

Regarding Snooping Narcissists

Today's podcast is about snooping narcissists.

Years ago, much like many other authors, I had a Facebook page dedicated to my writing. A good friend of mine has admin privileges on that page. I had a lot of folks blocked that I didn't want to unblock anyone to see if they followed my page, so this seemed like a good solution.

Then in 2013, I was on the receiving end of harassment from one of my relatives. Although I blocked this person, somehow she still followed my page as I learned from my fellow admin. My friend deleted & banned my relative from the page several times, but she continually kept showing up as a page follower. I finally unblocked her temporarily then deleted & banned her myself in the hopes that would solve the problem somehow. Since I had unblocked this relative, I thought it might be wise to unblock others to make sure they too weren't following my page, & was shocked to see one of my sisters-in-law that I hadn't spoken to since 2002 was following it. I re-blocked those I had unblocked, shut down my page & focused on my private group instead.

My relative was determined to follow my page as one more way to harass me. My sister-in-law though never said or liked anything on my page. It was baffling at first, but eventually I think I figured out why she followed my page. I believe her motives are similar to many other narcissists, so I thought I'd share with you today.

Narcissists will snoop on their victims in the hopes of seeing the person who severed ties with them failing &/or miserable without them. Nothing would make them happier.

Narcissists are simply nosy. They simply want to know what their former victim is up to just because they think they have the right to know these things. That is part of their sense of entitlement - they believe that no matter what they have done to someone, they still have the right to know everything about that person.

In many cases, these narcissists are flying monkeys for another narcissist. The reason they snoop is to find out any information that the other narcissist may find useful. They benefit from "helping" out that narcissist. It may be money, favor or in the case of covert narcissists, simply enjoying what they are doing while looking like a good person who is just trying to help.

In my opinion, their nosiness is the worst. It infuriates me that some person who treated me like dirt & had a smear campaign about me would think that they are entitled to know anything about me. It also astounds me that anyone can think it's acceptable behavior to want to know things about my life while not having any relationship with me.

Unfortunately in this age of technology, completely hiding isn't an option. You can block someone from calling or texting you, but they can use another phone. You can block their email address, but they can reach you by using a different one. The same goes for social media - they can use a different profile to see you after you blocked their original one.

I figured out some ways to handle the situation that may help you too.

I don't answer calls from phone numbers I don't recognize. If I know someone will call from a number I don't know, such as a repairman, I'll ask for their number or at least what time they will call so I can answer the call without worry.

I keep all social media posts not related to my writing private, so only friends can see them.

I have blocked all narcissists' phone numbers, emails & on social media, & continue to block them when they find alternative ways to contact me or snoop. I also block their flying monkeys. Eventually they do get tired of constantly finding new ways to reach you, although it may take a long time to do so. The relative I mentioned earlier? She harassed me off & on for four years.

I stumbled across an amusing alternative to blocking on social media. The suggested friends list on Facebook doesn't just show you friends of your friends or random strangers. It sometimes shows you people who have visited your profile. When I first blocked my in-laws, I forgot to block my sister in-law's husband. His name often showed up on my suggested friends list. At first, I considered blocking him, but then I thought of something. Probably it's his wife using his profile to snoop since I doubt he would care enough to do. Now, when I see him as a suggested friend, I post public things like memes & articles about online stalkers or how people need to mind their own business. After doing this, his profile vanishes from that list for a while. When I see it again, I share more memes & articles, & he vanishes yet again.

Thank you for listening to my podcast!