

Ways To Cope With A Narcissist

Many people say the only way to cope with a narcissist is by going no contact. While this is often the case, it also isn't always feasible. I've spoken with many people who either want to go no contact, yet don't feel strong enough to take that step yet & others who want to but are absolutely unable to do so for various reasons. This video is for those who are unable to go no contact.

I want you to know that there is no shame in being unable to go no contact. Whether it's because you don't feel strong enough to do it or another reason, it's ok. Don't let anyone else make you feel weak or foolish or whatever. You aren't. Every situation is unique, that's all.

That being said, for however long you continue the relationship with the narcissist in your life, you're going to need to find ways to help make your life easier. There are some things that can be done. Also, you need to know that there isn't any way I know of to make a relationship with a narcissist good, only better. One person alone can't fix a bad relationship. So, onto what you can do.

As always, I believe prayer is the absolute best place to start. Ask God to show you what you need to do & how you need to do it. Ask Him for peace, strength, courage & wisdom when dealing with the narcissist.

Always remember that narcissists are all about getting narcissistic supply. Every single thing they do & say is motivated by supply. If you can remember that, it'll help you not to be as hurt or angered by their actions because you'll know what they said or did isn't personal—it's about supply. Hurting & controlling you isn't as much to hurt you as it is to feel powerful by hurting & controlling you, yanno?

And speaking of narcissistic supply, since everything they do is motivated by it, the more you provide from them, the more they will expect from you. Deprive them of that supply, & any narcissist won't want to be bothered with you. People are basically like tools to a narcissist—there to be used when they want, then put on the shelf & ignored until the next time they can be used. If a tool isn't particularly useful, it doesn't get used much, right? The same goes for a person who doesn't provide a narcissist with much supply.

To avoid providing narcissistic supply, you need to become boring to the narcissist, which is often known as the Gray Rock Method. Gray Rock can be a bit challenging to do at first but the more you do it, the easier it gets. First, you keep your emotions in check around the narcissist. No matter how happy, angry or sad you are, you never let it show, no matter what. You maintain a calm, neutral demeanor. You never react to the narcissist, no matter how cruel she is. If anything, you respond in a calm manner. You also don't allow the narcissist to manipulate you. For example, if she hints at wanting you to do something with

her, you pretend you didn't notice the hints. If she tries to make you feel guilty, you pretend not to notice the guilt trip.

If you can think like the narcissist thinks, this can be useful. You'll know what to expect, what she thinks she can make you do or feel, & how she'll accomplish that. You'll also realize what creates narcissistic supply & can figure out ways to prevent it.

Always have firm boundaries in place & have creative ways to enforce them. If you enforce them in normal ways, the narcissist will either ignore them or do what she does even more just to hurt you. Always remember, you can't tell a narcissist "When you do that, it hurts me. Please don't do that anymore" for those reasons. You'll need to get creative. I asked God for creativity when dealing with my parents & He gave me some really good & effective ideas. Like once, my mother told me I was taking her to & from a doctor's appointment. She was getting a minor procedure on her spine & couldn't drive for 24 hours after, so she wanted me to be her chauffeur. I had things to do & didn't have time, but she'd already made the appointment. I felt trapped & I was angry. I asked God to help me be sure this doesn't happen again. After the injection, she was making a huge deal out of how much pain she was in. I suspected she was exaggerating & apparently so did the staff from the looks of it. She told me to take it especially easy on the way home & then an idea struck me. I drove her car like we were on the Nascar circuit on the way home. I sped & aimed for bumps & potholes in the road. My mother didn't say a peep but I kept catching her looking at the speedometer. Guessing she wasn't happy with my driving, because she hasn't gone back to that doctor once since that time.

Have realistic expectations of the narcissist to help you avoid constant disappointment. They are going to act this way no matter what because they want to, & not care to change because it gets them what they want. Don't expect this time to be better or today is the day she'll see the error of her ways & apologize to you for the years of pain she's caused. It can happen, but it's incredibly rare a narcissist will improve their behavior. I've only known of one to do it.

Also never forget you can't change another person, so accept the narcissist as is. I don't mean accept the abuse she dishes out, of course. I mean accept her as in realizing she is content with being the way she is. Behaving the way they do gets narcissists what they want, so they see no reason to change. It works for them, & that's all that matters to them. Nothing you can say or do will change that. If you can accept the narcissist & her unwillingness to change, you won't frustrate yourself by trying to change her. All you can do pray for her & set the stage to encourage healthier behavior such as by having healthy boundaries. The rest is up to her.

Continue to work on your healing. The healthier you become, the better off you will be. You will be stronger & more able to withstand whatever abuse the narcissist throws at you. As a bonus, the healthier you become, the less the narcissist will want to do with you. You won't be as easy to manipulate or hurt which takes away narcissistic supply.

Low contact is a great option too. It is limiting your contact with the narcissist. Less contact with the narcissist may happen naturally as you get healthier like I

just mentioned, but deciding to go low contact is a bit different. Low contact is on your terms, not hers. You know you don't need to answer the phone every time the narcissist calls or run to her side every time she tells you to. You only deal with her when you feel you're able to do so. You may find that low contact enables you to deal with the narcissist in a way you can handle, or it may be a stepping stone for you to full no contact in the future. Either way, it's a very good step. When a narcissist is in your life on a constant basis, that person takes up all your thoughts. Distance stops that from happening. It helps you to clear your mind, to heal & even to focus on yourself for a change.

I hope this helps you learn to manage dealing with the narcissist in your life. Wishing you the best with your situation!