

Ways To Repel Narcissists

Sometimes avoiding narcissists is impossible no matter how hard you try & how much knowledge you have about Narcissistic Personality Disorder. That new coworker or your best friend's new significant other is a narcissist, & that means you're stuck dealing with them at least sometimes. When that happens, there are some ways that you can fluster them enough to where they will want to leave you alone.

If you have & enforce good boundaries, narcissists aren't going to like you. A good victim has weak or more likely totally non-existent boundaries. If you have healthy boundaries & you aren't afraid to enforce them, a narcissist won't know what to do with you. They may try to overrun them or make you feel stupid or wrong for having them, but when you are secure in the knowledge what you are doing is right, their gaslighting & games won't work.

Having healthy self-esteem is a huge turn-off to narcissists. The lower a person's self-esteem, the easier that person is to control, because that person will tolerate a lot of abuse. The person doesn't believe he or she deserves any better treatment. On the opposite side of the same coin though, the healthier a person's self-esteem, the harder that person is to control because they don't tolerate mistreatment. They know they deserve better. While narcissists often enjoy the challenge of controlling a person with healthy self-esteem, they will give up when they see that person isn't going to tolerate their abuse easily.

Knowing about Narcissistic Personality Disorder is also a huge turn-off to narcissists. Even if you don't explain the ugly details of narcissism to them or call them narcissists, so long as you know what these people are like & what they are capable of, it will be a problem for them. Narcissists don't want anyone to figure out what they are doing, because a person who understands their games cannot be controlled or manipulated, & also won't create any narcissistic supply.

Self-validation is also a very powerful weapon against narcissists. They want their victims to look only to them for validation. A person who doesn't need the narcissist for validation won't provide any narcissistic supply or be controlled by a narcissist.

Understanding that no contact is a very viable option gives you strength when dealing with a narcissist, & they can't handle a strong person. Narcissists want to be the ones in charge at all times. If you know that you have options, & don't have to let the narcissist make all decisions in the relationship, you will become a formidable foe to a narcissist.

If a narcissist knows that you don't need him or her, you cease to be a victim & instead you become a threat. Narcissistic parents & spouses in particular like to make a victim completely dependent on them, preferably financially & emotionally. If they see you are well aware you don't need the narcissist, can leave the relationship anytime & still survive just fine, you won't be a good victim to the narcissist.

Avoiding all narcissists seems to be impossible, unfortunately. However, if you can implement some of these tools, you will be able to handle yourself very well when you must deal with them.