

Narcissists Stalk Victims Online

Today's podcast is about when narcissists stalk their victims online.

Narcissists & their flying monkeys are notorious for stalking their victims. Often, they do this in real life, showing up at a victim's work or home. Sometimes even random places like their gym, grocery store or favorite coffee shop. Even more common though, is narcissists who stalk their victims online.

I've been subjected to this, sadly by my own family & in-laws. Those who stopped speaking to me or never really spoke to me have read my blog, website, subscribed to my Facebook page & even tried to join my Facebook group.

The reason narcissists & their flying monkeys (who I have said before I believe are often narcissists, too) stalk their victims online isn't because they care about the victim at all. They are simply nosy or trying to manipulate their victim.

Narcissists want to know that the victim who got away from them is despondent & failing in life. The narcissist wants to know that person can't possibly succeed without them. They want to know that their victim is utterly alone, without friends, family or true love.

In other words, they are looking for proof that their victim is just as lonely, miserable & unsuccessful in life as they are.

Narcissists are incapable of feeling a good, healthy, functional or Godly love like the average person. They feel a very different kind of love. They enjoy the narcissistic supply their victims provide. They may even feel a bit of fondness for the victim, especially if that victim provides particularly good narcissistic supply. These feelings are as close as narcissists come to feeling love as most people know it

Another possible motive they have is by stalking victims online is they think that shows they care rather than it being all about control & manipulation. If a narcissist is trying to lure a victim back into the relationship, many honestly think that stalking them in this way is a good way to do it. They believe one of two things about their behavior: either the victim will think it's romantic or loving that the narcissist clearly can't live without them, or if they inundate the victim with enough constant messages on social media, emails, etc., they can wear the victim down enough to force this person to return to the relationship just to make the constant harassment stop. Either way, the narcissist believes this stalking type behavior will get them what they want from their victim, & they fail to see just how disgusting & dysfunctional it truly is.

If you're in this situation, my heart goes out to you. It doesn't sound so bad, someone constantly texting you or following you on Facebook, but it truly can be terrifying. It's

so unnerving that a person can devote so much time to abusing you. It makes you wonder what else they're capable of, when will they stop, what's next & more.

The best advice I know to give you is this. Take screen shots of everything they send you & save their voicemails. Save everything either on cloud storage or email them to yourself so you won't lose them if your phone or computer dies. You will need documentation if you choose to involve law enforcement, & even if their behavior is barely legal, it still shows a pattern of bad behavior which may benefit you. Tell other people what is happening & show them the narcissist's messages so there are witnesses. Block the narcissist at every turn, along with their flying monkeys. Chances are excellent they'll simply use other means to contact you, so you're going to have to keep blocking them. It's frustrating I know, but keep doing this. Eventually the narcissist most likely will give up, even though it may take a very long time.

Thank you for listening to my podcast!