

Preventing Narcissists From Wanting You Back

Today's podcast is about ways to help prevent narcissists from wanting you back.

Severing ties with a narcissist is never easy. Not only due to the simple fact that ending any relationship is hard, but also because of the fact they don't exactly handle this well. While no one likes to have someone end a relationship with them, it can become devastating to a narcissist. They will do about anything to get their victim to return to the relationship, often only so they can later discard their victim on their terms. This podcast will help you to avoid behaviors that can encourage a narcissist to want you back.

Naturally, do your best to avoid any interaction whatsoever with the narcissist after no contact. Narcissists don't think like normal people, obviously, so they are prone to taking any interaction after no contact as a sign the relationship has been resumed. Take away their hope in that area if at all possible.

Sometimes even when doing your best to avoid a narcissist, they find ways to interject themselves into your life. One way they do this is by stalking & harassing their victims. They inundate victims with constant phone calls, text messages, social media messages & even postal mail. Or, they may show up places they know you frequent such as your favorite coffee shop. This can be incredibly unnerving. I've been on the receiving end of such behavior from narcissists in my life, & I found it terrifying. I also learned that narcissists often know stalking & harassment laws well, so they stay just barely legal. This means getting a restraining order is very difficult, if not impossible. The most effective ways I know how to handle such behavior are never to respond to anything they send you & to block the narcissist at every pass. Granted, he or she probably will find ways around your blocks, such as creating new email addresses or social media accounts, but block them too. Keep blocking. If they have flying monkeys who tell you to talk to them, block them too. Do NOT engage either the narcissist or the flying monkey at all. Ever!

If you can't avoid the narcissist completely, always remember the Gray Rock method. In other words, provide zero narcissistic supply. You know this person well, so naturally you know what makes him or her happy. Deprive this person of it. Provide no praise, no compliments, no offers to do things for him or her. Also share absolutely no personal information about yourself. If she asks what you're doing later, say you have plans & leave it at that. How is your job going? "Fine." One or two word answers are the best.

Show no emotions to this person. You aren't happy, sad, angry... anything. You are completely neutral in his or her presence. Emotions feed narcissists. If you're happy, they can destroy it so you're as miserable as they are. If they make you sad or angry, they feel powerful, so they'll do that thing again to get their "high". Deprive them of that feeding.

Show no remorse for anything you have done, including no contact. If you show you feel any sadness, guilt, or regrets, the narcissist will pounce on you like a hungry lion.

Do not give in to anything the narcissist tries to make you do. I don't care if it's something silly like passing them the salt shaker over lunch, don't do it if it can be avoided. If you can't, do it perfunctorily, without emotion.

By doing these things, you are essentially making yourself very unattractive to the narcissist in your life. They want people who will prop up their egos, blindly obey them & make them the center of their world. People who refuse to do such things are of no use to a narcissist, so a narcissist will leave them alone.

Thank you for listening to my podcast.