

Encouragement For The Weak

Almost all information for those in a relationship with a narcissist basically says the same thing- "just go no contact." The tone of some articles & even that of some fellow survivors can be shaming, as if being unable or unwilling to go no contact means something is very wrong with you or you're weak.

While it's certainly true that no contact is almost always the best way to deal with a narcissist, that doesn't make it an easy solution. Whoever the narcissist is, it still hurts to end a relationship. The closer the relationship, the more it hurts, too, such as ending a relationship with your parent hurts a thousand times more than ending it with someone with whom you have gone on only a couple of dates.

Even if you want to go no contact, it takes time to work up the strength to be able to do it. Narcissists beat their victims down & can obliterate their self esteem. Once you learn what is happening, it takes time to repair your self esteem & to build up enough strength to go no contact.

Or, maybe you know somehow that the timing isn't right for no contact. That happened with my parents. I wanted to go no contact with them for well over a year before I felt God was saying it was time.

There is also the situation of a victim who lives with a narcissist & is financially dependent. It takes time to save money, to find a job & a place to live. None of these situations make a person weak or flawed.

There are also some folks whose narcissist is low on the spectrum. Yes, that person causes problems but they aren't too terrible in their behavior. Some people would prefer to learn ways to deal with them than end those relationships. It is their right to make that choice.

For those of you in those situations, I want to encourage you today.

I know it's always hard being in a relationship with a narcissist. Until such time as you are ready, willing & able to go no contact, there are some things you can do.

As always, I recommend praying. Ask God to show you creative & effective ways to cope as well as to help you to go no contact if that is your desired result.

Always remember- narcissists are all about gaining narcissistic supply to prop up their egos. It's their primary motivation. Any attention or reaction you give them provides supply. Be boring. Show them no anger, sadness or joy. Be calm & cool. Offer no explanations. Provide no personal information. This is known as the Gray Rock method.

Don't forget to question things the narcissist says. They are masters of manipulation, so almost everything they say can be a lie. You can question the narcissist, but if you do so, do it calmly. Say, "Oh? Why do you think that?" "Explain to me how that makes sense.. I don't follow you." Logical, calmly asked questions like that can throw a narcissist off kilter. It lets her know that you're onto her games.

Keep & enforce healthy boundaries. You have the right to tell the narcissist no & to expect to be treated with respect. You also don't need to explain your boundaries.

Also remember that whatever they are doing isn't about you. Yes, that person is hurting you, but it's because it makes her feel better. Narcissists project their own flaws onto their victims. It doesn't mean you are what the narcissist says.

If you are hoping to go no contact in the future, low contact may be an excellent option for you. It's as the name describes. You don't take phone calls or visit as often, but only when you feel able. Low contact can be a really good stepping stone to no contact.

While there are no easy solutions for dealing with narcissists, these tactics can help you. And, don't forget- there isn't anything wrong with you for being unable or unwilling to go no contact. It's a big decision, & every person has to do it only when they feel equipped to do so.