

When Narcissists Go Too Far

Narcissists are very well aware of their actions. That is proven by how well they control them. Watch any narcissist around three different people & you will see that person act three different ways.

A part of this means that they also are well aware of when they go too far when abusing a victim.

Narcissists care about going too far. Not because they feel remorse for hurting someone or care that it's wrong to hurt people, but because they are afraid of losing their narcissistic supply. In order to prevent that from happening, they may do several things.

They may practice mirroring. People naturally feel the most comfortable with those who share many similarities. Narcissists will mirror your behavior, likes/dislikes & possibly even moral or religious beliefs in the hopes of regaining your trust. Basically, mirroring says, "See how much alike we are? How can you be mad at me when we have so much in common?"

Minimizing or temporarily foregoing the criticisms also happens. In order to get you to forgive & forget their bad behavior, they will stifle their nastiness temporarily until they believe you have forgiven them, even though it tortures them to behave. They are trying to show you what a nice person they are, & how they are too nice for you to be angry with.

They will pretend to be thoughtful & caring. The narcissist will call you to let you know she saw that a movie you like is coming on TV that evening, or maybe even pick up a special book, coffee or some other small gift that they know you will like, as a couple of examples. They will perform small acts of kindness to show you that they were thinking of you.

They even may give you distance, & respect your space. For a narcissist who demands your constant attention, such as an engulfing narcissistic mother, this is the hardest thing for her to do. However, she will give you some space if she believes it will get her back in your good graces. If she calls you daily or almost daily, she will skip calling for a few days after the incident, then suddenly call you, acting much meeker than usual. She usually will employ one of the above tactics during that conversation.

Once the narcissist believes that you have forgiven & forgotten what she did, there will be no more pleasant conversations with her. She has a hard time behaving herself, so the good behavior is only carried out for the bare minimum of time.

Always remember- when the narcissist in your life upsets you, do NOT tell her that! Explaining your hurt feelings to any narcissist only gives them ammunition to hurt you

further either by repeating the upsetting actions, completely ignoring your complaints, invalidating your hurt feelings, pretending she has no idea what you're talking about or possibly even by blaming you for making her behave that way. However, if you become angry & the narcissist picks up on your feelings even though you didn't say anything, be aware- the games will begin! Remember these things I discussed in the video & prepare the best you can for the things that you can expect to happen.