

About The Consummate Victim

Some covert narcissists are what I call the consummate victim. They are always wronged, always the victim, & never at fault for anything. Some examples of their behavior are as follows.

The narcissist says something cruel. You get angry. She claims she never meant to hurt you. She was just trying to help & had no idea what she said would upset you. She then stops speaking to you for weeks.

The narcissist tries to manipulate you into doing something you don't want to do. Naturally, you refuse to do it. She asks how could you refuse to do this one little thing, especially after all she's done for you?!

The narcissist is your elderly parent who expects you to be at their beck & call. You tell your parent you only are available one day a week to do what she needs. She tells your family how you refused to help her, & they attack you for being a bad child, ungrateful, a spoiled brat & more.

Narcissists who claim life is unfair to them or that they are mistreated when people confront them on their abusive behavior are also consummate victims. Those who blame their victims for their abusive behavior & those who complain about their problems, yet refuse to do something to change the situation are also consummate victims.

Dealing with these people is incredibly frustrating, I know. My late father & late mother in-law were both covert narcissists & consummate victims. I repeatedly asked my father not to call after 9 at night. When I refused to take his call when he called at 10 one evening, he called my in-laws & my cousin who lives almost 500 miles away. He told both he was so concerned about me for not answering the phone, & asked them to have me call him immediately. Another time, I was angry with my mother in-law because she had snooped through my purse & coat pockets yet again. She asked my husband why I was angry, & he told her. I overheard the conversation. She claimed not to know what she did would be upsetting to me.

Both situations were similar. As a result of their actions, my husband & I got into an argument about his mother & my cousin & I argued about my father. The narcissists caused problems for me while making themselves look good & me look bad.

There are some things that you can do that can help you if you must deal with this behavior in covert narcissists.

Always rely on God to help you. He will be glad to help you discern the truth & strengthen you to do whatever you need to do!

Remember the type of person that you're dealing with. No matter what you do, this person will twist the situation around to make you look bad & them look like the innocent victim of your cruelty. Expect nothing else because this person has no desire to behave any other way.

Also remember that there is nothing wrong with you setting boundaries or confronting this person on their abusive behavior. Both of those are good things to do. They are healthy & show you have self respect.

Consummate victims are very skilled at recruiting flying monkeys. When you set those boundaries or confront the narcissist about her behavior, no matter how gently & reasonably you do so, it's a safe bet someone will tell you how cruel, unreasonable, wrong, etc. you are for doing so. When this happens, ignore whatever the flying monkeys have to say. They only know what the narcissist has told them, not the truth. It's best to refuse to discuss the narcissist with them.

Lastly, it's also important to remember that consummate victims sometimes project their abusive ways on their real victims. It can be easy to believe their lies since narcissists are talented actors. To avoid this, remember that you are a normal person if you are angry about being abused or refusing to be manipulated.

If you are faced with a covert narcissist who portrays herself as a consummate victim, you can cope. You now have the knowledge & strength to handle this ugly situation.