

A Powerful Strategy For Dealing With Narcissists

Today's podcast is about a powerful strategy when dealing with narcissists.

Sadly, narcissism runs rampant in the world today. This means that no matter how hard you try, avoiding them entirely is impossible. Hopefully, they only will show up in temporary situations, such as an extremely rude person at the grocery store, but chances are excellent they will show up in other situations where you must deal with them on a more permanent basis, such as at work. I want to share a strategy today that I have found quite helpful when it comes to dealing with these dreadful people.

When dealing with narcissists, one of the most liberating shifts you can make is to stop trying to understand why they act the way they do & instead focus on how you will handle their toxic behavior. This does not mean never trying to understand what makes them behave as they do. It does mean reclaiming your energy, peace, & self-worth by prioritizing & choosing yourself in every interaction.

Narcissists operate out of manipulation, blame shifting, & emotional exploitation. It is easy to get caught in the endless spiral of wondering, "Why do they do this?", "Why can't they see how much they hurt me?" Normal, functional people wonder such things, & there is nothing wrong with that! Understanding narcissistic patterns can be useful for recognition, but it does little to change their behavior. More importantly, it can drain you of the strength you need to protect yourself.

Instead, ask yourself different questions such as, "How will I respond to this behavior?" "What boundaries will I set?" & "What do I need in order to stay emotionally healthy?"

A simple yet profound phrase that transformed my mindset is saying to myself, "I choose me."

When faced with a narcissist's cruel belittlement, gaslighting, or guilt tripping, reminding yourself of this truth can be incredibly empowering. Rather than engaging in a fruitless battle to get a narcissist to see your perspective or treat you fairly, you acknowledge that your well being matters more than their approval.

"I choose me" is not narcissistic or even selfish. It is about survival. It is the recognition that you deserve respect, peace, & the freedom to live unburdened by someone else's dysfunction.

Following are some practical ways you can choose yourself in these situations:

Set Emotional Boundaries - You do not have to explain yourself endlessly or justify your feelings. Your boundaries are valid, & you do not owe anyone access to your emotions if they continuously abuse them.

Detach From Their Opinion of You - Narcissists thrive on making you doubt yourself, which is why they are so critical. The more they criticize you, the more you may doubt yourself &

then you will be easier to control & manipulate. Deny them of that, & focus instead on how you see yourself.

Limit Your Emotional Investment - Not every argument or accusation needs a response. The more you engage, the more they manipulate. Learn to disengage & protect your peace.

Prioritize Your Healing - Whether it is through prayer, therapy, journaling, or other self care, commit to practices that strengthen your sense of self & reinforce that you matter.

Remember: It Is Not Your Job To Fix Them - Narcissists often play the victim or pretend to change just enough to keep you engaged. But real change requires accountability, something narcissists refuse to take. Your job is not to save them — it is to care for yourself.

Each time you tell yourself, “I choose me,” you are rejecting the narcissist’s control & reclaiming your power. You are reminding yourself that you deserve better than manipulation, disrespect, & emotional turmoil & that is not up for debate.

Narcissists may never change, but you can. Start by deciding to choose you today!

Thank you for listening to my podcast!