

Eight Things You Never Should Do With A Narcissist

There are some things you never, ever EVER should do with a narcissist. This post explains some of them & why you shouldn't do them.

Don't do anything financial with a narcissist such as get a cell phone contract, loan, or credit card. Narcissists are notorious for ruining a victim's finances. They will use having a cell phone plan as a means to keep an eye on who you talk to & where you go. They will refuse to repay the loan after having spent the money on something for themselves. They will charge up any credit cards in your name then refuse to pay the debt or somehow prevent you from paying it, such as getting you fired.

Similarly, do NOT accept financial help from a narcissist. Doing this will make you feel as if you sold your soul to the devil. They will use it as an excuse to manipulate you by saying things like, "I let you that money when you needed it. All I ask in return is you do this one little thing for me..."

Avoid spending special days with a narcissist. Narcissists will do their best to ruin a day that is a happy one for you, especially if it takes the attention off of them even briefly.

Avoid groups with a narcissist. In a group setting, narcissists often attempt to turn people against the victim. They also like to quietly say very upsetting things in order to get the victim upset enough to show a strong reaction. They use that reaction to prove to others how mentally unstable the victim is. Sometimes they'll even use a group setting as an opportunity to show everyone how good they are to the victim, which naturally can upset & confuse a victim. My late mother-in-law introduced me to her sister as "my beautiful daughter-in-law". The previous time I'd seen her, she told me how disappointed she was my husband married me.

Don't share good news with a narcissist, because they'll ruin it for you. Narcissists can't handle someone being happy around them, so they'll do their best to ruin any good news you share. I once lost a bit of weight & happily shared that with my narcissistic mother. Her response? "You probably have cancer & are going to die, that's why you lost weight." Then she changed the subject back to her.

Never tell a narcissist your fears or insecurities. Doing so only results in giving the narcissist fuel for ways to hurt you in the future. They even may use the information as a way to prove to you that you're crazy.

Never ask a narcissist for help during a crisis. Their complete lack of empathy & lack of concern for anyone other than themselves makes narcissists terrible people to rely on in times of need. In addition to not helping you in any way, they may find a way to make it even worse. For example, if you're sick, the narcissistic spouse may demand sex, not caring how miserable you feel.

If you have ended the relationship with the narcissist but he or she keeps attempting to contact you, document EVERYTHING. Many narcissists stalk their victims, so document all you can to show to the police if you need evidence. Even if some of the evidence isn't proof of illegal behavior, at least it proves their bad behavior & character which may help your case.

Whatever your relationship with the narcissist, you'll need to protect yourself to the best of your ability. Pray for strength, courage & wisdom. Never forget that other people mean nothing to narcissists beyond how they can benefit the narcissist. Keep your expectations of the narcissist low to avoid being disappointed. And always, take good care of yourself!