

What To Expect After Going No Contact

Narcissists are control freaks. It makes them feel powerful when they are able to control someone, which gives them narcissistic supply by boosting their egos. So naturally, when someone doesn't let that happen or even takes their control back, narcissists hate this. Going no contact with a narcissist is the ultimate move in taking your control back & denying them theirs, so many narcissists will pull out all the stops to punish their victims.

They often harass their victims, & often for very extended periods of time. Constant phone calls, texts, emails, messages & posts on social media or showing up unannounced at your door are common. They say they just want to talk. And they do—they want to tell you why you should either resume the relationship with them or tell you what a piece of garbage you are for leaving them. When this happens, you need to block them in every possible way from communicating with you. Block their phone number, block their email address, block them on social media. Get no trespassing signs for your property if they show up. While they'll ignore the sign, it works in your favor with the police. If your property is clearly marked no trespassing, the police can remove that person. Also, remember to document everything. Keep voicemail messages. Take screen shots & save them somewhere safe like online storage or email them to yourself. Even if the narcissist doesn't break the law at first, you will have evidence of their awful behavior to show the police when they do. That can help solidify your case.

Narcissists also love flying monkeys, their evil, obnoxious little minions who come after you to talk some sense into you. They are such a nuisance. Sometimes they are people who are genuinely duped by the narcissist & think the narcissist is a good person, but more often than not, they're covert narcissists. They get their own thrill from controlling you through guilt or shame or whatever tactic they use to make you speak to the original narcissist. Don't give them that thrill! Refuse to discuss the narcissist with that person. If it's someone you don't know coming after you, don't talk to them at all. My father sent his barber after me. She sent me a facebook message. I never responded to it. If someone knows the narcissist but not you, they aren't going to believe you so why waste your time & energy arguing with them? There's no point. Or, if the flying monkey is someone you know that chooses to believe the lies of the narcissist, there's no point in arguing with them either. Nothing you say can change that person's mind.

Some narcissists can be vicious or violent. They may slash your tires or go after your home or property. In that case, it may be a good idea to get outdoor security cameras so you will have evidence against them. If you're afraid the narcissist may physically attack you, do what you need to in order to protect yourself. Even if the narcissist never touched you before, if you're afraid they may hurt you, trust your feeling & protect yourself.

They also love the smear campaign. Narcissists will trash you to anyone who will listen once you've gone no contact. Overt narcissists do it obviously by saying things like you're a liar or crazy. Covert narcissists are much sneakier. They will phrase their insults so they look like concern. They'll say things like, "I'm so

concerned about him. He's acting so strange. I'm afraid he's back on drugs." Whether or not he's been on drugs isn't even important—saying he was makes him look bad.

While they're working on smearing you, narcissists also will prop themselves up. They will talk about all of the good things they've done for you & how much they've helped you, even if it's not true. They'll say things like, "I've done so much for her.. I just don't understand how she can treat me this way." Narcissists believe such statements make them look good & you look bad, & many times, they do because people don't question what narcissists say all that often. They fall for their act, no matter how ridiculous what they say is.

If you opt to go no contact with the narcissist in your life, you need to be prepared that things like this can happen to you. Take whatever steps you need to so you can stay safe.