel like it's much worse than it is

So common.

This is a result of projection. A narcissist does this when they feel especially bad and persecuted.

And they put those bad feelings onto you by treating you like a prison inmate in your own home.

They become the victim and position themselves as such. **Because they're always the victim.**

Then project these horrible feelings onto you. Like you're this horrible person who needs to be shamed.

Even if what you did was completely by accident, they act like you're out to get them and hurt them.

So I think the best thing to do is ignore them.

Try to address the problem as best as you can and be cooperative – and totally let their emotional waves splash over you like nothing.

Don't even acknowledge them at all.

Be friendly and proactive and figure out how you can help.

“Hey I know you're upset so what do you want to do about this?”

Act like the emotional tantrum and drama they want to have doesn't even exist.

And put them to work trying to solve the problem instead of losing their minds over it.

Since naturally, they have to be proactive too because it's the problem, not the emotional stuff, they have to make you think is bothering them.

Narcissists only have a few things tricks up their sleeve to controlling you. The major one is you're creating a problem for them you need to solve.

This is a great way to defuse it.

How to reclaim your voice in the conversation and make them listen to you

When you first talk to a narcissist, they're master listeners.

As time goes on, you become the listener. And extremely tired for it.

You both switch roles and you're expected to be a sounding board for them. You hear all their opinions, concerns, rants...

And you don't really talk or give your opinion much, you just reinforce and support what they've already decided and are going to do.

Like what they always do.

Because you're a good enabler and substitute parent.

And most of the time you don't want them to listen to you. Because they'll be picking, poking, prodding and jabbing all the while.

However, there are a few ways to make them listen to you when you need to be heard.

You can sting them, by bring up something they have to pay attention to. I don't like doing this.

So "[] asked me about [THE NARCISSIST'S CONCERN HERE]."

Narcissists have things that bother them and they always pay attention to. Especially when it has to do with what other people think of them.

You can withdraw and make them come forward, which I also don't like doing but is better than stinging.

It's a pain when you really need to talk to them and they know it because they like you working hard to get to them. It makes them look needed instead of them needing you.

When you stop giving them so much, trying to reach out, extending yourself and making it look like you're trying they come to you more. To impose their control. This isn't always a good thing, but they will listen to you.

So here's what I suggest: do something in front of them while ignoring them. They always have to interrupt what you're doing if it's a threat to them, so that's how you can get their attention, even if for a brief moment.

Quite frankly, I don't like any of these methods. And I also don't like it when narcissists listen to me. But this will get their attention when you need it.

Threatens you with financial distress and to take away money

This can be a constant. Especially if you're dependent on them and it always works because you have to respond to it.

Sometimes if you're financially stable and a narcissist has emotional control, money doesn't come up much.

Mostly it does. Because it's such a great tool to abuse you with.

Threatening you and family by taking away money. Taking money out of an account when you expected and needed it to be there.

Taking the kids because they're the only ones who can take care of them.

They just want to control you through money. So you have to follow them depending on how they spend it.

The moral play is the only thing you can do when you're financially dependent on them.

It's morally wrong to manipulate people with money. And it's not a play because it's totally true.

What they do with money to control the family is highly questionable. Expose it. Rein it in by putting the spotlight on it where possible. In front of people the narcissist doesn't want look bad to.

There's a certain type of bad narcissists don't want to see in themselves.

They want to be bad as in tough. They want to be bad as in ruthlessly effective. They want to be bad as in brilliant.

They never want to be bad as in evil.

So when they say what they're doing is good for the family, be the logical parent who sets them straight on the matter. And call them out.

"I know you think you're trying to help by [WHAT THEY'RE DOING WITH MONEY]. But it's highly manipulative and makes it look like you're trying to control the family by any means possible."

Says a compliment to lure you in, then abruptly sting you

Bait and switch. Faint a jab to the body and throw a right hand to the face.

This'll sound weird, but I use sarcasm here.

NARC: "You look nice."

YOU: "Oh, thanks."

NARC: "I'm surprised. I guess it's because it's so unusual."

YOU: "Such a nice person. Mother Theresa would be proud."

Then I walk away.

There are endless variations of this, but I usually make fun of them back. Again, not nice, but narcissists don't like to be laughed at. It makes them feel like you're the elite looking down on them. When it should be the other way around.

Don't respond or give them anything for it. I've also given them a half second blank stare and turned away.

On rare occasion they'll say something nice so you brace yourself and never drop the mean bomb. They want you to feel obligated to them because they were nice.

Don't. Just say "thanks" and maybe say something nice and carry on.

Uses love against you by claiming if you really loved them and the family, you'd do what they want

Classic narcissist move. This will always happen at some point. Probably many times.

They can also do this outside of relationships. Talking about the family and how you wouldn't do this if you loved them.

Naturally, love means doing what the narcissist wants without question.

Believe it or not, love isn't really a factor in narcissistic abuse.

They use it sure, but it's not really in play.

It's words only. There's no love. You're searching for it and always come up empty.

You already know that. No one who even remotely cared for you would do this to hurt you. And just to hurt you. Much less love you.

Here's the thing: love can't exist in the narcissist's environment. What you're doing is good for the family and promoting love.

So say something like: "If you cared, you wouldn't be addressing it in this way. You're not supporting love. You're supporting yourself and it's hurting the relationship/family."

They won't like it because it'll work.

You can always educate them on real love this way and get them to back off. Because you understand love and they don't. And they're misusing it for their purposes.

Remind them.

Tries to get you arrested and thrown in jail with their lies

You can only remove yourself from their presence entirely.

Narcissists who do this are dangerous and unsafe. And they're unknowingly giving you the best reason to avoid them. The best legitimate reason, which is hard to find without looking like the bad guy normally.

And why don't they leave if you're such a mess or threat? Hmm, the world may never know.

The only thing you can do is get away from them. And you have a golden opportunity now.

Tries to physically hurt you

There's not much to say here.

Scream at the top of your lungs for help and tell everyone what they're doing to you.

Narcissists are clever. They hurt you when you're alone.

Sometimes they hurt you and stop to make you submit.

Other times they may try to hurt you and even kill you. I hope it's rare, but I still have to tell you.

They're only going to do this if they have the opportunity to get you alone. Public places are crucial.

They can't be seen as the evil villain trying to hurt you. Never let them corner you and run and scream like hell if they do.

Puts you in a back and forth relationship where they act like you're together and then act like you're not

Honestly, wait for the "not together" part and disappear like a ship in the night.

That's a recurring theme in this cheat sheet and I'm sticking to it even if it's a broken record.

They give you chances to get away with all these annoying tests. Call their bluff and use it to flee.

Here's the thing: if you keep letting them do it, of course they're going to do it again. Or at least test it.

If they feel you almost get away and it scared them, they won't do it again.

And you won't have another chance.

I'll say it again: when a narcissist gives you a clear out, by leaving or staying somewhere else and playing the drama game.

Get out.

Stands you up or leaves you hanging somewhere after failing to keep an appointment with you

Really? Walk away now.

When the narcissist tests you, use it as every excuse to get away from them.

This is a great time to do that.

How to hold the moral ground so you're good and not them

The secret is to make them justify everything they do by asking what they're doing and why.

Instead of just believing them outright.

Ask them without any scruples or skepticism. Make them feel at ease.

And get them talking. They'll be lost in their own illusion.

And eventually start talking about themselves.

And proclaim their innocence and good intentions for everyone.

The mannequin method works well here. Narcissists are used to fielding questions.

So really make them work to justify what they're always doing, which is mostly bad.

Most of the time, you can get them to reconsider certain things because it'll make them look bad.

When to go no contact and when not to

No contact is a great long-term solution. And really the only true solution.

However, you shouldn't do it unless you're seriously going through with it.

You should never do it temporarily. Cold turkey or not.

Only go no contact when you're ready to commit to it forever.

You don't want to relapse. That's worse than not getting away from the narcissist at all. And makes them worse.

So take your time, and when the circumstances are right, go full no contact.

Accuse you of being a narcissist and doing what they're doing

Honestly, unlike most of the things here, I don't think this is a big deal.

It usually doesn't last long, but if people think you're a narcissist, so what?

Narcissists flip out when you accuse them of being one. Which you should never do by the way.

I don't think this is that big of a problem. And they'll drop it eventually because it just doesn't stick.

I wish they did it more. Maybe it would cause them to not do other worse things they do and say to you.

So don't respond to it. And if possible, use it as a reason to leave.

How to scare them out of your life instead of being their prey they keep chasing

I'm going to give you an answer, I just want to say that the inside scoop on this is in *Narcissist Detox and Immunity Kit*. Which you can check out by clicking [here](#).

Basically there's a weight scale. Right now everything is weighing in the narcissists favor.

You're giving them everything. They're taking everything from you. The trade favors them overwhelmingly.

And you have to tip the scale back to your side to repel them.

To tip the scales back, you have to stop emotionally supporting them. You have to offer a passive resistance so they get no momentum or reward for their abuse.

You become like what I described earlier, a mannequin or stone person.

Then you have to wean them off of your support. First you provide supply, but inconsistently.

Then you start supplying very little consistently. Dropping month by month, week by week ever so slightly.

You still give them control. You still act like the parent who cares for them.

But you don't overly engage. You don't emotionally commit yourself. You don't put up with nonsense.

You question and make them prove every wild claim they make.

While also never entering into conflict with them or challenging their fantasy. And you show now emotion while doing it.

It's weird, but it turns narcissists away and makes them try to get you to support them more, then look for someone else. Which is what you want.

A narcissist without an enabler is a free radical and very dangerous. So they need somebody to stabilize them.

Then when you're away from them, you can become more directly repelling of narcissists. You don't have to be a passive mannequin anymore. But you can always use it when you need to.

So that's a good way to get away from a narcissist. They aren't necessarily scared all the time, but you start to intimidate them without setting them off. To where they just avoid you altogether.

How to leave a narcissist and when you should

You should always leave a narcissist when you have the chance.

Some times are better than others. Earlier is best.

If they leave you and may come back, you should take that opportunity to break everything off with them and not get into the back and forth game.

If things are desperate and they're not present for a time, you should leave then to avoid any potential conflict with them.

Sadly, most people only leave when they have to. When things have grown too unbearable and intolerable to stand any longer.

Don't wait that long. Be looking for an out now. And if possible, do so when they aren't around or suspicious you're going to leave.

Say this when they ask you personal questions that are rude and offensive

YOU: "You're hurting my feelings. And I'd like you to stop."

NARC: "I'm sorry you feel that way. I didn't mean to say anything hurtful at all."

YOU: "Well you keep doing it. So you must not care that much."

NARC: "I'm not sure what you mean. I care about you deeply. And I'm just concerned."

YOU: "Then you'd stop trying to hurt me and the people around you."

This is probably the most direct script in this guide. It's the most explicit moral judgment script for sure.

It's uncomfortable and they'll use it to say "ohhh, you're so sensitive. You must be really upset."

But if you "mannequin it" and don't give them anything, they stop abruptly. Especially since you knock them with that "hurting people" accusation at the end.

Narcissists say they care about family so much. They're really the biggest family splitters. Here's what you should do when they try to rip the family apart and turn them against you

This is never clean. It's a messy process.

There's nothing you can just say to show everyone how bad the narcissist is and bring them over to your side.

Unless you have damning proof and evidence. Even then they may not believe you.

Sometimes the narcissist can openly do bad things and break the law and people still won't believe you.

However, you don't have to make the narcissist out as the bad guy. This is really hard to do anyway.

You just have to become a neutral party who doesn't point fingers.

People may still think things are your fault, but you don't have to be the bad guy.

You can be the reasonable one. Some people take longer than others to come around to this.

Some family will never come around because they see everything in black and white anyway.

Most family would just rather not talk about it. And you have to give them space and time to think. If you bombard them about the narcissist's misdeeds, they won't believe you and will think you're the villain.

Don't force anything on anyone. Even when they need it. The hard truth about narcissists is too much for people who resist.

So you have to learn to accommodate the narcissist's narrative. If you don't it'll look like you're the one tearing the family apart.

Never take the blame when it isn't on you. If they start making stuff up, you should call them out on it.

But there's somewhat of a balance you can achieve with most narcissists. They get their fantasy narrative, and you don't have to be devil incarnate to your family.

It's hard but achievable.

Believe it or not, being a mannequin a little bit helps. You have to emote with your family, but you can't let it all out. It'll make you look emotional and unstable. And give the narcissist credit.

But you have to be really strong. You have to be the rock.

And when you reach out to family and talk to them about this matter, you have to be understanding but firm and lead:

"I care about this family. And what's being said about me isn't true. Even if it were, the way this person [NARCISSIST] is handling it isn't justified. I'm being maligned for not agreeing with them. Not for anything I'm doing. I hope you can understand that. Everyone should be able to work things out without anyone being cast out or outright exiled."

Narcissist Q&A

“How do I divorce them?”

Note: I've never divorced a narcissist. I'll just give you my observations.

I've witnessed a few divorces, including between my parents, but I don't know the ideal procedure for doing so.

Stay away from them. They'll get you wrapped up in so many legal loopholes. Especially if you have children or share assets.

The best part is you get to use it as an excuse to maintain your distance from them.

Keep your distance and let your lawyer handle everything.

From what I've heard, the problem is the narcissist turns the lawyers against you.

You need to invest in finding one who won't.

Also, be ready to make a court appearance and reveal what the narcissist has done.

This is the last thing they want. And will usually cave in to things so you don't do it.

“Have I wasted all the time I invested in them? Was it all for nothing? Did it just hurt me and make me weaker?”

Only if you let it. Only if you choose it to be.

Narcissists are a painful opportunity. And they teach you so much.

When you follow those teachings, they can actually improve your life and make you appreciate the things you already have.

Making you happier.

This isn't pep talk or silver lining. It's really helpful.

You're stronger now because of them. And always will be.

You'll always be prepared for these emotionally poisonous people who want to get into your life and do it all over again.

That's more than you could ask for from a narcissist, in my opinion.

“Struggling to decide if I should go no/minimal contact or have them in my life? What should I do?”

I won't tell you what to do. But I'll tell you what will happen depending on what you choose to do.

If you go no contact, they'll try reaching out to you. Which you'll ignore, hopefully without a second thought.

They could escalate things from there and try to get a hold of you, or just find and be content with someone else. That's nice.

If you go minimal contact, they find ways to steadily increase the time you spend with them unless you establish a hard limit.

Then they'll go to work on the hard limit, and you'll be dealing with that. And they'll make you wonder if this whole thing was a good idea at all and cause you to question yourself.

So go no contact and stay no contact and be narcissist free or...

Deal with them a little bit and have them constantly trying to infiltrate and worm their way back into your life. And maybe succeeding.

You decide.

“Why do they act like they love me and want my love only to attack me out of nowhere and say the meanest things to me?”

Because it's a cheap one-two you can't resist.

And it scars you deeply. To set you up for more abuse down the line.

The point is to condition you to taking more of it. By peeling away your self-esteem, boundaries and confidence.

And most importantly, your self-love.

Once this erodes and is ground to dust, the narcissist has free rein over your mind and soul.

“How do they hurt me so easily and casually without even trying? Do they care at all?”

They don't. They don't feel your pain at all.

It gives them joy.

They have a deep sense of empathy... for themselves.

There's no room for you.

“How do they look so normal or even wonderful in public? Especially when compared to me?”

I'm going to do my best because I don't know for sure.

First you have to realize narcissists don't fool everybody.

The people they fool speak up and appear louder in number.

So the herd seems to favor them. While dissenters stay quiet. Why?

Because they appeal to everyone's good side with no cost. They don't threaten to take anything and seemingly make everyone feel good about themselves.

It's only costly to go against narcissists. Then you've got a real problem.

As good as narcissists are at taking away. They're at least as good a giving back when they need to make a good impression.

And making you feel special. You know that because they probably made you feel that way when you first met them.

That's what they're doing to everyone else around them too. Often at your expense so you feel like an awkward outsider.

“How do they endlessly twist a topic until it's in their favor? How are they so manipulative in conversations?”

Because talking is all they do.

And they wrestle with your complicity until you agree. Because you want to fix the problem, not make it worse.

And they just want you to do something that isn't good for you.

So they summon your hidden shame and guilt lurking in your heart.

And keep talking about it without any answers or resolutions. They hit a dead-end and spin around to go the other way.

Until they reach the conclusion they wanted to reach from the beginning. You're an inadequate person, and you need to do something about it. Now.

“Why does it hurt me so much to talk to them?”

Because they're very aggressive and hostile.

And keep it very well hidden so it's eerie. You just feel so uncertain and in danger around them but can do anything about it.

Normal reactions make you look strange here. You should run from a narcissist when you see them but you can't do it and look sane.

So you hang around with them and hope for the best. Which is to not get burned.

It took me years to realize you get nothing from them talking to or being around them. They always take at least a little bit from you.

Notice too how they randomly bring up things that hurt you, even when they aren't relevant to the discussion at all.

Just one more reason talking to them is so much fun.

“Do they have feelings like a normal person at all?”

Not for other people.

They have strong feelings for themselves. Especially fear.

Narcissists are mostly defined by what scares them. It determines everything they do.

They don't sit and worry about you. Or wonder what you're thinking. Or care what you have to say aside from what helps them.

And they're not sitting and thinking about your feelings either.

They have interests and hobbies. Some things they enjoy doing. But they mostly disappear when their control is questioned.

“What do I do when I feel endlessly hopeless and out of faith?”

It's easy to feel better when you see the narcissist's behavior for what it is.

A sick and cruel game.

Getting to that point and believing it is so hard because they rob your faith and certainty in the world, other people and especially yourself.

You really are in a paper prison of your own making. And as horrible as you feel, you can break out of it.

By knowing you're going to get better.

Picture this: I'm writing to you while comfortably sitting at my desk, iced tea in hand.

I'm happy.

Yet I know in the future narcissists are going to sting and get to me. And it'll hurt.

However, I also know it won't last. I believe I'm going to feel better, no matter how bad I feel.

If a narcissist were able to rob me of the belief that things will get better, then I'd feel awful.

That's not going to happen. Because I've seen how wrong they are too much. Lingering doubt doesn't bring me to full doubt.

They're just cuts and bruises.

I won't react too strongly and I won't show them I'm bothered. If I argue with a narcissist I almost always hit back to give them something to think about.

Keep your hope and aspirations close and they'll always pull you out of depressing times.

Persist and carry on. The world is so much brighter than what they tell you.

“I've done everything I can to stop the emotional pain and get my life back on track and have failed. What can I do to feel better and move forward with my life?”

Keep going.

There's a wavering process you go through when escaping the narcissist's hold.

It's especially sick because you feel you're not making progress when you really are.

When you're really held up, you're getting better, even when you feel stuck and your life hasn't changed.

Because you're finally processing all the bad feelings you kept bottled up. Your emotional fortitude has to heal and recover before you feel better.

It can be as unpleasant as being around the narcissist, because it's the residual after effects of their abuse.

But it's leaving your body. That's what has to happen. It's good and feels terrible.

I don't want to belittle your experience at all, because I've been through it, but it's mostly just feelings.

Your bad feelings may not be lining up with reality at all. And when they do to turn out to be right, they don't last forever.

I remember a quote from somewhere: *"Tough times don't last. Tough people do."*

You can get through the narcissists. So you can get through this.

“Why do they have so much life then suddenly feel hollow like there's nothing there? Which one is real?”

They're appealing to the life in you. Bringing it out and showing it to you.

Then disgracing it.

There's nothing there. They never feel the enthusiasm you do.

This is a lot like the bait and switch traps I describe above.

The real narcissist is the one who disregards everything that isn't useful to them and despises the things that could be a threat.

“Will my life ever be normal again? Will I ever feel okay after what they've done to me?”

Yes. You'll feel even better.

You'll be different. You won't be the same person.

And maybe sometimes you'll wish you never met them at all.

But you'll know so much more than you would have without the narcissist and be better for it.

Nasty people are awful, but man they can make you strong.

To where regular ol' mean people look like nothing. And you can shrug them off like nothing.

It's a powerful experience. And you'll be able to love and appreciate more of life because of it.

“Can they love me at all? Will they ever love me?”

This is one of those things where if you have to ask, you already know the answer.

I'm not going to cop out like that.

And I'm also not going to theorize why they don't love you.

But they don't. And they never did. And they never will.

Love to narcissists is a thing you demand from others but never give, and never believe in, because it's a weakness. They understand it as something to exploit, not something you experience.

They want a parent to serve them and take care of them. Supporting their every whim.

That's why they always have someone like that, and everyone else exists to support that effort.

“How can I tell if they’re lying or not?”

Repetition, pressure to believe and anger when you don’t.

Especially when they turn everyone against you and shame you into believing.

1. Talk about it endlessly and bring it up over and over.

Basically hitting you with it until you accept it's true.

Confirming to them you believe it's true. And they're telling the truth.

Then they hit you with it again. Because for it to be true, you must believe it.

"I wasn't cheating. You know that." Or "I didn't know you didn't want me to _____."

They're crushing you with lies until you nod your head and believe.

The stuff they bring up and talk about that stands out like a sore thumb are probably lies.

They also:

2. Revise their story to cover up inconsistencies, making more of them.

Their story changes. Narcissists are cryptic and hard to understand. So you can't establish a clear picture of what they're saying.

They tell you a jumbled narrative of events that can change depending on who's listening.

They're never the villain of the story either. There's always a reason why it's not their fault or it's someone else's fault.

And finally, they're always:

3. Bent on making you believe and become aggressive if you don't. They pressure others to pressure you to believe.

Narcissists poke and prod you to test your commitment to their story.

When you don't believe everything, you come under suspicion as a bad person. And become the black sheep.

They may even become worried about your sanity because you distrust them. This is the hallmark of a narcissist's lie.

“Why does everything seem so effortless and easy to them?”

It's not.

They're extremely good at looking like it to you.

They fall apart when they lose control and stuff goes wrong.

Also keep in mind narcissists don't have the same emotional weights on their shoulders you do.

They don't have to worry about things as much.

They're terrified of being abandoned and losing control, but they don't care about anybody or anything else.

It's just a self-obsessive loop of what they're going to do next to get you and keep you down.

It goes on forever. There's no thought beyond it.

So they're not in control. They're very good at making it look like they are, and the more they can convince you they are, the more in control they feel and can put on.

It's paper thin, like everything else.

“How do I get them to stop controlling me and leave me alone?”

You have to become too costly and dangerous for them.

There are ways to scare a narcissist to their bones.

One is by being too impressive. They have to continually tear you down.

If they can't maintain that control because you're too headstrong or an important person, they tend to gravitate away.

However, if they're already entrenched and controlling you they don't want to give it up.

So you change.

Narcissists don't like change. Not one bit.

When they can't corner you and get you to support them, they have no use for you.

When you learn how to fight them off and expose them for who they are, especially in front of other people, they become scared of you.

So by giving them less and less over a period of a few months, they become deprived and have to look elsewhere.

“How do I fight them off and break their hold on me?”

This is a long process, but here's a summary.

First you need to understand the whole process of what's really going on. Not just know it, but feel it and accept it entirely.

They're playing a sick game and covering it up with sophisticated excuses. So sophisticated they believe it themselves.

This breaks you away from them by giving you back control of your own mind.

Then you start to learn how to fight them. Using the things I teach you in *Narcissist Cheat Sheet* and *Narcissist Detox and Immunity Kit* (which you can check out [here](#)).

You're already stronger and scarier than the narcissist. You just have to know it.

“How do I stop relapsing back into a relationship with them?”

I can tell you all the reasons why you shouldn't. And you can too.

Yet when you keep falling back in with them, it's because you have an emotional need they're satisfying.

They hook you and pull you back in by giving you this emotional drug.

If you keep going for it, you're going to keep getting burned and putting yourself through hell.

If you can find the insecurity and what you're longing for that they're pretending to provide, you can stop going back to them for it.

Identify the pain and work backwards. Find a way to heal it instead of letting the narcissist exploit it over and over.

Because you own it.

You probably already know what it is, it's just hard to accept.

“How do I recover from the trauma and emotional damage done to me.”

This is a long process but there are several stages everyone goes through.

Identification – Realizing and accepting what’s actually going on. That it’s the narcissist and not you. And you were a victim of their misery.

Separation – Removing yourself from the bad feelings so you don’t associate with the narcissist’s emotions anymore. You recognize their feelings are not yours.

Actuation – Do things that reinforce all the thinking in the last stages.

1. People who support you and what you’re doing with your life
2. Activities that reinforce your independence and competence, like trying new things that scare you and realizing you’re okay after doing them
3. Doing what makes you happy or independent most of the time

Resolution and surrender – Now you’re accepting things you can’t change, like the fact narcissists exist and want to hurt you. And it relieves you from feeling like you have to fix everything.

You can’t control everything that’s happened with force. It doesn’t work that way.

We don’t have control. We have responsibility and some control over ourselves. Yet we can’t change most things when it comes right down to it.

These are the 4 stages in summary.

“What should I do about the anger I feel for the injustice and wrong done to me? It’s like they do evil and get away with it!”

I’m not going to get religious, but you can’t let it hang over you.

It’s not up to you to deliver retribution.

You have to be angry and forgive them.

Nothing you do to them is going to solve your anger. It’s their fault, but yours to deal with.

Don’t let it consume you. That’s what they want.

Just like how to overcome them you have to be scared, uncertain, overwhelmed... and still proceed.

You have to accept your anger and release it by forgiving them. That’s the only thing you can do and the best thing you can do.

“How many types of narcissists are there and where is mine on the spectrum?”

I think there are roughly 3 types of narcissistic people. With the last group being true narcissists.

Controlling people – are anxious and insecure and behave in dysfunctional ways to get people to do aimless and harmless things for them. This gives them a control boost and eases their worry.

Manipulative people – use people to get back at other people. They want to cause emotional harm but only do so with an impetus. They may enjoy it on that occasion, but they don’t desire to hurt people regularly.

Narcissists – do both to bring emotional harm to everyone involved except for themselves. They want to hurt people and make them feel bad because it is the easiest and most effective way to make them feel powerful. They have pathologically fixed behavior and are tied to an illusion about themselves.

This is not a doctor's criteria. Only my observational opinion.

“Have I wasted all the time I invested in them? Was it all for nothing? Did it just hurt me and make me weaker?”

No. Not if you let it.

It's up for you to decide.

It's only a waste if you let them waste your life and you don't grow stronger and adapt to them. And share your knowledge with others.

Narcissists are a minority. They can't beat us. They need us to live off of.

You have valuable knowledge to living a better life now. You're better and stronger for the experience. Use it.

“How do I stop feeling so lost, disoriented and stuck in a fog around a narcissist?”

I don't know.

What I do is stick to process and principle.

And no matter how lost I'm feeling, my beliefs pick me up and guide me on.

I do what I think is right even if they make me feel bad or ashamed for it. Which they almost always do.

I hold onto my beliefs of right and wrong and do my best to carry them out.

You need something bigger than the narcissist and bigger than yourself. Whether it's God, family, principles or something.

Bigger things guide you out of the narcissist's darkness when you're totally lost and hopeless.

“How can they be so nice and suddenly become a horrible monster?”

This one's easy. They are a monster, and are only pretending to be nice.

They just keep it hidden under a paper lid. Ready to fly off at any moment.

There are no tricks here. It's toxic sludge in a plastic baggie, ready to burst at any time.

And sometimes it does.

“How do I shorten the discard phase (when they leave you) and not make it hurt so much?”

Be grateful for the worse pain you're not going to experience now. And how you can avoid someone like this in the future.

I don't want to be insensitive, but you should celebrate.

I think this is rare, but when it happens you're in for a real blessing.

You don't know what pain you've been saved from.

And there's more good news. Narcissists usually discard you when you become too much for them to handle and control.

Because they're intimidated.

Which means you're not a good enabler to narcissists so you don't have to suffer years trying to get away from them.

I know it's painful now, but you have so many things you can do that would have been impossible with the narcissist. Like being happy.

“Is there anything I can do to help them? Should I even try?”

I don't know what to say here.

No, I don't think there's anything you can do. And even if there was, it wouldn't be your responsibility to help them.

Your responsibility is to yourself. I'm all for helping people, but help the people you can help and don't stab you in return.

You don't see me writing to narcissists, do you? No, because I can't help them.

There are scores of people you can devote your life too in so many different ways. A narcissist only gives you room to devote to them... someone you can do nothing about and only hurts you.

What a waste. Don't take that chance to do good away from yourself and everybody you can help.

Only reinforce the good in your life. It's that simple. Some people are just bad. It's not good, not your fault and you can't do anything about it.

It would be a shame if you let that destroy your ability to do good and help the people who want and need your help right now.

Go to them.

“Will they always search for a new victim?”

Yes, even when they already have one.

They're always scoping out new game for the hunt. In case you leave or just for the fun of it.

More is always better. Toxic and deranged behavior never ends. Emotionally disturbed people are never satisfied, they always need more.

And usually the more they get, the worse they become.

It's like drug addiction. I'm not saying drug addicts are evil like narcissists, but the behavior is bad for them, even if it makes them feel better right then.

Giving a drunk a drink is a terrible idea. It won't be his last. It ensures he'll need another in a never-ending chain.

Narcissists are no different. More control deteriorates them. That's one reason why older narcissists are worse than younger ones.

They'll always have a chain of victims lined up.

“Why do I keep letting them back into my life when I know they're going to destroy it and hurt me?”

You let it keep happening because you're compassionate and feel bad for them.

They probably make you feel good about something that bothers you. So you think you need them to feel better.

Eventually you'll get so sick of them you never want to see them again.

Realize that narcissists are mostly a hook.

If I write an email or article I always try to include something interesting to catch your attention and hook you in.

Followed by content that helps you.

Narcissists are just hooks though. There's no meat or anything for you after you bite.

They promise you something, you feel like something is happening, you get overwhelming excited at what's coming... and it never comes.

It's just the same old hot air. Or searing hot air that burns and blisters your skin.

It's up to you how many times you want to get burned before you say "enough is enough."

“How do I protect my child/family from narcissists trying to hurt them?”

Speaking from personal experience, you grow up fast when you're raised by a narcissist.

You learn real quick how deceptive and untrustworthy narcissists are.

You need a strong parent to confide in. That's you.

And you also need room to reach your own conclusions.

Some children are emotionally strong enough to confront the reality of narcissism. Others never come around.

Usually it's a sibling or two who believes the narcissist is bad and the rest think the narcissist is a jerk but otherwise fine.

This divides and disrupts the family structure.

The narcissist pretends to bring the family together. And does everything they can to tear it apart and turn your own children against you.

And they'll be successful, at least for a while.

The only thing you can do is help them when they're ready. The narcissist is going to do things and upset them. Then they'll start asking questions.

That's when you can tell them what's going on. But do it gently. They have to see everything for themselves.

Once they connect the dots and see the narcissist demonstrate all the patterns, they're lifetime believers. And they'll do better in life because they don't have this person on their back all the time.

So you can limit your children's contact with narcissists and help them learn about narcissism.

“Why does it feel like they're always right and their predictions about me come true? Are they right?”

They're taking advantage of your insecurity.

By the way, most of the things they're right about are pretty trivial. And sometimes made up.

They'll also set you up to be wrong about things they already know about.

So most of it is smoke and mirrors.

And even when they are right, just remember they're sort of totally wrong about the problem right in front of them. They're raging narcissists who have to show you how right they are all the time.

So don't take it too hard when you get something wrong. They can't even tell what's wrong with them.

You're thinking too much and taking it personally. It creeps up constantly in the back of your head and makes you question everything you do.

"You're wrong and this won't work. And you know it."

A lot of this is just a self-fulfilling prophecy in your subconscious

Worst of all, it's actually wrong. Mostly you misinterpret things as if you're wrong. When the narcissist is wrong.

They're not right most of the time. Their track record isn't impressive. They might be good at something, but they're flat wrong on everything else.

So I think in general you make them right by worrying about it. And even when they are right, they're wrong about the big stuff. Like how they need to work on themselves.

"How do I break the emotional and psychological hold they have over me? Making me jump when they question my confidence and self-esteem? Am I just that weak and easy to read?"

You're not weak. They're just really good at getting to you.

I think a few constant reminders will help you here:

1. It's okay to jump sometimes. It's not pleasant but it's also not a big deal.
2. If you stop telling them everything you feel when you feel it, they have a harder time messing with you.

They can't actually read your mind. And when you become a blank-faced mannequin, you'll start to notice a lot of their tricks start to bounce off you and back onto them.

3. You have to understand every conversation is a combat situation pretending to be a tea party. So you fight as hard as you can by looking like you aren't.

This fight is always going on and you're always waging war. It's just most of the time you're acting like a civilian instead of a combatant.

The plain fact is you just have to fight narcissists using what I tell you in this guide every time you see them. Nothing puts them at peace. They always want to get you because they're always hostile.

“Why are they this way? What happened to them? Are they born this way or do they become narcissists? How?”

I can't be totally sure. Maybe there's a genetic predisposition to narcissism.

I'll say this: they don't come about by accident or at random.

It's in the parents and family behavior every time.

Abusive parent with enabling parent. Abusive parent isn't outright narcissistic, just more traditionally cold and unsupportive.

And they have emotional demands.

The narcissist was only rewarded for being superficial. So that's what they did.

The narcissistic child, usually the oldest or youngest or both, seeks the favor of the abusive parent.

And pressures everyone to support the abusive parent. Becoming their prince or princess.

This pattern seems to hold in most cases.

They were only praised for their superficial appearance and behavior. And never nurtured to become their own person.

So they're the image of the perfect child as envisioned by the abusive parent.

There may also be physical and sexual abuse just to makes things more complicated.

This just makes narcissists worse. And more abusive to the people around them.

“How much of this is my fault? What could I have done better?”

If you knew about them beforehand you could have done something. But you had no way of knowing.

You aren't responsible for the what the narcissist does. You can only do something when you have the right information.

Think of it as an experience to grow from.

A narcissist took advantage of your kindness and used it to hurt you.

They've brought a personal weakness to your attention in a painful way.

And you can do better by not accepting someone in the future who's a little too good to be true.

Don't look at your past with a narcissist and take it too hard. Just try to remember the abusive patterns so you can avoid them in the future.

“Is there some way I can save the narcissist from themselves?”

No. There's nothing you can do for them.

The real good you do is the good you do for yourself and your family. Save the good from the bad.

“Who's the real victim: me or the narcissist? Why does everyone think the narcissist is the victim and I'm the abuser? How do I change that?”

It's a topsy-turvy world.

You're abusing the narcissist? How?

What do you do most of the time? Run from them!

That's not abuse. So the opposite is true. They're the abuser.

You can't be responsible for what everyone thinks about you. And you probably can't change what they think.

Even trying would probably make them resist you. The narcissist has accounted for that.

The narcissist will always pretend to be the victim because they're the abuser.

It's a fight you can't win. But you can use it to your advantage to get away from them.

Acknowledge there's a problem and use it as a reason to separate yourself from them. Because it is a great reason.

“Do they ever feel guilt?”

Not quite. They feel shame and inadequacy to a gargantuan degree.

They don't feel bad for you.

It gives them pleasure to cause you pain. It reassures them of their dominance and security. So they feel less scared.

I've never seen a narcissist experience genuine guilt or remorse. Only fear for themselves and their own safety.

Their regrets are usually about wishing they'd done something more controlling to get you.

“I'm so uncertain of everything I do now. What can I do to get it back?”

One step at a time.

First of all, narcissists paint this perfect picture you're supposed to attain.

Where you know and do everything right. Usually the first time you try it. And when you don't, you're bad.

You have to get this out of your head pronto. It isn't how life works.

You know that, but their emotional influence always pulls you in that direction.

You need to start doing things with different expectations. A reset, if you like.

You don't have to be perfect at anything. You're okay where you are now.

Who you are is acceptable and perfectly fine. Mistakes will happen but they'll never take that away.

By embracing self-acceptance and separating your performance and results in life from who you are, you can start being certain again you're doing what's good for you and your family. And that's all you have to do.

“Why do they love what I hate?”

Because you hating it makes it good for them.

Look at their friends. None are really good for you.

At best they're just neutral and okay. Mostly they aid the narcissist in draining you and making you feel bad.

They support people who hurt you. And bring them around every chance they get.

You'll also notice another odd thing...

They like it when you hate them. Or are angry at them. Or even say outright you can't stand them.

Because then they force you to be around them and fake a smile. Then they feel like a God.

“How can I stop being so scared of them?”

Being scared of them is natural. They're really dangerous, even if they never raise a hand against you.

Some narcissists are murderers when people try to leave them. Then justify it in court by saying they were only helping or the victim attacked them so they defended themselves.

Narcissists are scary and disturbing. Because they look and act nice but are really dangerous and evil underneath.

So, I'm not sure I want you to be fearless in front of them per say. Though you need to look it when you face them down.

Recognizing that, you can still find the courage to stand up to them even though you're scared.

“What can I do long term to protect myself from narcissists? What do I need to change about myself?”

There are rules, but mostly you need to keep in touch with yourself.

And stop giving in to people who want to destroy you.

The key is listening to your emotions about people wherever possible. Even when they're wrong.

If the person is good, you can revise your emotions.

If the person is bad like a narcissist, you'll keep getting that sick to your stomach, rolling a boulder uphill just to tolerate them feeling.

That feeling is always present around a narcissist. You just feel wrong because they're wrong. Listen to it before you listen to the narcissist and you'll be okay.

“What will happen to them long term?”

They'll get worse.

Mostly likely they'll find someone too good to pass up and never let go of them. The ultimate enabler.

When this happens a narcissist gets emotionally gluttonous.

They can do whatever they want and get away with it because this person lets them.

Then you see how self-destructive their behavior is. They can't be happy even when they have every bit of control they want.

“Why do they say something awful then say something almost nice?”

It's a “bait and switch” to disappoint you. It's the fastest, easiest and most satisfying way to rip you a new one and leave a hole in your heart.

So you come crawling back to them hoping they say something nice.

They want you desperately looking for approval. Only to be disappointed and look for more. Anywhere and any way you can find it.

What's so bad about this is it when it works once, it works better the next time.

It's self-perpetuating. So you have to break out of it and never look back.

“Why do they tell me they're the only one who could ever love me? Are they right?”

Because they want you to feel you're unlovable so you never leave.

They're chipping away at that part of you who knows you're better than the situation they put you in.

And you're afraid you aren't better. They're multiplying self-doubt so you stay put.

They know the opposite is true. There are far more wonderful people who would commit themselves to you.

So no, they're not right. And it's proof you deserve and can find someone who actually loves you.

“Why does it feel like they’re choking me even when they aren’t touching me?”

It's emotional suffocation and a sense of impending doom.

They do this through threatening body language. They're always hovering around like they've got you cornered.

And by disapproving of all your emotions that keep you healthy and sane. They tear down everything that makes you feel safe.

There are no boundaries with a narcissist.

Your fight-or-flight instinct is going off and screaming: *“Run, you're in danger!”*

And your logical brain can't do it. The narcissist is making intellectual appeals about how absurd your feelings are because they aren't actually hurting you.

Yet they just feel so dangerous and sickening.

They take away your humanity and all the things making you feel good. That's the best answer I can come up with.

“How do I get away from them forever?”

By staying away from them forever.

You exile yourself from narcissists. Though you don't live as a recluse. You absorb more of life.

Don't be afraid to go out and enjoy yourself. And repel narcissists where you find them. When you try to hide they come for you.

You need to prove to yourself you can run into them without being absorbed emotionally. Because you're going to meet more. Trust me.

It's how you handle their bad feelings that determines whether you get pulled in or not. You'll need practice to do that.

It'll be uncomfortable since some narcissists are going to remind you just how unpleasant they can be.

This just reenergizes you and keeps you narcissist free. By honing your resistance to them.

Your resistance weakens over time because it's so easy to forget how bad these people are. It happens to me and I've known them my whole life.

So avoid them where you can, and don't cower when you do run into them. It's a certain love and zeal for life that gives you the strength to turn them away forever.

“What about my family? What can I do to help them against the narcissist?”

You can't work miracles.

They have to reach a certain point of acceptance and understanding on their own before they see what's going on.

I'm sorry to say some family will never understand. Which is probably why I've never seen a family oust a narcissist family member.

The narcissist always has someone on their side.

And when family starts to figure it out, they waver back and forth. You can help them, but they may turn on you a few times from the narcissist's influence.

All's you can do is be there when they need you. It's not a fun thing to wait while the narcissist gets to them, even though it's entirely worth it when you can help them.

I suspect most people know the narcissist is awful.

It's just easier to get along and turn the other way with some crazy people.

The narcissist presents a choice, put up with me and accept my crazy, otherwise I'll get even worse and make hell. And you don't want that.

Some family members are too invested in the narcissist's world to turn against them.

With children, they have to experience how awful the narcissist is on their own. And they will. Then they start asking questions.

That's when you can gently introduce the idea and let them watch what the narcissist does and understand.

“Do they love me? How do I know?”

No. They don't and can't. It never occurs to them. Even though they say it often enough.

They think it's weak. Their control is the hippest thing in the world and they probably think they're the best at it ever.

Love is a tool used to control you.

“Can they ever change?”

No. Why would they want to?

Things are working out swell. It's you that's the problem.

They just need more control.

Narcissists can't change like you and I do. Decades go by and they stay mostly the same.

They're blind to what they're really doing and don't see anything that needs changing.

They also think everything they do makes them superior. It's supreme haughtiness rooted in fear that keeps them where they are. Doing the same things forever.

When it doesn't work, they do more. Like an addict.

They can't go anywhere else. It's too scary.

“How do they reflect their self-image onto you so you think it's yours?”

Such a good question. I can never get to the bottom of this.

Their projection is disturbingly and profoundly good.

I think it all comes from fear in you. And a desire to please everyone around you and make them happy.

They start off scaring you to make you emotionally vulnerable.

Then you try complying with their every request to make things better again.

What they're doing is taking the fear you already have and marrying it to the fear they create. So you think it's yours too.

They wouldn't be able to project so effectively if you didn't have some part of you that was also scared.

So I think they're scared of looking at the broken person they really are, and you're scared you're secretly broken like they actually are.

Now let's step away from how they do it and look at why it really works.

Somewhere along the line you have to accept their bad feelings for them to take root in you.

And to stop accepting their bad feelings you have to separate how you feel from how they want you to feel.

This is going to sound strange, but I think it'll help you.

When you feel their bad feelings leaching into you, I want you to imagine putting them somewhere else and letting them be.

What I do is imagine a "rotten snowman" made of their toxic feelings forming nearby from all the mean things they're saying.

You can think of anything you want, just externalize it to something else where it belongs.

Then you can regard it separately from yourself.

“Why me? Why do they target and come after me?”

It's flattering and not.

You're probably gold-hearted to some extent.

I'm not going to sit here and tell you you're a wonderful person, but you at least have that potential in you.

Wearing all your empathy and compassion on your sleeve.

Here's the bad part: you also feed monsters with your behavior.

You treat everyone the same. When you really shouldn't.

Or worse, you go out of your way to take care of emotional vampires who take everything from everyone.

And aren't worth your time.

When you hand the best of yourself over to bad people, you deprive and hurt good people who need you.

You're feeding the bears and putting yourself and other campers at risk. Don't do it.

“How do I justify divorcing a narcissist with God?”

I'll do my best.

I'd ask for forgiveness on the grounds that you can do better and bring more happiness, by carrying out God's will away from the narcissist.

I think God has to be satisfied with that answer.

There's nothing noble or sacred about suffering in marriage with a narcissist.

And keep in mind, they don't respect marriage either. And all the vows you took when you were sworn into matrimony.

So out of respect for marriage, I think you're doing the right thing.

“Do they think about killing me? Would they do it?”

Opinions may differ. I think they do.

They at least have violent fantasies.

And if the consequences weren't so steep, I think more narcissists would kill people. If they thought they could get away with it.

I hate saying it but I've seen the scary side of narcissists enough I have to assume they're dangerous. So I'm telling you.

Sometimes they snap and hurt people. A large enough narcissistic injury makes them feel like you're killing them by taking control away.

So they come after you and sometimes try to kill you. They already kill you slowly in more ways than one. Some of them will take the next step.

So can they actually kill you? Yes, I think so. They're dangerous. Don't take chances with a narcissist.

“I can't get the narcissist's voice out of my head. It's driving me crazy and I'm desperate. What should I do?”

First, listen to it.

You have to get the full and complete narrative without resistance.

Let your guard down for a moment and let them speak to you.

I know this sounds completely backwards. It's what you were doing before so you're only going to hurt yourself doing it again.

But you're not the same person anymore.

While their narrative pulled you in before, now it pushes you away.

Don't work too hard to debunk their narrative. It's too much work. And not even worth your time.

You don't need to do that. They want you to sap your energy.

Just let it float around. When it's exposed for what it is you see how ridiculous it is. It's purely emotional and has no bearing in the real world. Like other things they do.

First it'll irritate you, then you can just nod your head and let it be.

Eventually, you'll brush it off like the nothing it is.

“I miss a narcissist terribly and am still emotionally attached to them. How do I get over them?”

This usually happens when you broke out in the early stages with them. Where things are sometimes still good. So you think maybe they'll get good again if you go back and start over.

Though sometimes people who've been with a narcissist for decades get away and feel that freedom and it terrifies them.

Here's my contention: you don't actually miss them.

You miss the good feeling they gave you about yourself. However little it was.

So when you get away you feel relief, then longing, then fear at what comes next.

Here's what comes next: good things.

And to remember those things, really take yourself back to how bad it could be and why you left in the first place.

When we look back on things, oftentimes we remember the good. Which is great.

However, you don't want to forget the bad and just plain horrible that made you get out.

Or else you might end up with them again.

Whenever I feel like going back to a narcissist in some capacity, or wishing things were the way they used to be...

I reimagine how they really used to be. And become scared. Then happy I don't have to deal with them anymore.

You can do the same. And let your gut instinct remind you how unhappy they made you and how much worse they'd get if you went back.

Because if you did go back, you'd realize pretty fast how bad things were and how much worse they're going to get.

Don't do it to yourself. Be grateful you're free from the narcissist. It's one of the best feelings in the world.