

## Take Your Power Back From The Narcissist

Narcissists love to manipulate & control their victims. One way they control their victims is to make them feel powerless, as if they have absolutely no control over any aspect of their own lives.

Feeling completely out of control is a horrible way to feel! It saps your joy & makes you feel utterly hopeless. Being depressed & hopeless may make you miserable, but it also will make a narcissist feel wonderful. This is because they have control over you & know you won't do anything about it.

Don't let the narcissist in your life get away with doing this to you! Take your power back! You can do this!!

As always, I recommend you start with prayer. God will be glad to give you whatever you need, be it insight, strength, courage or anything else. Let Him help you!! You need every advantage you can get where narcissists are concerned, so why not let God help you?

If you haven't done it already, start learning about boundaries. You need to have very clear views on where you end & the narcissist begins, because one way narcissists remove a victim's power is by blurring those boundaries. Victims often feel responsible for the narcissist in ways that they shouldn't. As an example, narcissists make victims feel responsible for their feelings & actions. How many times has the narcissist in your life said something like, "You made me do that!" "I wouldn't be so angry if you wouldn't have said/done what you did!?" I would guess you can think of many examples. I certainly can.

As you learn about boundaries, you'll need to learn some new & even creative ways to say no to the narcissist. Always remember, normal ways to set boundaries don't work with narcissists, so avoid saying things like, "Please don't do that.. it hurts me when you do that." Admitting the narcissist's behavior hurts you only provides narcissistic supply which means they'll do that thing over & over again. Instead, say things like:

- I'm sorry. I have other plans.
- I can't do that.
- I can't make it that day.
- I'll consider what you suggested.
- That isn't going to happen.
- I'm not interested.
- Thank you, but no.
- No (without any explanation, simply saying the word).

There are also other things you can do to help yourself to regain some control. Start small. Organize your purse, a desk drawer, your car's glove compartment. Work up from there onto something larger, maybe get rid of some clothes you no longer like

even though the narcissist likes them. You also could paint a room or replace a piece of furniture. Keep taking back your power, little by little. The more you do it, the easier it becomes & the less you're willing to settle for someone taking away your power.

Naturally as you do these things, the narcissist is NOT going to be happy about it. Most likely, the narcissist will realize that a rage will make him or her look bad, so that won't happen. Instead, probably there will be passive/aggressive behaviors such as giving the silent treatment. Invalidation is also common. The narcissist may act as if there is something wrong with you for liking whatever it is you did that took back some of your power. Criticism certainly is going to happen. The narcissist will let you know that whatever you did was wrong, stupid, a waste of time & anything else negative they can think to say.

When the narcissist acts this way, always remember that it says more about the narcissist than you. Normal, functional people encourage others to be independent & have good boundaries. They also aren't threatened by such things. Only unsafe & even narcissistic people are threatened by such normal, healthy, behaviors.

You can do this! You can take back your power!