

When Narcissists Claim To Be The Real Victim

This is one tool narcissists love to use. Whether overt or covert, this tactic is a favorite of the more extreme narcissists.

My overtly narcissistic mother & I were having an argument once when I was 17. As usual for that time, she had been screaming at me, literally in my face. Finally she backed up. She then balled up her fist & pulled back like she was going to punch me. I immediately closed my eyes & threw the first punch. Even as dysfunctional as I was then, I was NOT going to let anyone hit me, not even my mother. When I felt that I'd hit her, I opened my eyes. She was shocked I hit her, obviously since I'd never really stood up to her before. Immediately she said, "You hit me in the breast! Now I'm going to get breast cancer & die & it'll be all your fault!!" When my father entered the room a moment later, he asked what was happening. My mother started to cry & said I hit her. It was an impressive act. Thankfully my father knew she lied & didn't believe her version of the story, but she really tried to convince him she was the victim in this situation.

My late mother-in-law was a covert narcissist. She used to go through my purse every time I left it out of my sight when it was at her house. One time when my husband & I were at her home doing some laundry, she snooped through my dirty laundry, coat pockets & purse. She left \$40 in my purse. I got my husband alone & flew off the handle. I told him he needed to talk to her about this behavior because I was fed up. He did. The little bit I heard of the conversation, she was complaining about having "allllll this cash just lying around" that she didn't know what to do with. She thought she would do something nice for me. Suddenly I looked like the abusive, awful person & my husband was mad at me.

See what I mean? Narcissists can turn themselves into victims in pretty much any situation, no matter what craziness they have done to you. The worst is while you are yelling or crying, & they maintain complete calm. This makes you look & feel absolutely insane. Or, they pull out the tears, which makes you feel incredibly guilty. When this happens, you can start to believe that you really are the problem & they are the victim.

When this kind of thing happens, remember, narcissists gain narcissistic supply from this sort of thing. They feel powerful when they can make a normally calm person look or act crazy or abusive. Strong emotions, whether positive or negative, make them feel powerful too because they know they have an effect on someone. Feeling powerful is a huge source of narcissistic supply.

Claiming they're the victim is also good for them because if they can prove to you that you're crazy, over reacting, etc., you will be willing to change your behavior. You'll be ashamed of how you acted if they make it sound bad enough, so you'll be more likely to listen to the narcissist's advice on how you should act. This tactic makes a victim more pliable.

When you confront a narcissist, be as calm as humanly possible, asking God for help. The more emotion they see in you, the more they will push your buttons & the more likely their victim act will come out.

And, before confronting a narcissist, think & pray. You really need to pick your battles wisely. It's just not a good situation- narcissists need confrontation to know they can't get away with the things they're doing, yet confronting them often is incredibly frustrating. Sometimes, they behave worse after the confrontation because they know how to provoke a reaction from you. You need wisdom before deciding whether or not to confront a narcissist, as well as how to go about doing it if you feel it's the right thing to do.