

## **"But They Seem So Nice!"**

Today's podcast is called, "But They Seem So Nice!"

If you ever ended a relationship with a narcissist, only to have others question your decision by saying, "But they seem so nice!", you're not alone. It can be frustrating & disheartening to hear these remarks, especially when you know the truth about the narcissist's behavior. Don't let anyone's words convince you otherwise. You have seen their true colors & know what they are capable of, even if others cannot see it.

Narcissists are masters at wearing a "good person" mask in front of others. They go to great lengths to appear charming, kind, & considerate to those who are not their victims. By presenting this false image, narcissists ensure their victims' claims are met with skepticism & doubt. However, their apparent niceness does not reflect their true nature. Beneath the surface, they possess the need for power, control, & admiration.

When you think about the narcissist in your life, you may recall moments when they seemed genuinely kind & caring. Perhaps they showered you with compliments, bought thoughtful gifts, or expressed empathy for your struggles. These actions were not genuine displays of goodness but calculated moves to manipulate your emotions & keep you under their control.

Narcissists are experts at studying their victims & identifying their vulnerabilities. Once they gain insight into what makes you tick, they use this knowledge to exploit your weaknesses for their benefit. They know that by being kind & attentive, they can gain your trust, making it easier for them to manipulate & control you in the long run.

So, when others say, "But they seem so nice!", remember that they have only witnessed the narcissist's carefully curated act. They have not experienced the abuse you endured. Your firsthand knowledge of the narcissist's true nature is far more valuable than the opinions of those who have been duped by their facade.

As a victim of narcissistic abuse, you have a very unique understanding of narcissists. You have experienced their toxic behaviors firsthand. While others see only a charming & charismatic individual, you see the darkness beneath their surface. You have experienced the pain & turmoil caused by that darkness, & your perspective is valid.

Remember, narcissists are experts at portraying themselves as victims or deflecting blame onto others. They will attempt to convince those around you that you are the problem, not them. But you know the truth. Avoid those who don't believe & support you.

When dealing with narcissists & the people who have fallen for their "good person" act, setting & enforcing boundaries becomes particularly crucial. It's essential to establish clear limits on what you will & will not tolerate in your relationships.

Building healthy boundaries means saying no to toxic behaviors & people, standing up for yourself, & surrounding yourself with people who respect & appreciate you for who you are. Remember, you deserve to be in relationships that are full of only kindness, empathy, & respect.

When others question your decision to end a relationship with a narcissist based on their apparent niceness, don't let their doubts sway you. You have seen the truth, & you know the extent of the narcissist's manipulation & abuse. Trust your instincts, & believe in your own experiences. Set healthy boundaries to protect yourself from further harm. Most importantly, remember that you deserve to be in relationships only with people who treat you with kindness, empathy, & respect.

Thank you for listening to my podcast!