

What To Watch Out For With Victims Of Narcissistic Abuse

Since my last video was about red flags in those who write about narcissism, I thought I'd make today's post about fellow survivors.

Most people who have survived narcissistic abuse are good people who are trying hard to recover. Naturally they have issues, but at least they're working on them. They also are willing to share what they learn to help others, & do so without any arrogance. They're open to input from other people, because they realize they don't know it all- there is always more to learn on this topic.

Not every victim is this way, however. Some turn abusive.

I don't know why some victims try to heal & why some become abusive but it does happen. If you're going to interact with other victims through online support groups, reading blogs or on social media, you need to be aware of some red flags.

Obviously, the biggest red flag to watch out for is narcissism. Many of you know them already so I won't repeat them. If you want to read about them, you can visit my website at www.CynthiaBaileyRug.com

There are other red flags, too, such as a person who gives advice too freely. While most victims want to help others, they also realize how rude it is to give unsolicited advice. They also realize sometimes a person just needs to speak things out loud to help them work through things, & that doesn't mean they're looking for advice.

If a person is bossy with their advice, that's another red flag. Healthy people realize that all people are individuals. What worked for them may not work for someone else. They realize it's best to let the other person decide for themselves whether or not to follow it.

Your average victim of narcissistic abuse also isn't judgmental or critical. They know all too well what it feels like to be constantly judged & criticized so harshly, so they don't inflict that on anyone else. Victims who turn abusive however can be extremely judgmental & critical.

Some abusive victims also become very arrogant. They seem to think because they found success in some area, that everyone should do the same & if they don't, they're stupid.

These same people are also usually the first ones to shame people who, "don't just go no contact." They make it clear they don't believe there is any reason not to go no contact, & they offer no compassion to anyone who is unable to.

Abusive victims also make excuses. They never apologize or accept responsibility for anything they do.

And, if you call a person like this out on their actions, they may offer a non apology, by saying something like they're sorry IF they said something wrong or offer lame excuses. They will be mad at you though. That is a big red flag, because most victims of narcissistic abuse apologize easily & often. They don't get mad when called out on their bad behavior. They usually get mad only when someone is accusing them of something they didn't do.

One other red flag is the smear campaign. This is especially common on social media. While most people say something negative about someone or a group on their social media, completely trashing the person or group is a big red flag.

The last red flag is stalking or harassing another person online. With your average victim of narcissistic abuse, they may have a dispute with someone then either stop speaking with them or even block them entirely. A victim turned abusive however, may harass or stalk someone who disagreed with them. They may leave nasty comments on their page or join groups the other person is in & harass them in the group.

The best advice I can give in these situations is the Gray Rock method. Don't react to their outrageous behavior or show them that what they do bothers you. Remain calm & ignore their behavior. Don't defend yourself to their smear campaigns. Instead, simply block them wherever you can. Most people like this will get bored easily & leave you alone at this point. Narcissists may bother you for a long time though. Never, ever respond to them- instead keep blocking them & their flying monkeys.