

## Setting Simple Boundaries With Narcissistic Parents

As I've said many times, my heart goes out to those in the position of being unable or unwilling to go no contact with their narcissistic parents. You're in a tough place, & I understand since I've been there.

There are some small ways you can set boundaries with your narcissistic parent while not eliminating them from your life entirely.

For starters, reduce the amount of time you spend with your narcissistic parent. Don't visit or have your parent visit you as often. Stop taking their calls every time they call. Ask yourself if you feel up to dealing with your parent, & if not, don't take that call or visit.

When you must visit or speak with your parent on the phone, set a time limit. Don't allow your narcissistic parent to waste half your day when that is so hard on you! Set a limit, then say "I have to go" & go.

Also if you visit your narcissistic parent, have a way out. Plan something to do so you only have a limited time to spend with your parent. If you can't think of something, say you just remembered something you have to take care of & go. It's not a lie- you remembered you have to take care of yourself!

Remember to keep the conversation away from you. Your love life, in-laws, job, troubles & even your mental & physical health should be off the table for topics to discuss with your narcissistic parent. Giving any narcissist personal information is just asking for trouble such as criticism & unasked for, useless advice. Change the subject if your parent wants or demands to know something personal about you. If all else fails, ask your parent about something that matters to her. Chances are excellent she'll drop the matter at the opportunity to talk about herself.

If you're dependent even slightly on your narcissistic parent financially, find ways to put an end to it. Narcissists love controlling their adult children with money, so remove that tool if at all possible. If not, then at least find ways to reduce the amount you need.

If you have pets or kids, have strict boundaries in place. It is your job to protect them & that includes from abusive & narcissistic parents.

When it's time to set boundaries with your parent, remain calm. Show no emotion, simply state facts. Any signs you are upset will fuel your narcissistic parent's behavior. Stay calm, state your boundary & the consequence of your parent not respecting the boundary, then enforce it if necessary.

If you're friends on social media, unfollow your narcissistic parent. You will remain friends, but you won't see her posts which can reduce stress.

If you must go somewhere with your narcissistic parent, drive separately. That way, you are free to leave at any time if need be. Also, cars are a great weapon for some narcissists. There is no escape- you have to put up with whatever they do when you're in a car together. My mother loved having me trapped in her car, & used it to scream at me when I was a kid or belittle me as an adult.

Always remember the Gray Rock Method. Think about what gives your narcissistic parent narcissistic supply, & refuse to provide it. Basically, you need to be boring to her. Don't admire her. Don't praise her. Don't get angry at her so she can portray herself as the victim. Don't coddle her. Don't share anything personal about yourself that she could use against you or as fuel to spread lies about you. Don't empathize with her if someone has hurt her. Show no real interest in her problems. If she needs your assistance with something, do the bare minimum, don't go above & beyond. Gray Rock can be hard at first because every tiny thing can provide narcissistic supply, but the more you do it, the easier it gets.

Lastly, pray & pray often. Ask God to help you cope with your narcissistic parent, to give you the right words to say, & to give you effective, creative ways to cope with her behavior. He will NOT disappoint you!