

Narcissists And Gift Giving

Like everything in the life of a narcissist, the gifts they give are all about them. They have nothing to do with the receiver of those gifts. This is why so often, people dread receiving gifts from narcissists.

If they're trying to win you over in the early stages of dating or after an argument, narcissists may give good gifts. That gift is supposed to help buy your love or forgiveness. That gift may be extravagant or something you mentioned wanting. My ex husband gave me only 2 nice gifts in our entire relationship. The first one was about 2 months after we met, for my birthday. The second was about a year later, & although it was nice, it was something my mother didn't want me to have, so it was to get to her rather than be good to me.

Narcissists also may give a gift to make you indebted to them. Maybe they want a gift in return. Maybe the gift is very expensive so you feel obligated to tolerate their abuse because they spent so much on it. If you signs of wanting to end the relationship, maybe this gift was supposed to make you rethink that move.

Often, narcissists give terrible gifts. They lack the desire to be a blessing, & that shows in the gifts they give, in particular on days like birthdays or Christmas. They're only giving gifts on these days because they think they have to in order to look good, not because they want to. As a result, no thought goes into the gift.

Other times narcissists give awful gifts is when they try to change their victim. For example, my mother gave me clothes for my birthday or Christmas for years. While clothes in general aren't a bad gift, they are when the clothes aren't in the receiver's taste. Our tastes are extremely different & that was a problem for her. My mother always wanted me to share her tastes, & this was one way to try to force me to dress like she thought I should dress. My late mother in-law did the same sort of thing. A few months before Christmas one year, I mentioned in passing that I hate to cook. I do it because I don't want us to starve, but I really don't enjoy it. For Christmas that year, she & her daughters all gave me a LOT of cooking paraphernalia. Cook books, utensils, food, & even a big ugly pasta dish I later used in the attic when the roof was leaking.

Sometimes bad gifts are also a way for a narcissist to let you know they hate you without verbalizing it. A narcissistic mother in-law who dislikes her daughter in-law will give her terrible gifts, as one example.

Sometimes they may conveniently "forget" to give you a gift at all. This is just one way to let you know you aren't important to them or the gift giving day (your anniversary, Valentine's day, your birthday, etc) isn't important to them.

Or, narcissists may give away a gift you gave to them either to hurt you or simply out of thoughtlessness because they want rid of something. My sister in-law gave me

a little knick knack many years ago. I thanked her & said it was cute. She said she thought so, & was sure her mom would like it so she gave it to her. A few months later, her mother gave it to her & said something like, "I don't know where this ugly thing came from. You take it." Seeing it hurt her badly after that so she wanted rid of it. Since I thought it was cute, she gave it to me. Such a heartbreaking story!

When you get an awful gift, it's best not to let the narcissist know how awful you think it is. If you do, the narcissist can play the victim & tell other people how awful you are. Simply thank her for the gift, then when you can, quietly give it to someone who you know would like it or give it to a charity.

Likewise when you get a great gift, it's best not to let the narcissist know you really like it. If you do, the narcissist is going to get a ton of narcissistic supply from that, & feel that you owe her for giving you this awesome gift. Simply thank her for the gift.

It's always best to implement the Gray Rock method as much as possible when dealing with narcissists, including when they give gifts. The less narcissistic supply you provide a narcissist, the better.