

Hoovering Tactics

Hoovering is when a narcissist doesn't want to accept the fact you have ended the relationship, & they try to lure you back. If you're not aware of hoovering tactics, it can be easy to be lured into a false sense of believing the narcissist has truly changed, & the relationship will be better this time only to be sadly disappointed when finding out the narcissist really hasn't changed. To prevent this from happening, this post will address some hoovering tactics narcissists use.

Love bombing is very common. It's when the narcissist confesses their undying love, does nice things, showers you with gifts &/or attention. It can be hard not to believe a narcissist really cares at this time. It also can be hard to resist. It's important to remember that these acts are only designed to lure you back into the toxic relationship.

Narcissists also will use your family & friends, aka flying monkeys, to talk "sense" into you. When someone you think highly of tells you that you should resume a relationship, it can make you doubt yourself. But think about what this person is saying. Does the person know about the situation? Do they believe you when you say the narcissist has been abusive? Do they want to hear what you say, interrupt or tell you you're wrong? Your honest answers to these questions will determine if you should listen to what this person says.

Another hoovering tactic is using or faking illness or injury to reconnect with you. If this happens, remember- when you went no contact, it was for excellent reasons & it was permanent, not until the narcissist got sick or injured. Maybe that sounds cold, but it isn't. It's someone reaping what they have sown. A person who abuses another can't expect that victim to care for them indefinitely.

Narcissists also send cards, letters or call on special days like birthdays, anniversaries or holidays. It's normal to doubt yourself when it happens, but even so, remember: all they are trying to do is hoover you back into the toxic relationship by using the special day in their favor.

Some narcissists give their victims months or even years of no contact when suddenly they reach out. If this happens, remind yourself of why you ended the relationship. Is it really worth taking a chance on resuming the relationship?

Smear campaigns are common. They get really nasty to make victims respond or to discredit victims so people won't believe them. As hard as it can be, do NOT respond to the ridiculous accusations! Doing so only convinces people that you are the terrible person the narcissist says you are. And, if you confront the narcissist about the lies, it only gives that narcissist narcissistic supply because the narcissist can look like the innocent victim of your abusive ways. Instead live your life as normal, letting your character shine & ignoring the smear campaign.

Many narcissists will resort to stalking & harassment to try to force the victim back to the relationship. They'll inundate victims with countless phone calls, emails, texts, & letters. They may show up at places the victim frequents or drive by the victim's home often. Especially devious ones also send others to help them stalk & harass the victim, so if the victim says anything about this, they look paranoid or even crazy. The best things you can do are block all access the narcissist uses, & document EVERYTHING. If you decide to press charges, documentation will work in your favor, even if the narcissist didn't break the law in all of the behaviors. Documentation of bad behavior, even when it's legal, can only help your case. The documentation also will remind you of why you went no contact in the first place.

Remember, never allow the narcissist to Hoover you back into the relationship. It only ends badly! The behavior is usually much worse after Hoovering than it was in the first place.