

## How Narcissists Use Tone & Body Language Policing To Avoid Accountability

Today's podcast is about how narcissists use tone & body language policing to avoid accountability.

When confronting a narcissist about their harmful behavior, have you ever noticed how quickly they shift the focus away from their actions & onto your tone of voice or body language?

Instead of addressing the real issue, they accuse you of being “too aggressive,” “full of hate,” or “attacking them.” This tactic is designed to derail the conversation, put you on the defensive, & ultimately, make you give up your valid concerns.

The Bible warns us about such deceitful tactics: Psalm 10:4 in the Amplified Bible says, ***“The wicked, in the pride of his face, will not seek nor inquire for Him; All his thoughts are, ‘There is no God [so there is no accountability or punishment].’”***

Narcissists resist accountability because, in their pride, they believe they never should be challenged. Instead of acknowledging their wrongdoing, they turn the conversation around to make you feel like the problem.

When you approach a narcissist with a concern, you may be met with accusations about how you said it rather than what you said. This is no accident - it is a deliberate strategy to avoid accountability.

The Bible describes people who refuse to hear correction: Proverbs 15:12 says, ***“A scoffer does not love reproach [he does not respect wisdom or instruction]; He will not go to the wise [for counsel & instruction].”*** Narcissists are scoffers who despise correction. Instead of listening with humility, they attack the delivery to escape responsibility.

Some common things they say when policing your tone or body language are:

- “Why are you raising your voice at me?” (Even if you aren't.)
- “You're so hateful right now.”
- “You need to calm down before we can talk.”
- “Your body language is really aggressive.”
- “See, this is why I can't talk to you—you're always so angry.”

By making you focus on defending your tone or body language, they achieve two things:

1. They avoid discussing their own abusive actions.
2. They emotionally exhaust you, making you feel guilty or ashamed so you drop the original topic of the conversation.

When Jesus confronted the Pharisees, they often tried to trap Him with manipulative tactics, but He never allowed them to distract Him from speaking the truth.

Jesus also did not engage in fruitless arguments. He remained steadfast, refusing to let manipulation deter Him from His mission. Likewise, when confronted with tone policing, we must resist the temptation to prove ourselves & instead stay focused on the truth.

There are some things you can do to stand up to this behavior.

Recognize the tactic for what it is. When a narcissist shifts the focus to your tone or body language, remind yourself that this is a distraction from the real issue, not an actual problem.

Refuse to engage in defending yourself. Instead of saying, “I’m not being aggressive!”, redirect the conversation with statements like, “Let’s not focus on my tone. What I said is still true.” “This conversation is about your actions, not my voice.” “I see what you’re doing. Let’s get back to the real issue.”

Set boundaries. If they continue to deflect, end the conversation temporarily. Remember Proverbs 26:4: ***“Do not answer [nor pretend to agree with] the frivolous arguments of a fool, according to his folly, Otherwise you will also be like him.”***

You do not have to prove your worth or explain your emotions to someone who is twisting reality to escape responsibility. Stand in truth, walk in wisdom, & know that God sees all things clearly. You are not the problem. Their avoidance of accountability is. Stay firm in truth, & let God be your strength.

Thank you for listening to my podcast!