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5 Tips & Tidbits for Dealing with the Narcissist in Your Life

Actionable tips and
knowledge to make you
less susceptible to the
manipulation and control
of a narcissist

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Breaking the Spell

When you have someone in your life with narcissistic qualities, it can feel like you are under their spell.

Another way to describe it is that it's like being in a fog.

And once you take some steps away from them, you start to see things more clearly. *Including yourself.*

You realize you have been doing and saying things you normally wouldn't. When you look back on your behavior you feel shame or embarrassment.

Or you just feel perplexed.

You start to recall things and wonder why you didn't notice the pattern of everything being about this person - even when it was wildly inappropriate.

...how did my birthday party turn into me following them out the door as they slammed it, crying?

...why was I comforting *them* on the day of my own father's funeral?

Use the following tips and tidbits to help you understand the narcissistic person, and deal with them without falling under their spell again.

#1

The Mirror Trick

People with narcissistic tendencies lack the skills the rest of us have to be self-aware and aware of others. Meaning, they can only see everything through a filter of ME. (Well, *them*.)

They will often insult you, accuse you of things, and ridicule you about things that are actually ... about THEM.

One word for this is *projection*.

And here's the tip I give my clients on how to deal with this.

When the narcissistic person is talking to you, imagine a mirror between you, facing them.

And know this:

THEY ARE SPEAKING TO
THEMSELVES.





#2

Identity By Proxy

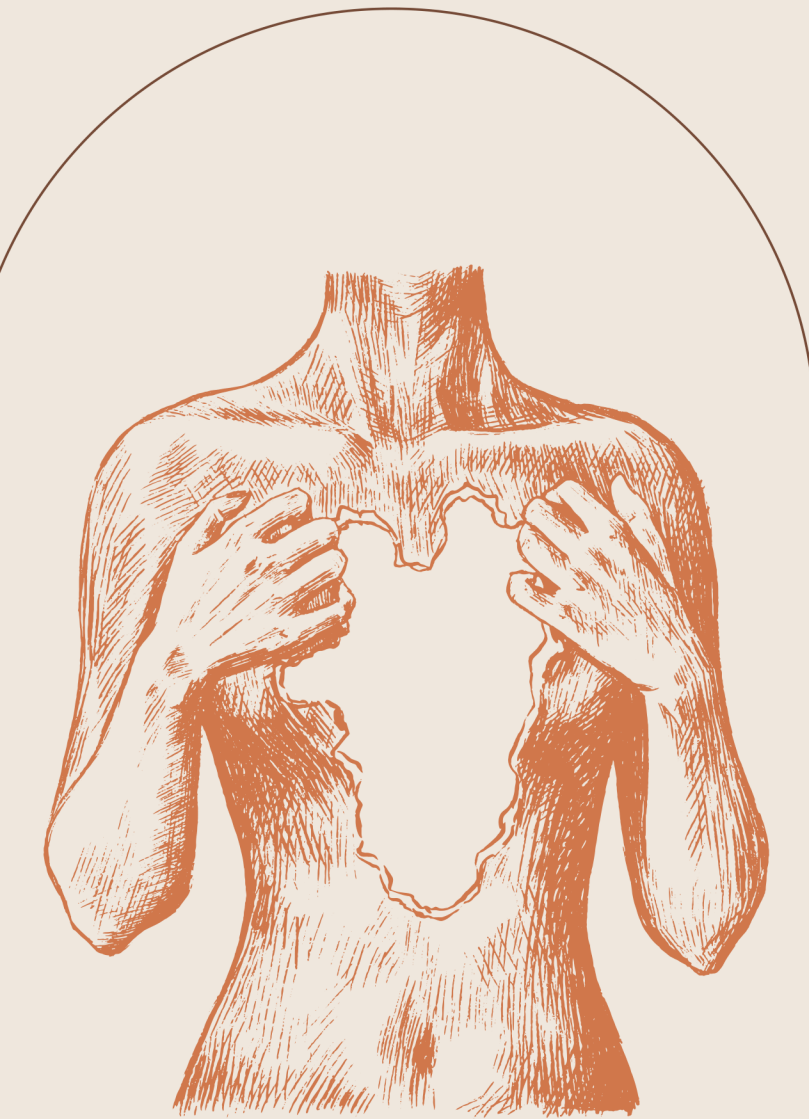
Sometimes I describe a narcissistic person as having a void inside them.

They are an empty vessel waiting to be filled by whomever can benefit them next. They use you to create an identity, a personality, and interests.

They care most about their image, and will do anything to appear either superior, or like a victim. And they'll use details about your life, or people close to you to gain or maintain their image.

This looks like the narcissistic person taking your interests from you. When you care about something, suddenly it becomes *theirs*.

They steal your identity.



DON'T LET THE
NARCISSIST TAKE
YOUR IDENTITY.
RECLAIM WHO YOU
ARE BY DOING
THINGS YOU LOVE.



#3

Keep it to Yourself

SEAL UP ANY LEAKS.

Stop sharing anything personal with the narcissistic person if you can help it.

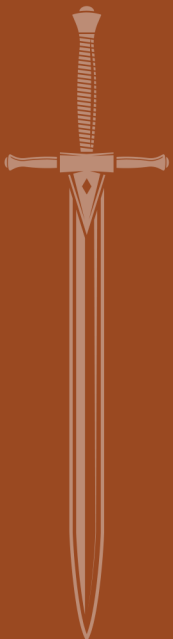
A narcissist will take any and all information about you and catalog it for future use. They exploit all your weak spots.

And let's be clear - these weak spots are oftentimes your good nature, your open heart, your compassion, your personal traumas, your past wounds.

So, these are not weaknesses in our eyes, but to them - these are places where you are less able to defend yourself.

They may have already used some things about you against you, to manipulate you, or put you down.

Now is the time to close up around them. Don't let any information leak out to them. Either through you, or mutual people you have in your life. Create a shield to block you from their prying.



#4

Create Some Scripts

Someone with narcissistic tendencies is gonna try and get you to react to things ALL. THE. TIME.

They'll message you with some kind of threat, or they'll poke you with their words and try and get you to engage with them by defending yourself, or running to their aid, or doing something you'll regret.

They don't care *how* you are interacting with them, they just care that you *are*.

And they'll say and do *anything* to get you to bite onto their bait.

So, prepare some scripts you can use to respond to them that don't give anything away about how you are feeling.

This can stop you from saying too much, and *falling into their trap*.





#5

Victim or Villain

Time and time again, I hear stories from my clients about the narcissistic person in their life acting like a martyr.

They can take any event and somehow become the victim in that event. This is because, from my observations, narcissists only see people as one of two things: *the victim or the villain*.

In every interaction, they are scanning for where they are the victim, and how you (or anyone involved) are the villain.

They can make anyone a villain in order to become the victim.

So, don't be surprised when they tell a story about even a mundane event and it's totally twisted into a sob story where they have been harmed somehow.

When you know this, you can stop reacting to these twisted up stories, and when you are less shocked, they don't get the reaction from you they are eager for.

About Alana

How do I know so much about narcissistic folks? A lifelong journey of forming close relationships with people who vary from a little self-involved to full-blown sociopaths.

Yeah, I have some stories.

And now, most of my coaching clients are people who are impacted by a significant relationship with someone narcissistic.

They are looking to *heal*, to *escape*, and to *never repeat this experience again*.

I help with all three, and so much more.



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