

## How Narcissists Convince Victims We're The Problem

Narcissists have many ways of making their victims feel like we are always the problem. No matter the problem at hand, according to a narcissist, the narcissist is innocent & the victim has caused the problem.

This is awful for the victims, because as a result, we end up tolerating their abuse for much longer than we should, often for many years. We think the narcissist is good to put up with us, & we try harder & harder to be good enough for them. Meanwhile, the more we try to please them, the more they keep changing the rules. And, as we're losing ourselves in trying to please the impossible to please narcissists, the narcissists are gaining tons of narcissistic supply.

So how does this happen? How can a person honestly believe they're the problem when the narcissist clearly is the real problem? Narcissists accomplish this in several ways.

Projection is one way. Narcissists accuse others of their own flaws. This makes a person feel inadequate. A person may even become angry but feels like they don't have the right to be angry since they are the one who is deeply flawed. They feel they aren't a good person like the narcissist is or they can never measure up to the superior narcissist.

Narcissists also don't examine their behavior, only yours. If you're angry with a narcissist, the only thing that narcissist sees is how you're acting. They never ask themselves why you're angry or have they done something that made you angry. The only thing a narcissist sees is you acting in a way that they consider irrational, & they will make you feel crazy & wrong for your behavior.

They gaslight. All narcissists love gaslighting their victims because it's a very effective means of abuse. Gaslighting is basically when you say the sky is blue, & the narcissist says it's clearly green & something is wrong with you for thinking otherwise. Granted, that is an extremely obvious example, but that's pretty much how gaslighting works. Narcissists see the same thing you see, like that blue sky, but they don't want you to see it that way. Rather than agreeing that the sky is blue, they'll tell you it's green & try to make you feel crazy for thinking it's blue as a way to convince you that it's green. Narcissists do this often with abusive things they have done. They may deny the events happened entirely, or try to convince you that they happened in a very different way, & you are crazy for thinking otherwise. When done over & over, gaslighting can make a victim believe the gaslighting over what they see with their own eyes. This means a person can believe almost anything, even that they are the problem rather than the narcissist.

Narcissists provoke their victims to rage while maintaining their cool. One primary feature of narcissism is their complete lack of empathy. This enables narcissists to feel no guilt or remorse for abusing a victim. This also means they can maintain a

calm demeanor while simultaneously driving a victim to the brink of madness. When this happens, a victim feels insane. After all, the victim is the one screaming & crying while the narcissist is cool & collected. The victim looks crazy to herself & anyone else who may be witnessing this phenomenon.

If you're in a relationship of any sort with a narcissist, these things are most likely happening. When they do, please remember this post & remind yourself that you are NOT the problem! The narcissist is only trying to make you think you are!