

About Narcissistic Friends

Many of us who have been raised by narcissistic parents seem to end up with many other narcissists in our lives. We often end up romantically involved with them or friends with them. Like many others, I have experienced both, mostly narcissistic friends. I've also found precious little information available about narcissistic friendships, so I decided to tackle the topic myself.

People who come on too strong when first meeting you can be narcissists. That new friend who you just met yet who wants to spend lots of time with you or claims you're their best friend may be a narcissist. Some folks who act in this way are simply insecure, but even so, you should be aware that there is a possible a sign of narcissism.

Friends who talk down to you are often narcissists. Narcissists seem to think they are superior to their victims, & don't mind showing it. They act smug & talk to victims as if they are much less intelligent than the narcissist.

Your friend who can't be bothered with your problems is probably a narcissist. Remember, narcissists all lack empathy. If you tell your friend you have a problem & they act bored, act as if they can't be bothered, trivialize your problem or change the subject, these are all red flags of a lack of empathy.

If your friendship is one sided, that's a big red flag of narcissism. A good friendship is balanced. Sure, sometimes your friend will need more from you than usual, but there are also times you will need more from your friend than usual. It balances out. When the bulk of your friendship is your friend taking from you while giving nothing in return, chances are your friend is a narcissist.

Narcissists expect their friends to be available to them 24/7, & believe there are no excuses for not being available. Narcissistic friends have no problems calling at 11:00 at night even knowing you need to be up for work at 5 a.m. If you don't take their call, they say you're a terrible friend, accuse you of not caring & more. If they need a ride somewhere, that is what you are for, to provide it. In fact, if they need anything, you are supposed to meet that need.

If your friend talks non stop about himself or herself, while never or almost never asking about you, that is another sign of narcissism. Narcissists almost never stop talking about themselves. Overt narcissists may brag about their fantastic accomplishments or covert ones may be subtle in discussing the things they do for others. They may discuss their problems or interests non stop.

Once you realize your friend is a narcissist, it's usually best to end the friendship if at all possible, as is often the solution with any narcissistic

relationship. Most often I believe the Gray Rock method is the best way to end a relationship with a narcissistic friend. In other words, become boring to your friend. Take their calls, spend time with them & do things for them less & less. When they get mad at you, pretend it doesn't bother you in the slightest. Show them no reaction or emotion. If they demand to know why you weren't available, give no excuses. Just say you were busy, & change the subject. When they talk about themselves, act disinterested. The more boring a narcissist finds a person, the less time they want to spend with that person. Often, they get bored enough to discard their victim.

Having a narcissistic friend isn't easy, but you can protect yourself & handle the situation! Remember the kind of person you are dealing with, keep your emotions under control around them & conduct yourself accordingly.