

When Narcissists Ignore You

Another common control tactic narcissists use is by ignoring their victim. Whether it is pretending the person didn't say anything or the narcissist didn't hear the person when they obviously did or the silent treatment, ignoring a victim is about control.

Being ignored may not sound very effective, but it can be surprisingly so. It communicates the message that the person being ignored is so awful that they don't even deserve to be acknowledged. This message can be absolutely devastating, especially when done repeatedly.

It also makes the person being ignored work harder, trying to get the ignoring person's attention. The person feels they must make it up to the ignoring person. Make what up? They rarely know, but they know they have done something so horrible that it made the ignoring person not want to speak to them.

If the narcissist in question has hearing problems, she may use it to help her ignore you. She may have what I refer to as selective hearing. If you say something she doesn't like, she may act like she doesn't hear you.

My narcissistic mother has ignored me more times than I can count. She has hearing problems, & would use it to play innocent claiming she didn't hear me say something. Yet, I've tested her hearing. If we'd discuss something that she wasn't happy with, she without fail would say, "What's that Honey? I can't hear you.." until I was practically screaming. If the conversation was normal, I could practically whisper & she heard me fine. She also gave me the silent treatment on a regular basis.

Thanks to her ridiculous behavior, I had to learn healthy ways to cope. I think they can help you.

My mother started using the silent treatment with me sometime in my childhood. I don't remember when exactly, but I remember her using it most often when her abuse was at its peak in my late teens. It used to upset me terribly. I would beg her to tell me what I did that was so bad, & she would respond with comments like, "If you don't know, I'm not going to tell you!" I finally realized if she wouldn't talk to me like the grown up she was, then whatever I supposedly did couldn't be so bad. Or, if she wouldn't tell me, then chances are it was because I didn't do anything bad at all. Instead, she was trying to get me to behave how she wanted me to. This knowledge was very helpful for me. I grew to appreciate the silent treatment. I thought of it as a break from the drama & head games.

When my mother ignored me or used her selective hearing, I involved my father or whoever else is there. As typical with narcissists, my mother did NOT want to look bad in front of others, so this worked to my advantage. If she ignored me, I asked my father to get her attention. Then, he would call my mother by her name & mention me saying something, which forced her to acknowledge me. Once I had her full

attention, I could repeat what I was saying. Of course, this works well when someone else is there only, which is another argument for not being alone with a narcissist. Having witnesses can be a very helpful thing, plus the narcissist usually behaves better when there are people around to impress.

I also found that reminding myself that her behavior was about her, not me, was helpful. Whether she was simply ignoring me or giving me the full blown silent treatment, this wasn't because of me. She did it because there is something wrong with her. Mature, normal, healthy people don't treat other people this way. They discuss issues & work things out.

I hope these tips help you as they helped me!